Interactive Journaling® Fidelity Tool

Facility/Location _____

Monitor/Supervisor _____

Facilitator(s) _____

Program _____

Date _____ **Length of Session** _____ **Number of participants** _____

Notes _____

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FIDELITY SCORE

BEGINNING Marginal evidence of Fidelity	DEVELOPING Intermittent evidence of Fidelity	MASTERING Consistent evidence of Fidelity
<20%	**20-70%**	**>70%**

	Domain	Subtotal	Total # of Subdomains	
1	Preparation		4	
2	Discussion		3	
3	Responsivity		4	
4	Alliance		4	
5	Motivation		4	
6	Group Facilitation *(if applicable)*		3	Score %
	Total		÷ **19** (Individual) **=**	
			÷ **22** (Group) **=**	

1. Add up the scores for all items within each domain and write the total in the "Subtotal" column.
2. Add together all the domain subtotals to get the overall "Total" number.
3. For individual sessions: Divide the "Total" number by 19 and multiply by 100.
4. For group sessions: Divide the "Total" number by 22 and multiply by 100.
5. The result will give you the "Score %" to determine the facilitator's skill level.

Domain 1: Preparation

☐ 1.1 Evidence the facilitator understands the purpose and underlying concepts of the *Interactive Journaling®* material

☐ 1.2 Evidence the facilitator is prepared for the session

☐ 1.3 Session environment supports participant learning

☐ 1.4 Assigns and follows up on out-of-session activities

Domain 2: Discussion

☐ 2.1 Lets the participant do the majority of the talking

☐ 2.2 Uses follow-up prompts to encourage participant sharing

☐ 2.3 Poses questions that connect Journal content to participant's real-life challenges

Domain 3: Responsivity

☐ 3.1 Demonstrates appropriate eye contact and body language

☐ 3.2 Uses multiple modes of communication and multisensory learning

☐ 3.3 Checks for comprehension on *Interactive Journaling®* material

☐ 3.4 Adapts approach in real-time to respond to participant needs

Domain 4: Alliance

☐ 4.1 Tailors session to meet participant goals

☐ 4.2 Communicates acceptance and avoids being judgmental

☐ 4.3 Uses statements that convey an intention and commitment to a participant's well-being

☐ 4.4 Uses statements that convey an understanding that the expertise and wisdom for change reside within the participant

Domain 5: Motivation

☐ 5.1 Uses primarily open (rather than closed) questions

☐ 5.2 Makes statements that recognize client strengths, positive actions and attributes

☐ 5.3 Offers reflective listening statements to demonstrate understanding

☐ 5.4 Summarizes at key intervals

Domain 6: Group Facilitation *(if applicable)*

☐ 6.1 Assists group in staying on track with session objectives

☐ 6.2 Allows time for open discussion and encourages sharing/feedback between participants

☐ 6.3 Acknowledges and connects with group members