

Interactive Journaling® Fidelity Tool

Facility/Location _____

Monitor/Supervisor _____

Facilitator(s) _____

Program _____

Date _____ Length of Session _____ Number of participants _____

Notes _____

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) =	

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

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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
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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
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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
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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
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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
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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
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Additional Notes/Feedback:
