Guidelines for Selection of Training Cases for PE

The following guidelines were developed with the aim of trying to optimize the learning experience.

Appropriate patients for training cases:

* Have PTSD related to a DSM-5 Criterion A trauma
  + If full symptom criteria are not met, should have significant severity of PTSD symptoms AND at least some re-experiencing and avoidance symptoms
* May have other co-morbid diagnoses, but PTSD should be among the primary disorders in need of treatment
* Should have sufficient memory of the traumatic event that can be told in narrative form (i.e., has at least a beginning and an end)
* The trauma that will be the focus of the treatment should clearly be a Criterion A event - cases in which the patient identifies “emotional abuse” as the trauma will not be good training cases

Patients for PE training cases *should not* have co-morbid:

* Psychotic disorders
* Unmedicated or unstable bipolar disorder
* Substance abuse or dependence with current use (less than 3 months sobriety)
  + Moderate substance use without abuse or dependence may be ok if patient can agree to abstain during treatment
* Current, serious suicidal or homicidal ideation with plan or intent
* Recent history of suicide attempt (past 3 months)
* Current severe dissociative symptoms or dissociative identity disorder
* Current or recent history (i.e., past 3 months) of self-injurious behavior including cutting or burning unless patient can agree to abstain during treatment

*We can be flexible related to some of these guidelines so talking to your PE consultant about your potential first case is important.*