

## Prolonged Exposure Therapy (PE) Fidelity Checklist

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Instructions: For each case you submit as evidence of proficiency in PE, please...

- Submit one (1) Fidelity Checklist.
- Create a case identifier number for each case. This number will distinguish one case from another, while preserving each patient's identify as confidential and known only to you, the therapist.
- Indicate the PE elements you delivered for the particular case by placing an 'X' on the line next to each PE element.

Case identifying number: \_\_\_\_\_

Number of PE sessions: \_\_\_\_\_

PE elements provided in this case:

- \_\_\_\_ 1. Presented the overall rationale for PE.
- \_\_\_\_ 2. Identified a single index trauma.
- \_\_\_\_ 3. Taught breathing retraining skill.
- \_\_\_\_ 4. Discussed common reactions.
- \_\_\_\_ 5. Explained the rationale for in-vivo exposure.
- \_\_\_\_ 6. Developed an in-vivo exposure hierarchy using patient's Subjective Units of Distress Scale (SUDs) with range of items not restricted to high or low items.
- \_\_\_\_ 7. Explained the overall rationale for imaginal exposure.
- \_\_\_\_ 8. Conducted and processed imaginal exposure with patient.
- \_\_\_\_ 9. Administered self-reports at least every other session.
- \_\_\_\_ 10. Assigned homework for: breathing retraining; common reactions; in vivo exposure and imaginal exposure.

If you excluded any PE elements and/or completed less than 9 or more than 12 sessions, please give a brief explanation of your reasons for modifying the PE protocol in this case (explain below or use back of form if you need more space).

\_\_\_\_\_  
Clinician Printed Name

\_\_\_\_\_  
*Clinician Signature*

\_\_\_\_\_  
Date