Session 7: Problem Solving to Shrink PTSD

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

☐ ☐ **4.** Therapist reviewed the couple's responses to the *Catch Your Partners Thoughts and Feelings* form using the responses discussed in the prior session.

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

Introduction of Problem-Solving/Decision-making

☐ ☐ **6.** Therapist introduced the problem-solving/decision-making channel to the couple.

☐ ☐ **7.** Therapist explained the principles of good problem-solving/decision-making, and gave the *Problem solving/ decision making guidelines* handout to the couple.

In Session Practice/Shrinking PTSD Through Approach

☐ ☐ **8.** Therapist had the couple practice using problem solving/decision-making skills to decide on their next in vivo approach assignment.

Out-of-Session Assignments

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

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

☐ ☐ **11.** Therapist asked the couple to read the *Problem-solving/Decision-making Guidelines* handout together.

☐ ☐ **12.** Therapist asked the couple to practice making a decision together using the guidelines.

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

☐ ☐ **14.** 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

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

Rater Comments: