Session 15: Review and Reinforcement of Treatment Gains

Administration of Assessments

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

Review Out-of-Session Assignments

☐ ☐ **2.** Therapist inquired if either member of the couple had any questions about the *Getting U.N.S.T.U.C.K. regarding Posttraumatic Growth* handout.

☐ ☐ **3.** Therapist had the couple explain their use of the U.N.S.T.U.C.K. process on their respective cognitions.

☐ ☐ **4.** Therapist inquired about the couple's use of good communication skills since the last session.

☐ ☐ **5.** Therapist reviewed how the in vivo approach assignment from *Shrinking PTSD through Approach* went.

Comparison of Pre- and Post-treatment Trauma Impact Questions (TIQ)

☐ ☐ **6.** Therapist highlighted changes that have occurred in the couple's thinking, using their *TIQs*.

☐ ☐ **7.** Therapist predicted further cognitive and behavioral changes with practice.

Review of What We Have Learned and Lapse Planning

☐ ☐ **8.** Therapist used *What We Have Learned?* as a starting point for discussing the couple's gains in therapy.

☐ ☐ **9.** Therapist reviewed the couple's treatment goals contained in their treatment contract to determine the extent to which they had been met.

☐ ☐ **10.** Therapist reviewed the major points of the treatment and skills developed including: understanding PTSD, increasing positivity, safety building, communication, and cognitive skills.

☐ ☐ **11.** Therapist encouraged the couple to plan for future challenges and lapses.

Saying Goodbye

☐ ☐ **12.** Therapist found a positive note on which to end when saying goodbye.

☐ ☐ **13.** Therapist focused on the gains that were made.

☐ ☐ **14.** Therapist provided couple with certificate of completion.

Rater Comments: