



Roadmap for Using PE Coach in Treatment



Quick Overview of App Sections

Settings

You can access Settings from the PE Coach home screen by tapping the three lines in the upper left corner. This allows users to access many app components, including:

- **Manage Sessions:** Manage Sessions will take the user to a screen listing each session, including the date and time of each session.
- **Readings:** All of the readings used throughout treatment can be accessed in this section.
- **In Vivo Exposures:** Users can add items to the hierarchy throughout treatment by using this section. They can also review established distress scale anchor points and completed in vivo exposures. Completed in vivo exposures are also available in session 2(B). You can navigate to this and other sections of the app without interrupting recordings.
- **My Recordings:** Recordings are contained within each session. They also can be accessed in this section.
- **Assessment:** This section allows users to complete the PCL-5 and PHQ-9 and track symptoms over time.
- **Breathing Tool:** This section includes the breathing rationale and instructions, as well as an audio recording to assist with practice. Users can also view their practice history (e.g., dates, times, duration) in this section.
- **Settings:** This menu allows users to modify several components of the app, including assessments, PIN settings, airplane mode reminders, and data management options.

Provider Information

This section allows users to enter the name and phone number of their provider. It also provides contact information for crisis resources, including 911 and the Veterans Crisis Line.

Reminders Section



This section provides the option to turn on reminders to support PE sessions and homework. Reminders can be set to occur on specific days and times. When set, the reminder will appear on the screen much like an alert for a text message. This occurs even if this app is closed. Return to this section to manage reminders (i.e., turn off reminders, change timing or frequency of reminders).

- **Appointment reminders:** Reminds the user of upcoming appointments. This can also be turned on when scheduling appointments in the Tasks section of the session.
- **Phone and charger reminders:** Reminds the user to charge their phone and bring their phone and charger to appointments.
- **Assessment reminders:** Reminds the user to complete assessments ahead of the next session.
- **Homework reminder:** Reminds the user to complete homework daily at a time of their choosing.

Other Tasks Related to Recording

- **Audio Recording Consent:** Sign VA form 10-5345. Follow local facility procedure.
- **Privacy considerations:** Recordings should be listened to in a safe and private place or headphones can be used to assist with privacy. Review how to secure data using phone pin lock and/or app pin lock.
- **How to listen to audio:** Alone, eyes closed and picturing the image, not under the influence of drugs or alcohol, not while engaged in other activities.

HELPFUL TIPS



- Have Veteran download the app in session (if wifi/data plan available) or provide instructions on how to do it at home. Display in session to give Veteran an overview of the app.
- Check in periodically with the Veteran about their use of the app, including whether or not reminders are helping. Consider frequency changes based on Veteran's preferences or current needs.

Session-by-Session PE Coach Guide

(Based on 12-Session Protocol, can be adapted for additional sessions)

Session	Session Tasks	Homework	End of Session Tasks/ Reminders
Introducing Treatment/ Session 0	<ul style="list-style-type: none"> Review settings, assessments, Pin Lock, airplane mode; discuss data management Sign VA form 10-5345: consent for recording (not in app) Enter provider information and review crisis resources 	<ul style="list-style-type: none"> Download in session if possible Schedule 1st session Read explanation of PE Therapy (optional, from Readings tab) Complete assessments 	<ul style="list-style-type: none"> Appointment reminder Reminder to charge phone Assessment reminder
Session 1	<ul style="list-style-type: none"> Tasks from Session 0 if not completed Demonstrate Breathing Tool (review rationale, written and audio instructions, as well as settings) Demonstrate how to record & access recordings Record session Set next appointment Review homework 	<ul style="list-style-type: none"> Practice Breathing Retraining Read Explanation of PE Therapy Listen to session recording one time 	<ul style="list-style-type: none"> Schedule next session Set up session 2 as one or two parts Complete assessments (optional) Set homework reminder (optional)
Session 2A	<ul style="list-style-type: none"> Start recording session Review homework Add items to in vivo hierarchy (if combining session 2a and 2b, introduce in vivo hierarchy) 	<ul style="list-style-type: none"> Practice Breathing Retraining (using app or alone) Complete all readings in Common Reactions to Trauma section Listen to session recording one time 	<ul style="list-style-type: none"> Schedule next session Set homework reminder (optional)
Session 2B	<ul style="list-style-type: none"> Start recording Review homework Set SUDs anchors Add items to in vivo hierarchy Choose in vivo assignment for homework 	<ul style="list-style-type: none"> Practice Breathing Retraining (using app or alone) Complete in vivo exposure assignment(s). Log exposures in the app. Listen to session recording once Add to in vivo hierarchy as needed 	<ul style="list-style-type: none"> Schedule next session Set homework reminder (optional)
Session 3+	<ul style="list-style-type: none"> Record session (consider creating separate recording for imaginal exposure) Review homework from previous session Choose in vivo homework Review assessment history 	<ul style="list-style-type: none"> Practice Breathing Retraining Complete in vivo exposure assignment(s) Listen to imaginal exposure daily Listen to full session recording once Add to in vivo hierarchy as needed 	<ul style="list-style-type: none"> Schedule next session Set homework reminder (optional) Review if reminders are necessary
Next to last session	<ul style="list-style-type: none"> Record session (consider creating separate recording for imaginal exposure) Review homework from previous session Choose in vivo homework Review assessment history 	<ul style="list-style-type: none"> Practice Breathing Retraining Complete in vivo exposure assignment(s) Listen to imaginal exposure daily Listen to full session recording once 	<ul style="list-style-type: none"> Schedule next session Set homework reminder (optional) When scheduling next session, mark "This is the last session"
Final Session	<ul style="list-style-type: none"> Record session Review homework Review assessment history Re-rate SUDs for items on in vivo hierarchy and compare to initial SUDs ratings Complete program 	<ul style="list-style-type: none"> Practice Breathing Retraining 	<ul style="list-style-type: none"> Discuss turning off reminders as part of shared decision making