



Lunch – Back at 1:25



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GENERAL HOSPITAL

PSYCHIATRY ACADEMY

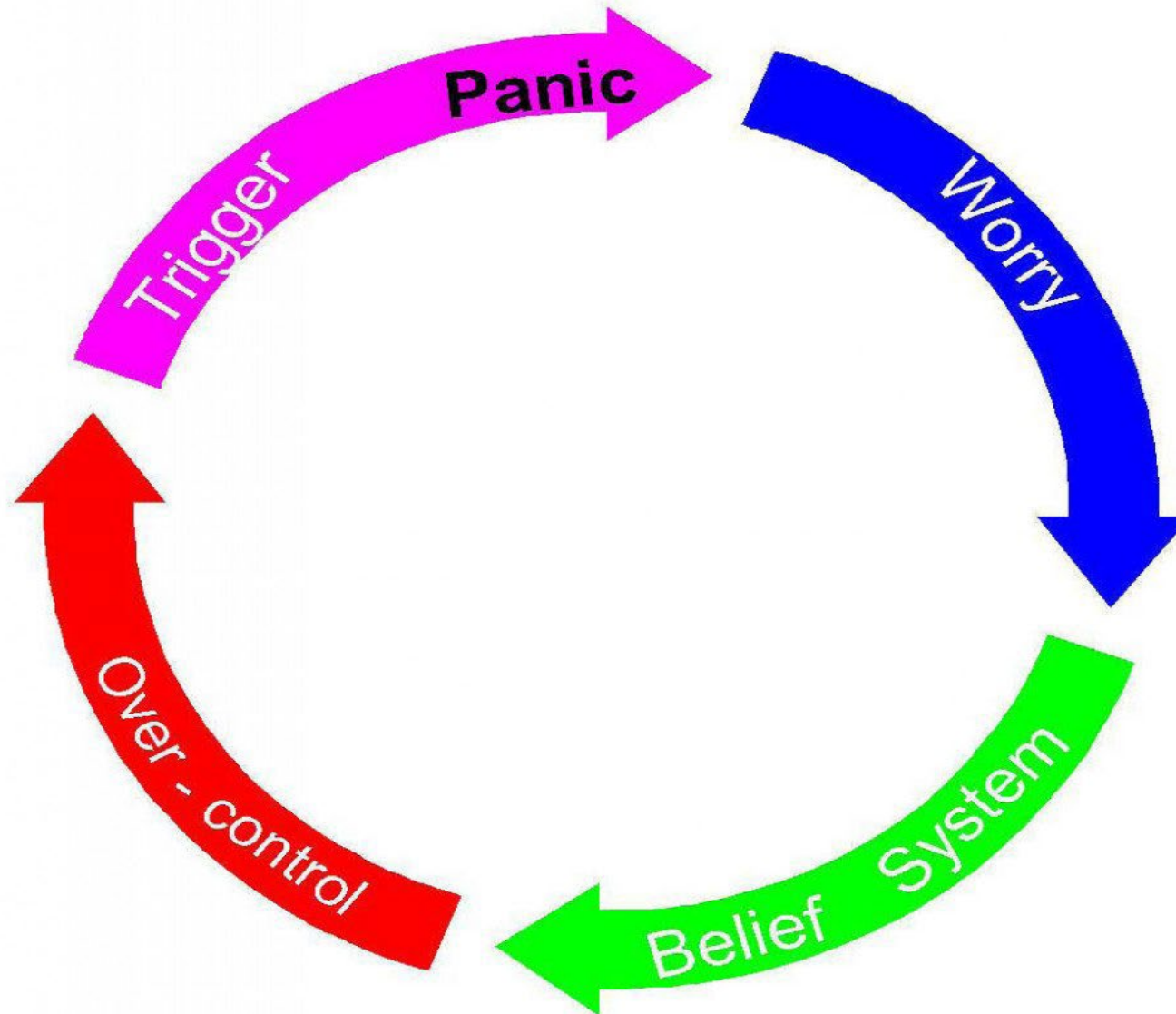
Introduction to Psychotherapies: Effective Use of Exposure



Treatment Planning

- Mild to moderate symptoms/impairment; psychotherapy
- Moderate to severe symptoms/impairment; psychopharmacologic intervention should be considered in addition to therapy
- In both scenarios, important to monitor functional impairment as well as symptom reduction (lack of improvement or worsening) during the treatment process

Cycle of Anxiety



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Exposure



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Types of Exposures



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Imaginal



Interoceptive



In Vivo



Virtual Reality

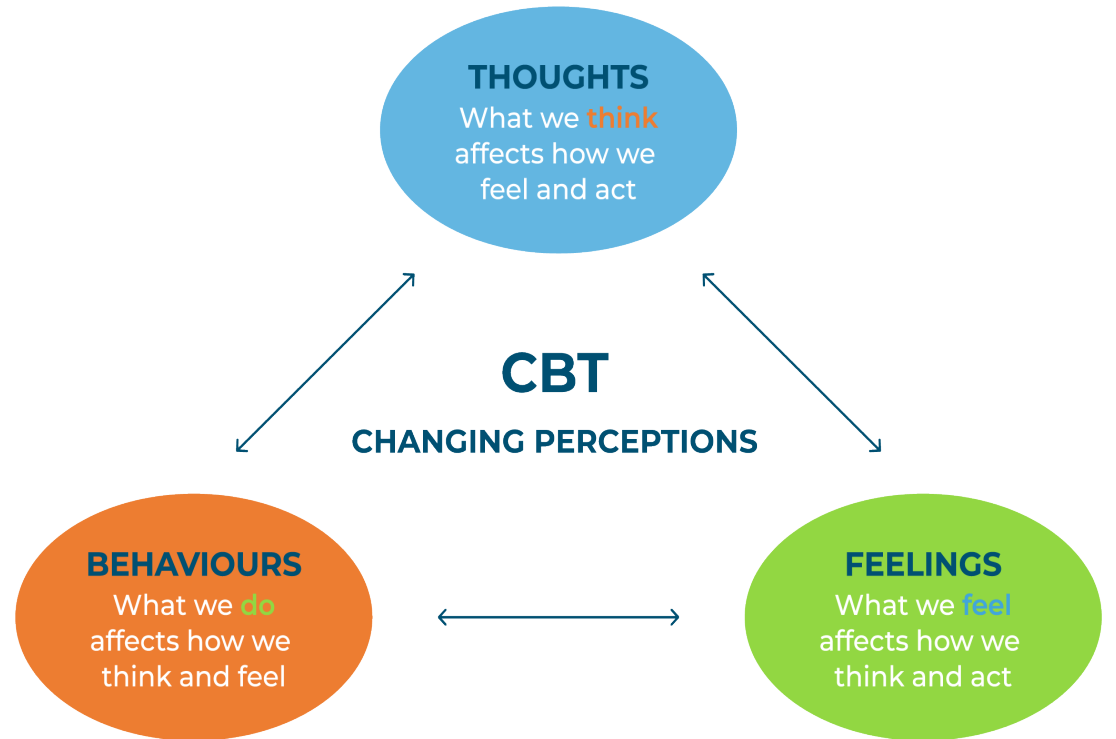
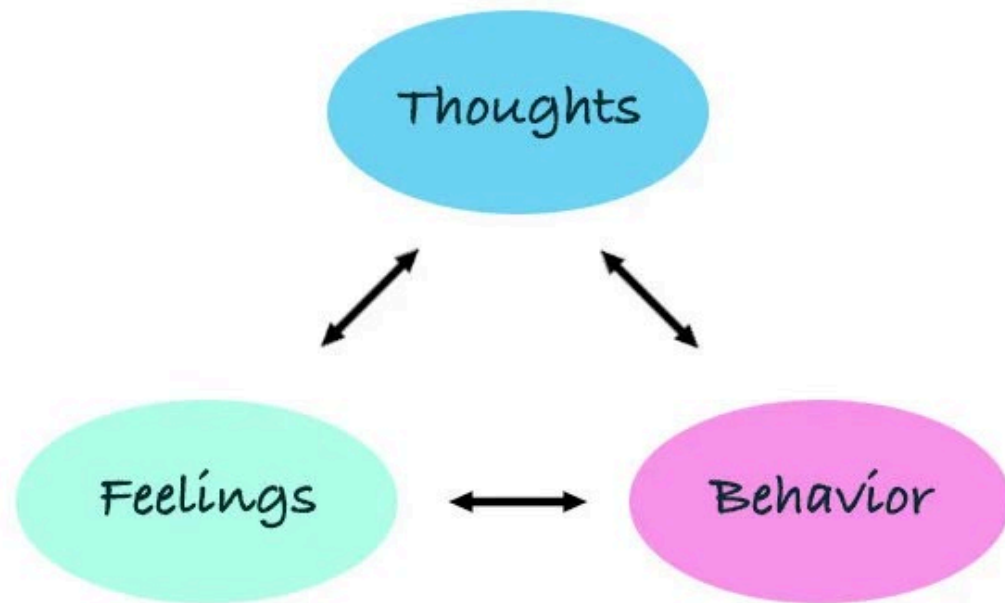


Cognitive Behavioral Therapy (CBT)

A core component of CBT - patients gradually and systematically face feared situations, sensations, or thoughts



Reduce avoidance and fear - learning that the anticipated harm does not occur or is tolerable

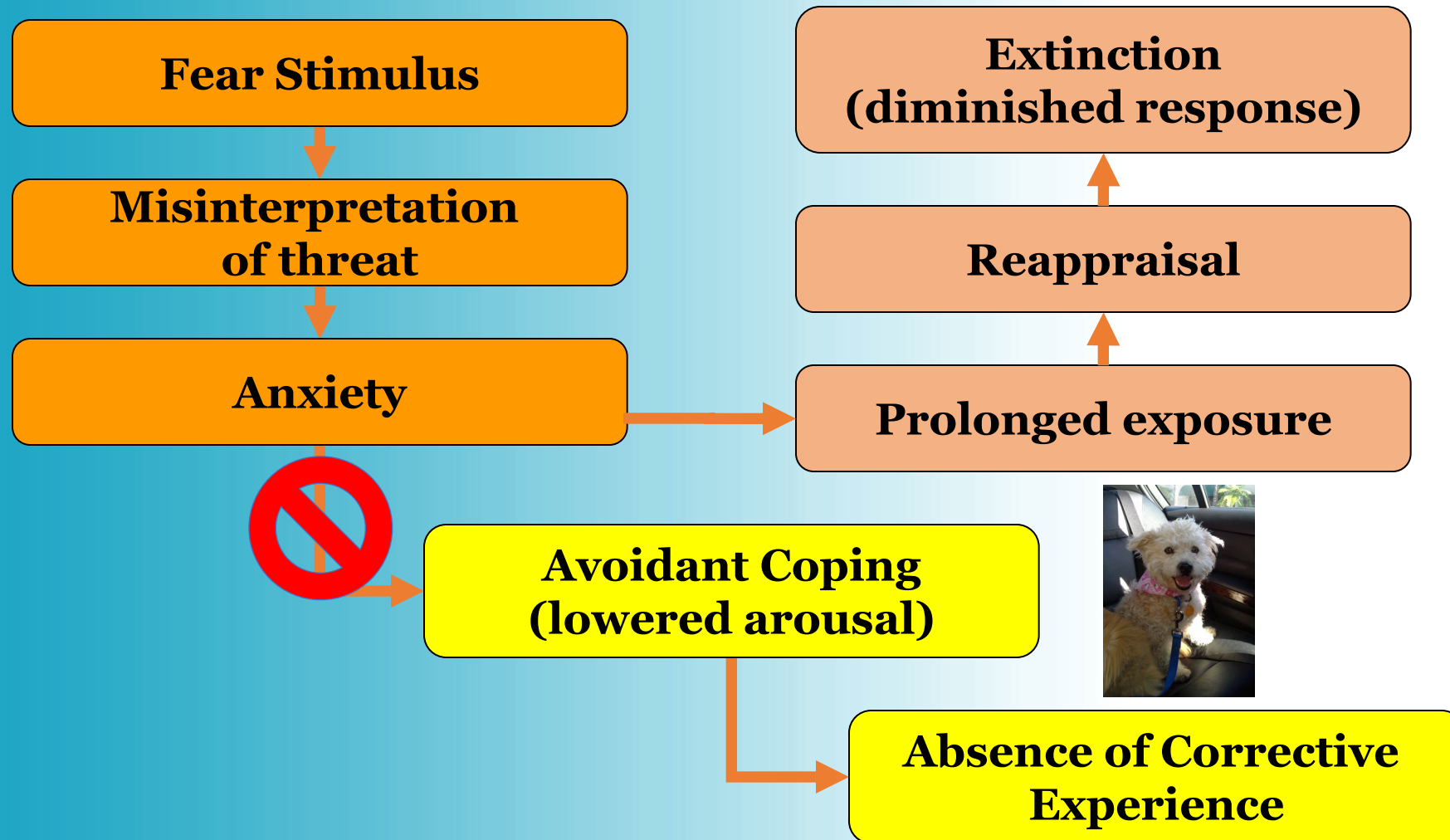


BASIC ANXIETY TREATMENT MODEL



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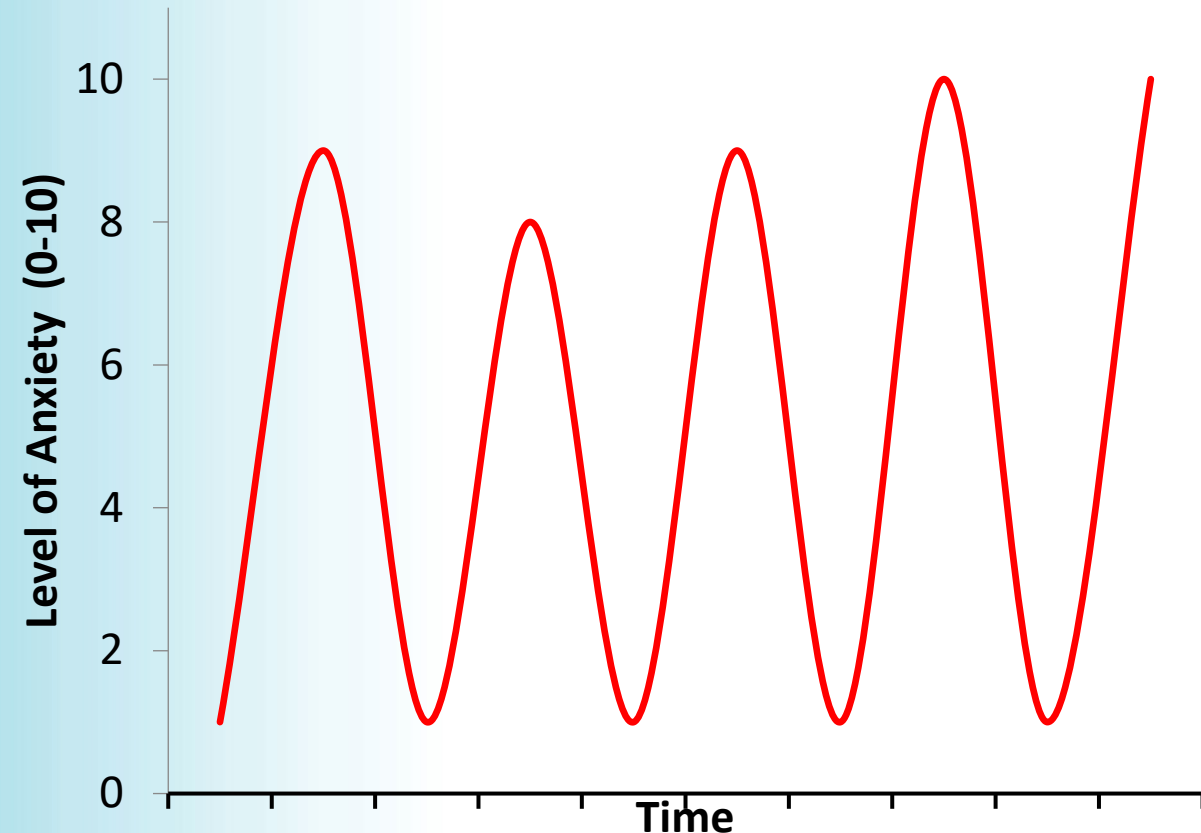
PSYCHIATRY ACADEMY





Exposure Cont'd

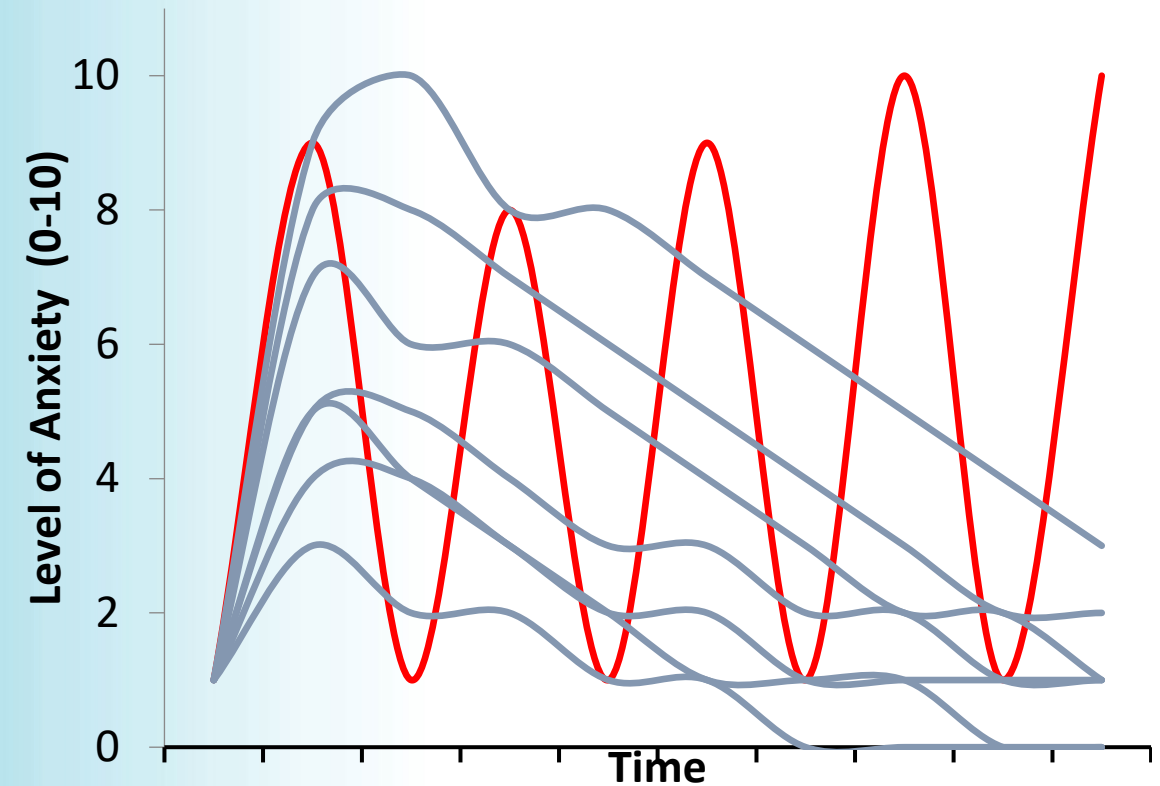
- Gradually face fears while refraining from safety behaviors
- Develop habituation and extinction of response
- Create New Learning: new associations that counter original fear (expectancy violation)





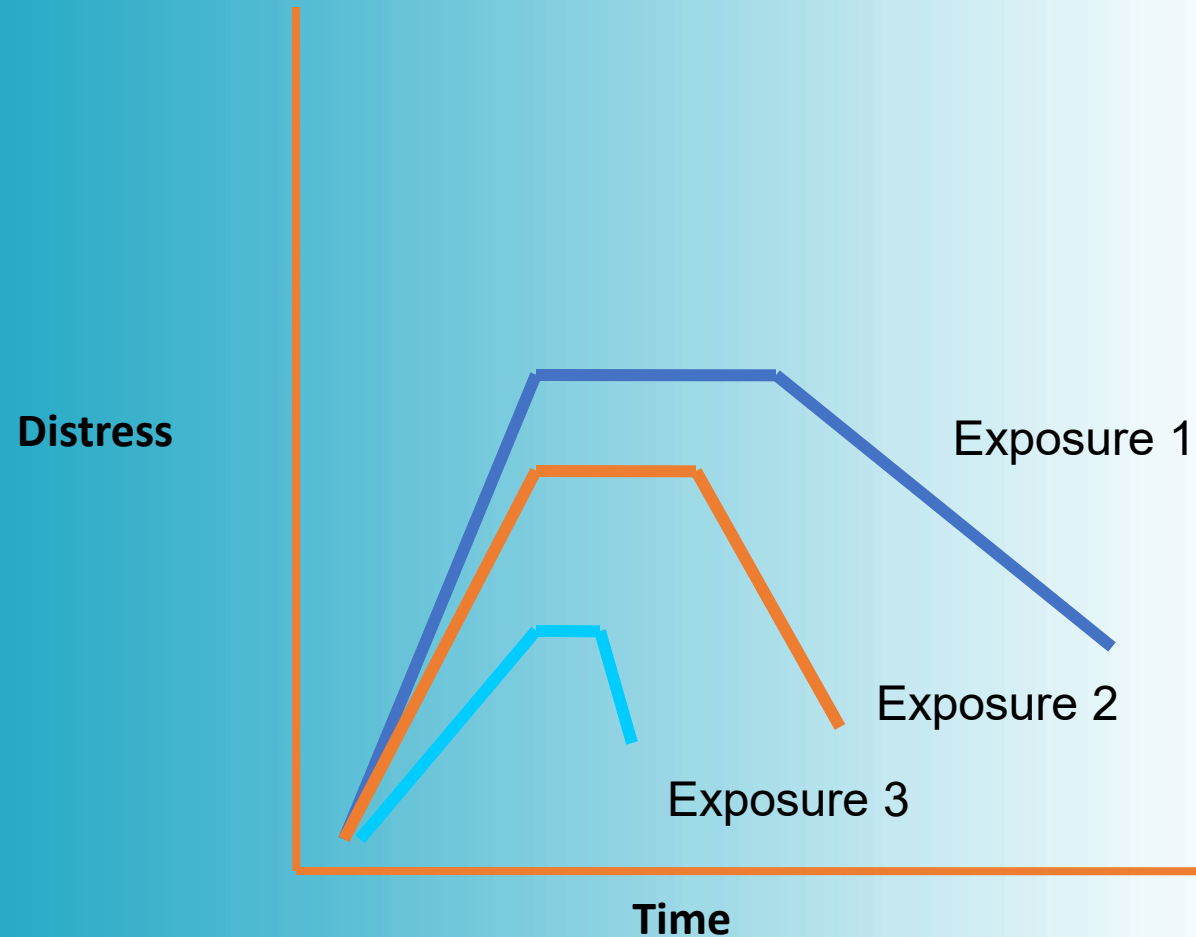
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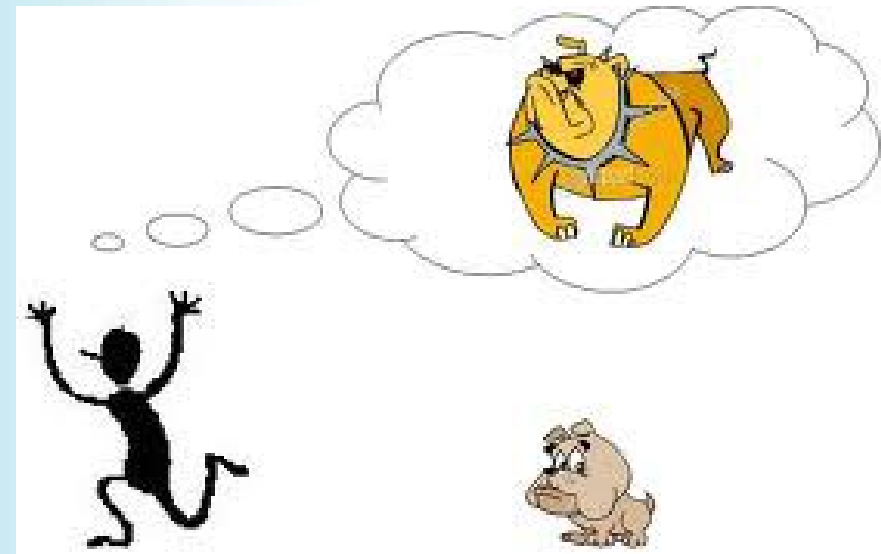
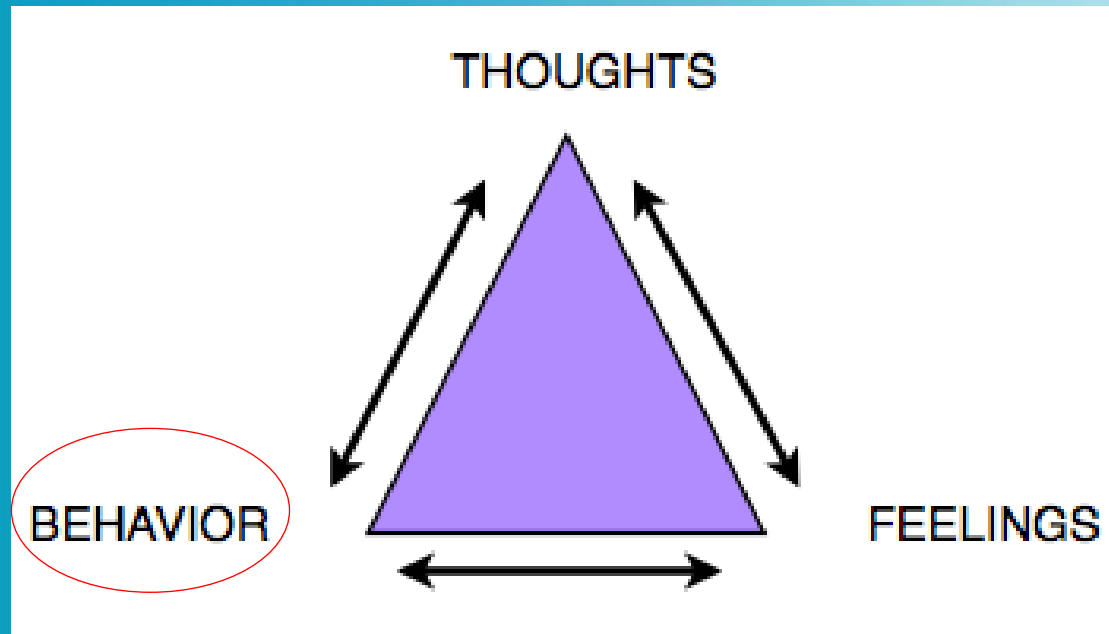




Exposure Cont'd



CBT: What Helps Outcomes



Exposure is Key!



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Fear Ladder

Create a list of fears, ranking them with some items in the low, middle, and high range



GOAL!



Graded Exposure

- Teach people to face their fears



- Practice each step until anxiety decreases
- Use contingent reinforcement

Example Fear Hierarchy: Contamination

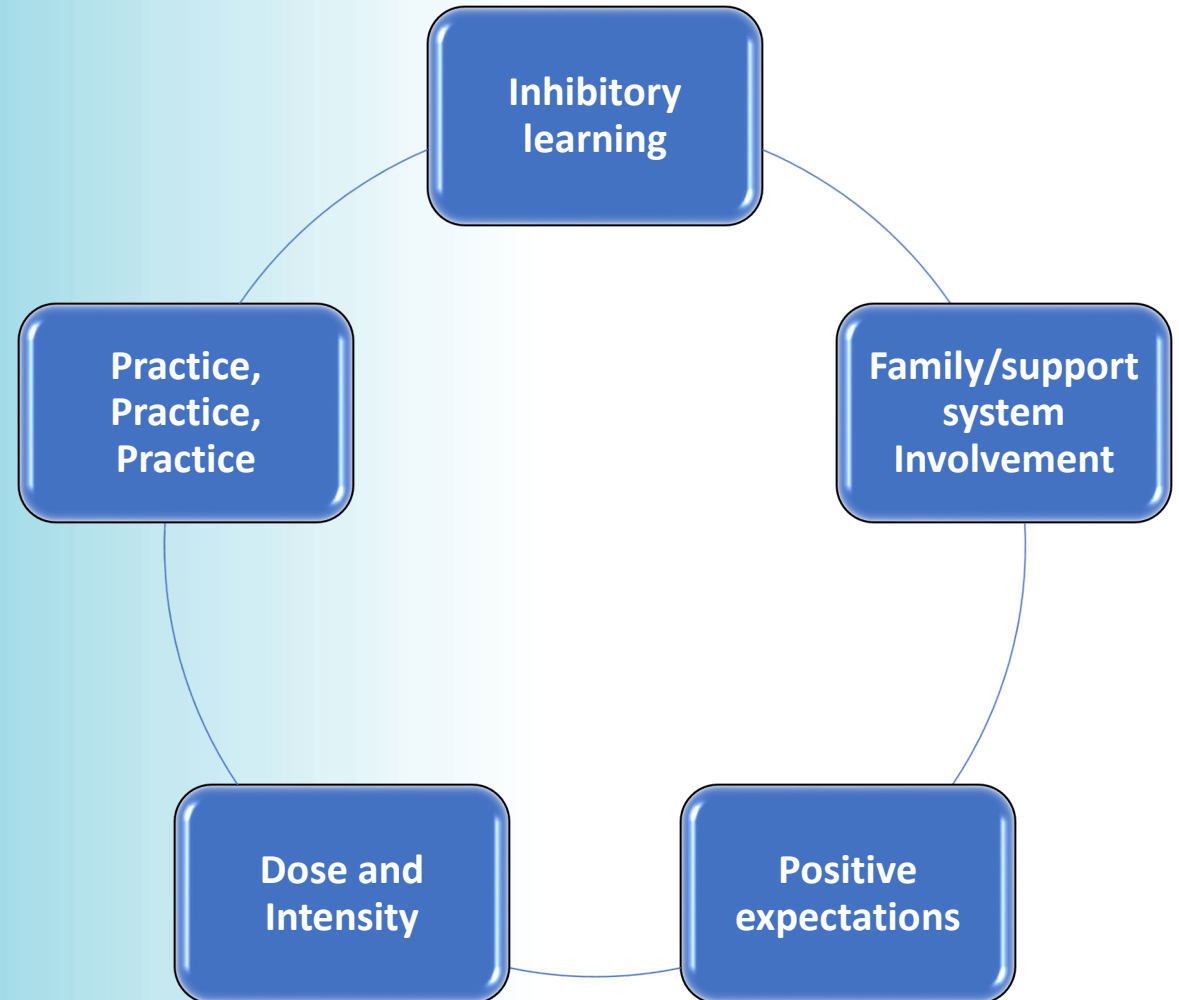


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Touch light switch; no washing	4
Touch doorknob; no washing	5
Touch bathroom doorknob; no washing	6
Eat food off of the table	7
Eat from same bag as someone else	8
Eat food that fell on floor	9

Enhancing Exposure Therapy





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Thank you!



Addressing Family Accommodation



- Family accommodation is very common
- Describes changes that families make to their behavior to help the anxiety sufferer feel better *in the short term*
 - Modifying family routines
 - Facilitating avoidance
 - Participating in compulsive rituals
 - Offering reassurance
- Associated with symptom severity, functional impairment, & response to treatment
- Assessment Measures: Family Accommodation Scale



Maximize Practice Between Sessions

- Make exposure life - Critical to success of CBT interventions
- If non-adherence:
 - Examine contributing factors
 - Problem-solve around solutions
 - Involve others if appropriate
 - Institute rewards
 - Examine motivational enhancement strategies
- Make sure homework is reviewed at the beginning of each session; this is one of the best predictors of compliance



Tolerating Ambiguity and Uncertainty

- Thought to be a central theme in many anxiety disorders
 - Religious concerns/scrupulosity
 - Harm-related symptoms
 - Perfectionism
- Helpful to consider this in planning exposure
- Goal is to tolerate the uncertain rather than/in addition to facing fears