Session 1: Introduction to Treatment

Administration of Assessments

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

Treatment Overview

☐ ☐ **2.** Therapist referred to session overview handout in workbook.

☐ ☐ **3.** Therapist provided an overview of the treatment format (e.g., three phases, 15 sessions, 75 minutes each session).

☐ ☐ **4.** Therapist explained the two goals of the therapy (i.e., improve relationships and decrease PTSD symptoms).

☐ ☐ **5.** Therapist introduced out-of-session assignments and the rationale for them.

☐ ☐ **6.** Therapist talked about increasing positivity.

☐ ☐ **7.** Therapist introduced the idea that the patient is the relationship.

☐ ☐ **8.** Therapist discussed limits of confidentiality.

☐ ☐ **9.** Therapist discussed that therapy sessions will only be conducted when both partners are present.

Psychoeducation about PTSD: A Disorder of Impeded Recovery

☐ ☐ **10.** Therapist provided psychoeducation about the four clusters of PTSD symptoms (reexperiencing, hyperarousal, avoidance, and numbing) in an interpersonal context.

☐ ☐ **11.** Therapist provided psychoeducation about the feedback loop created by the four clusters of PTSD symptoms.

☐ ☐ **12.** Therapist described PTSD as a disorder of "impeded recovery".

☐ ☐ **13.** Therapist highlighted the therapy targets: cognitive and behavioral.

Goal Setting/Treatment Contract

☐ ☐ **14.** Therapist helped the couple set both PTSD and relationship goals.

☐ ☐ **15.** Therapist helped the couple translate their goals into concrete behavioral markers.

☐ ☐ **16.** Therapist recorded the couple's goals on the *Treatment Contract* and had each person witness the signature of the other person.

Out-of-Session Assignments

☐ ☐ **17.** Therapist oriented the couple to the *OOSA summary* sheet for this session.

☐ ☐ **18.** Therapist asked the couple to review the *Natural Recovery/Cycle of PTSD Symptoms* handout together before the next session.

☐ ☐ **19.** Therapist asked the couple to read the *Common Reactions to Trauma* handout together before the next session.

☐ ☐ **20.** Therapist explained the *Trauma Impact Questions (TIQ)* and asked each member of the couple to complete the questions before the next session.

☐ ☐ **21.** Therapist explained and assigned the *You've Been Caught Doing Something Nice* assignment.

Check-Out

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

Rater Comments: