Session 9: Blame

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 the couple's identification of stuck points for their *Stuck Points List*.

☐ ☐ **3.** Therapist inquired if either member of the couple had any questions about the *Barriers to Acceptance* handout.

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

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

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

Introduction to Blame

☐ ☐ **7.** Therapist helped the couple to take into account the intentionality/state of mind of those involved during the traumatic event.

☐ ☐ **8.** Therapist helped the couple to take into account the situational context that was impinging on the individuals involved in the traumatic event.

☐ ☐ **9.** Therapist urged the couple to consider forgiveness, if necessary, only after appropriately considering the whole situation, and specifically intentionality and situational variables.

☐ ☐ **10.** Therapist reviewed the *Getting U.N.S.T.U.C.K. regarding Blame* handout and the cognitive barriers that can contribute to problematic placing of blame (e.g., just world thinking, hindsight bias).

In-Session Practice: U.N.S.T.U.C.K. regarding Blame and other Stuck Points

☐ ☐ **11.** Therapist referred back to the couple's responses on the *TIQ-Is* regarding barriers to blame.

☐ ☐ **12.**Therapist had the couple use the U.N.S.T.U.C.K. process to begin to address stuck points related to blame.

Shrinking PTSD Through Approach

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

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

Out-of-Session Assignments

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

☐ ☐ **16.** Therapist asked the couple to read the *Getting U.N.S.T.U.C.K. regarding Blame* handout together.

☐ ☐ **17.** Therapist asked 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, and write any identified stuck points on their *Stuck Points List*.

☐ ☐ **18.** Therapist asked the couple to spend 5 minutes each day using their best communications skills with each other.

☐ ☐ **19.** 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

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

Rater Comments: