



PE Coach is a **free mobile application**. It was released by the Department of Veteran Affairs (VA) in 2012. PE Coach is designed to be used as a companion to treatment with a Prolonged Exposure (PE) trained health provider. It can be used to record sessions during therapy and to complete homework assignments between sessions. The app is not meant to replace professional care. However, those who are receiving PE treatment can work together with their provider to use the tools in this app.

WHAT IS PROLONGED EXPOSURE (PE) THERAPY?

Prolonged Exposure (PE) is a psychotherapy for posttraumatic stress disorder (PTSD). PE teaches you to gradually approach the memories, feelings, and situations you have been avoiding since your trauma. The treatment uses two forms of exposure:

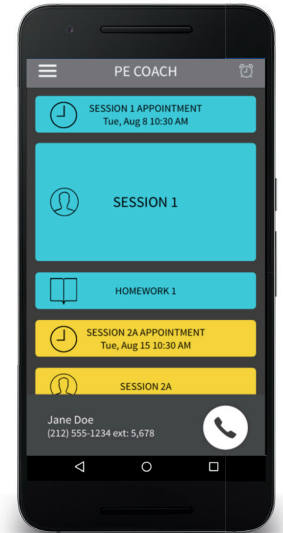
- **Imaginal exposure** involves revisiting the traumatic memory and saying it aloud
- **In vivo exposure** involves gradually approaching objectively-safe, trauma-related objects, situations, or activities in your daily life that you have been avoiding

By gradually and systematically approaching the trauma memory and related activities/situations with your therapist's guidance, you can decrease your PTSD symptoms.

HOW DO I USE PE COACH?

Use PE Coach as part of your therapy with a trained provider to:

- Record sessions with your therapist and listen to them during the week as part of weekly homework
- Complete daily in vivo homework assigned by your therapist
- Try techniques to help you tolerate and decrease distress
- Record in vivo exposure sessions and track progress
- Set reminders for appointments, homework, and assessments



LEARN

Read short handouts about how PE therapy works and some of the common reactions to trauma.

TAKE ASSESSMENTS

Your therapist will assign you assessments that will allow you to monitor your symptoms. You can take these on the app, and it will provide feedback based on your answers. Set a reminder to take the assessments regularly. It will also provide the option for you to immediately reach out for help if you need it.

TRY THE BREATHING TOOL

Breathing more slowly can reduce feelings of stress or tension. Use the app to learn breathing techniques that can reduce your distress.

REFERENCES

Foa, E. B. (2011). Prolonged Exposure Therapy: Past, present, and future. *Depression and anxiety*, 28(12), 1043-1047.

Gould, C., Kok B., Ma, V., Zapata, A., Owen J., Kuhn, E. (2018). Veterans Affairs and the Department of Defense mental health apps: A systematic literature review. *Psychological Services*. doi:10.1037/ser0000289

Owen, J., Kuhn, E., Jaworski, B., McGee-Vincent, P., Juhasz, K., Hoffman, J., & Rosen, C. (2018). VA mobile apps for PTSD and related problems: Public health resources for veterans and those who care for them. *mHealth*. doi:10.21037/mhealth.2018.05.07