Session 6: Getting U.N.S.T.U.C.K.

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 about positive behaviors that they have noticed about themselves and their partner.

☐ ☐ **3.** Therapist inquired if either member of the couple had any questions about the *Sharing Thoughts and Feelings to Shrink PTSD* handout.

☐ ☐ **4.** Therapist reviewed the response to *Catch Your Partners Thoughts and Feelings*.

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

Introducing the U.N.S.T.U.C.K. Process

☐ ☐ **6.** Therapist provided a rationale for using the U.N.S.T.U.C.K. process.

☐ ☐ **7.** Therapist explained the steps of the U.N.S.T.U.C.K process with the couple by reviewing the U.N.S.T.U.C.K. handout with them.

☐ ☐ **8.** Therapist further elaborated on the steps in the U.N.S.T.U.C.K. process using the *Big Picture* sheet.

In Session Practice of U.N.S.T.U.C.K Process

☐ ☐ **9.** Therapist guided the couple through the completion of at least one U.N.S.T.U.C.K. cycle.

Shrinking PTSD through Approach

☐ ☐ **10.** Therapist worked with the couple to pick the next approach assignment.

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

Out-of-Session Assignments

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

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

☐ ☐ **14.** Therapist had the couple use the U.N.S.T.U.C.K. process with the *Big Picture* sheet at least four times prior to the next session.

☐ ☐ **15.** Therapist asked the couple to continue the *Catch Your Partner's Thoughts and Feelings* on a daily basis, with at least one trauma-related entry.

☐ ☐ **16.** Therapist reminded the couple of the item chosen from the *Approach List* to be approached prior to the next session and asked that they record how it went.

Check- Out

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

Rater Comments: