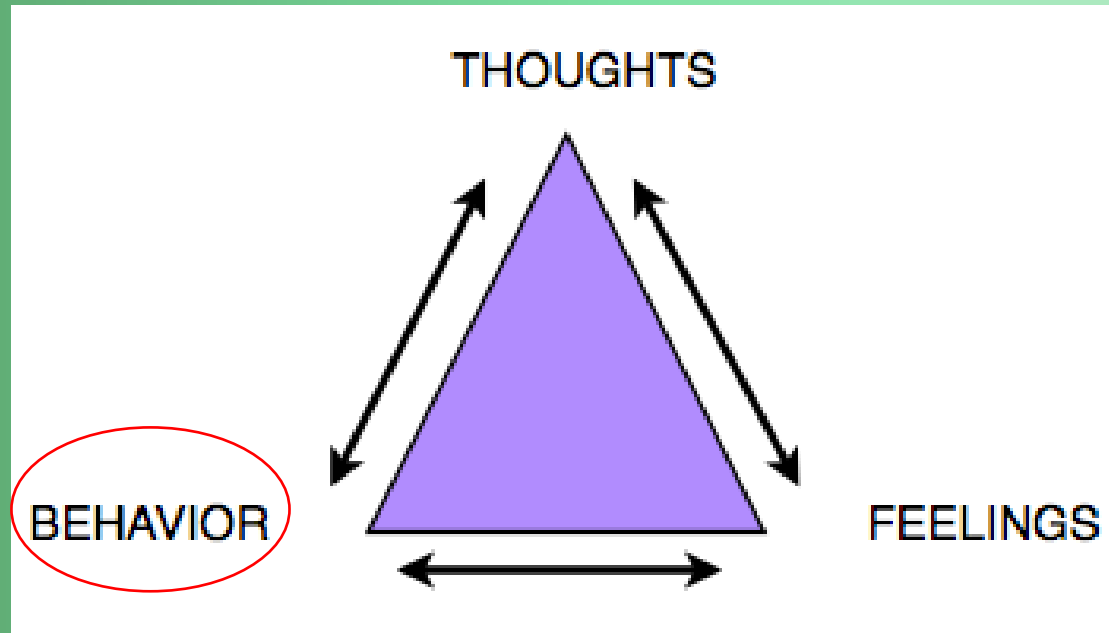


Lunch - Back at 1:25

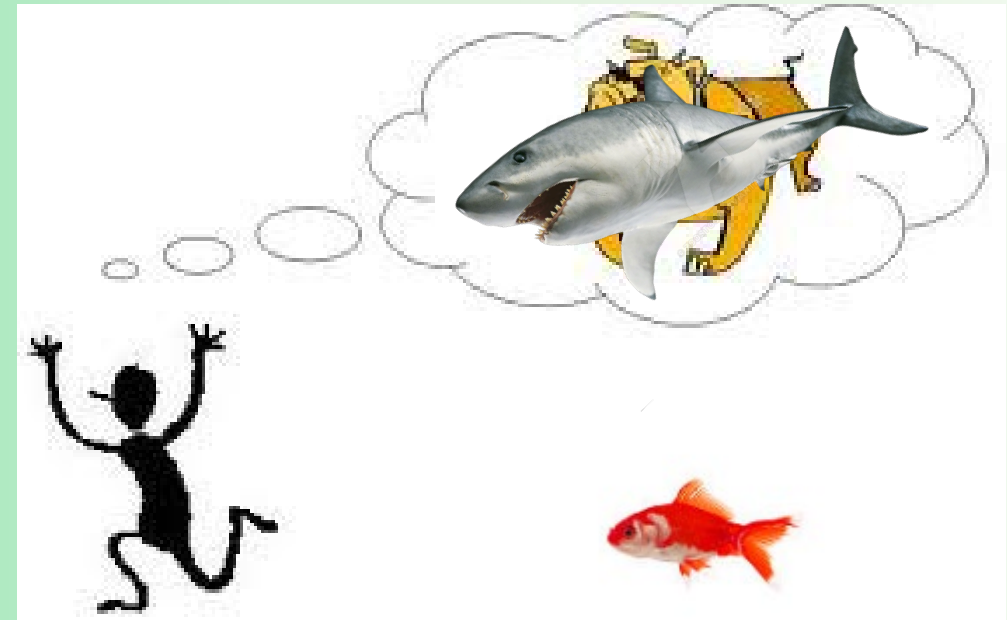
Introduction to Psychotherapies: Effective Use of Exposure



CBT: What Helps Outcomes

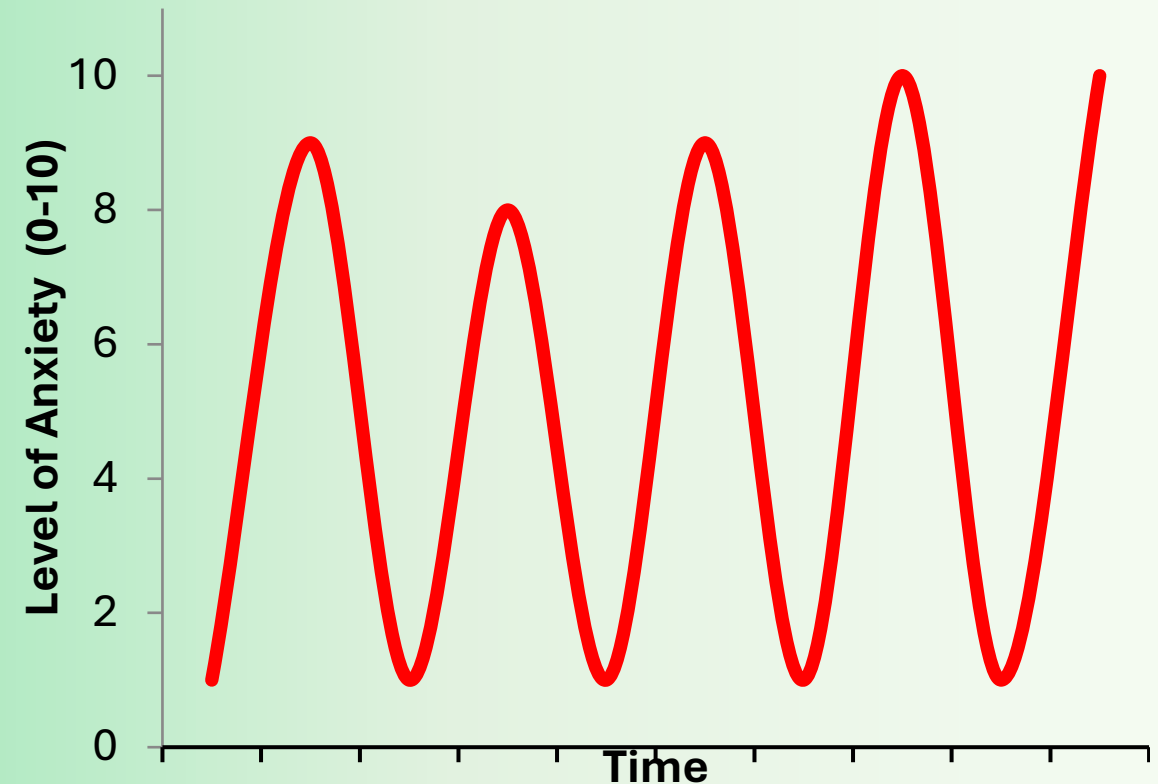


Exposure is key!



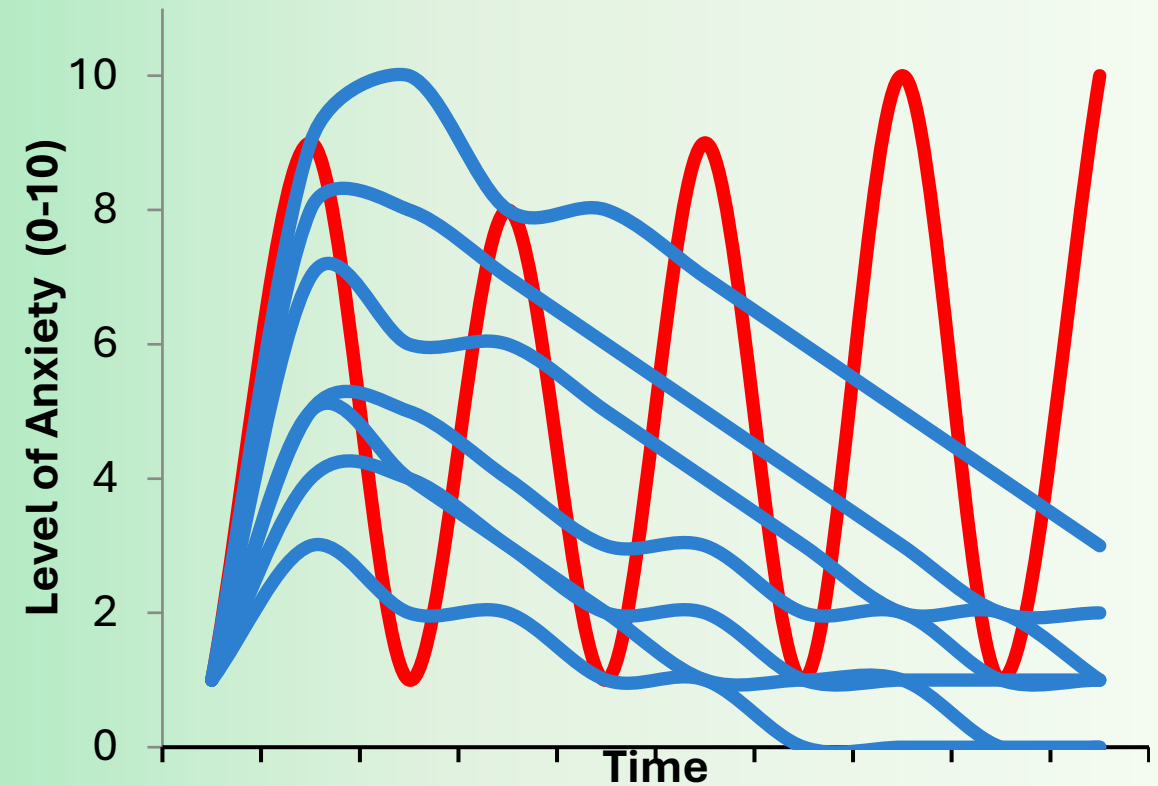
What is Exposure?

- 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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Types of Exposures



Imaginal



Interoceptive



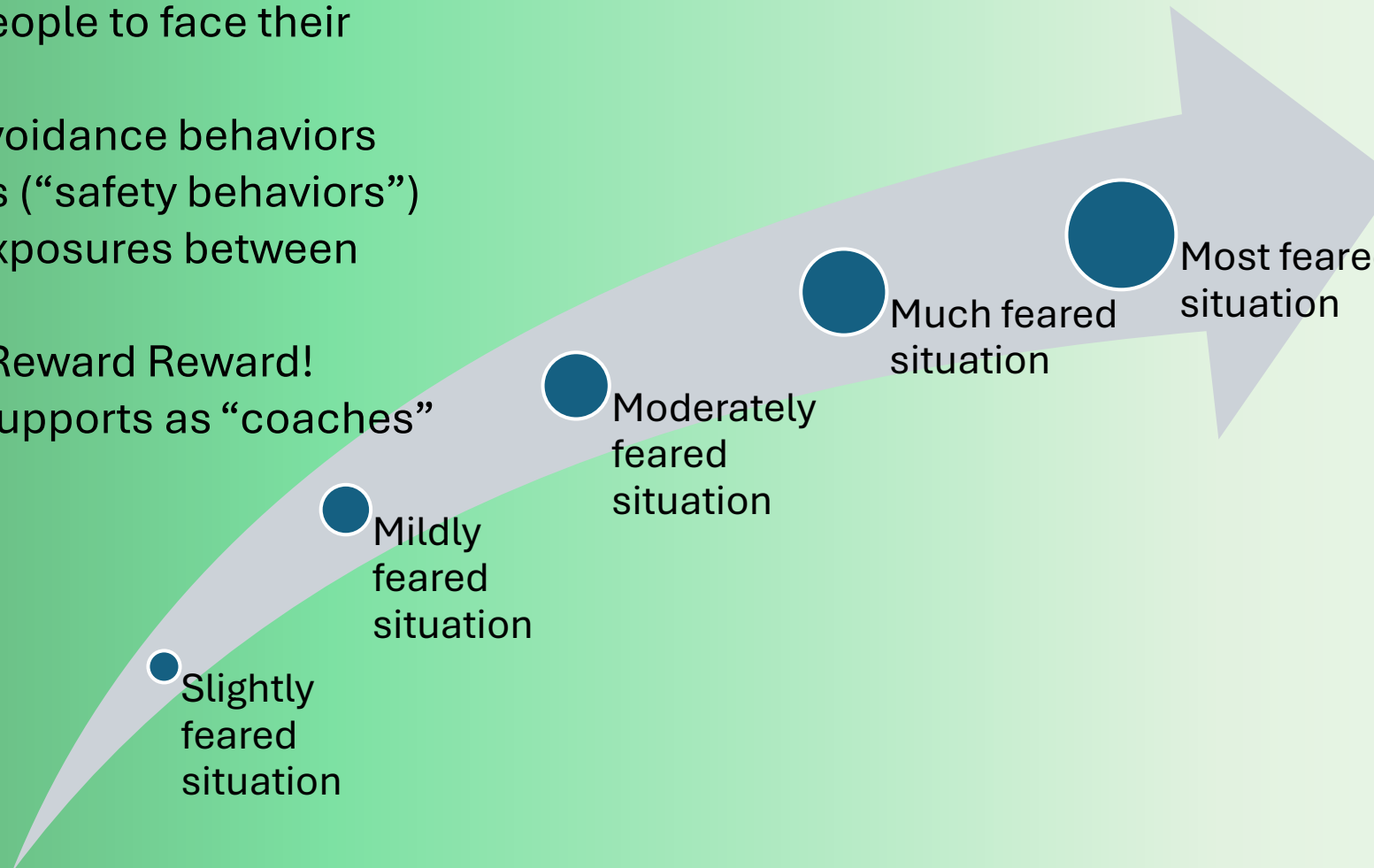
In Vivo



Virtual Reality

Graded exposure

- Teach people to face their fears
- Inhibit avoidance behaviors and rituals (“safety behaviors”)
- Assign exposures between sessions
- Reward Reward Reward!
- Involve supports as “coaches”



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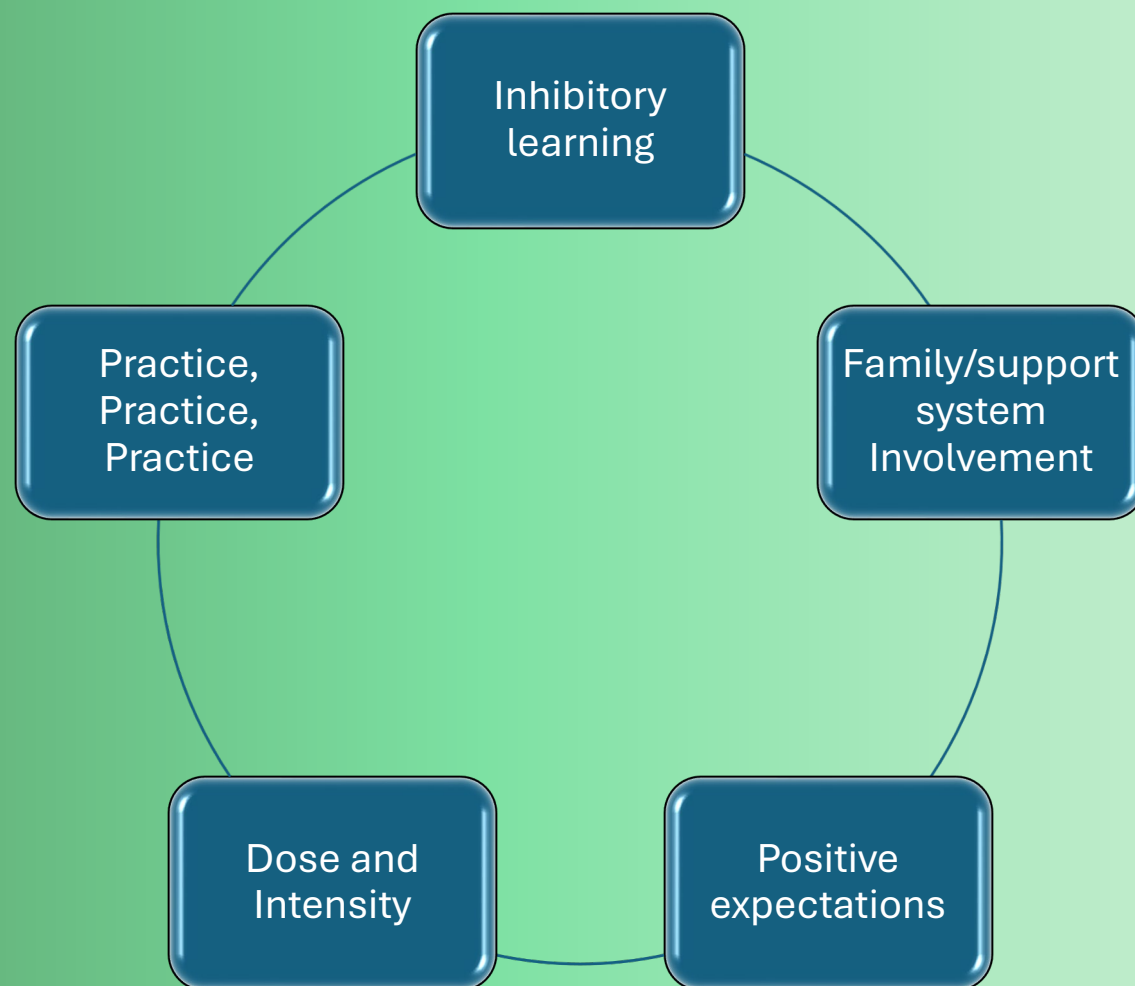


Example Fear Hierarchy: Contamination



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



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



Thank you!