Session 2: Safety Building

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 response to reading *Natural Recovery/Cycle of PTSD Symptoms* handout.

☐ ☐ **3.** Therapist reviewed *You've Been Caught Doing Something Nice* assignment.

☐ ☐ **4.** Therapist inquired about the couple's response to reading the *Common Reactions to Trauma* handout.

☐ ☐ **5.** Therapist had each member of the couple read their responses to the *Trauma Impact Questions-I*.

Trauma Focus and Disclosure

☐ ☐ **6.** Therapist discussed the purpose of disclosure of the traumatic event in a couple context.

☐ ☐ **7.** Therapist inquired about possible concerns and past experiences with trauma disclosure.

Address Negative Behaviors as Barriers to Safety

☐ ☐ **8.** Therapist provided psychoeducation regarding negative relationship behaviors and PTSD.

☐ ☐ **9.** Therapist addressed safety issues within the relationship.

Individual Prevention Strategies: Learning About Anger

☐ ☐ **10.** Therapist discussed the earliest signs of anger and reference the handout *Learning About Anger*.

☐ ☐ **11.** Therapist introduced slowed breathing to the couple and practiced with them in session.

Dyadic Intervention Strategy: Time-out

☐ ☐ **12.** Therapist provided the couple with the handout *Steps to an Effective Time-out.*

☐ ☐ **13.** Therapist provided a rationale for the time-out.

☐ ☐ **14.** Therapist reviewed each of the time-out steps.

☐ ☐ **15.** Therapist had each member of the couple practice calling a time-out in-session.

Out-of-Session Assignments

☐ ☐ **16.** Therapist asked each member of the couple to self-monitor on at least one episode of anger before the next session using the *Learning About Anger* worksheet.

☐ ☐ **17.** Therapist asked each member of the couple to call at least one time-out before the next session and to complete the section of *Steps to an Effective Time-out* related to their calling a time-out.

☐ ☐ **18.** Therapist asked each member of the couple to monitor for positive behaviors.

Check-Out

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

Rater Comments: