Session 4: Sharing Thoughts and Feelings: Emphasis on Feelings

Administration of Assessments

☐ ☐ **1.** Therapist administered the Patient and Partner versions of the PCL and Relationship Happiness.

Review Out-of-Session Assignments

☐ ☐ **2.** Therapist inquired about positive behaviors noticed in their partner.

☐ ☐ **3.** Therapist inquired about the couple's response to reading *PTSD and Avoidance* handout.

☐ ☐ **4.** Therapist reviewed the items that the couple added to their *Avoidance List.*

☐ ☐ **5.** Therapist reviewed the couple's success with catching each other paraphrasing out of session.

Communication Channels

☐ ☐ **6.** Therapist introduced and explained the idea of communication channels using the *Communications Channels* handout (e.g., there are two primary channels).

☐ ☐ **7.** Therapist illustrated the skill of channel checking by providing examples of how partners can check what channel each one is on.

Introduce Channel of Sharing Thoughts and Feelings (Focus on Feelings)

☐ ☐ **8.** Therapist explained the rationale for sharing feelings (e.g., to combat emotional numbing, to help the couple feel intimate and close).

☐ ☐ **9.** Therapist oriented the couple to the *Identifying Feelings* handout.

☐ ☐ **10.** Therapist discussed the general principles of sharing/expressing feelings.

☐ ☐ **11.** Therapist explained the benefits of reflecting feelings back to a partner.

In-Session Practice

☐ ☐ **12.** Therapist had the couple practice emotion expression skills in session, to discuss how PTSD has affected them and their relationship.

☐ ☐ **13.** Therapist had each member of the couple compare intimacy ratings before and after the communication exercise.

Shrinking PTSD Through Approach

☐ ☐ **14.** Therapist worked with the couple to pick at least one person, place, situation, or feeling on the *Approach List* that will be approached before the next session.

☐ ☐ **15.** Therapist discussed maximizing effectiveness of approach tasks with the couple by orienting them to the *PROUD to Shrink PTSD* handout.

☐ ☐ **16.** The item was recorded on the *OOSA summary,* and the therapist asked the couple to write about how it went.

Out-of-Session Assignments

☐ ☐ **17.** Therapist oriented the couple to the *OOSA summary* sheet.

☐ ☐ **18.** Therapist asked the couple to continue to monitor positive behaviors in each other.

☐ ☐ **19.** Therapist asked each member of the couple to practice a channel check at least once before the next session.

☐ ☐ **20.** Therapist asked the couple to review the *PROUD to Shrink PTSD* handout.

☐ ☐ **21.** Therapist asked each member of the couple to catch their partner sharing a feeling at least once per day.

☐ ☐ **22.** Therapist asked the couple to complete at least one approach behavior off of the *Approach List*.

Check-Out

☐ ☐ **23.** Therapist did a check-out at the end of the session.

Rater Comments: