



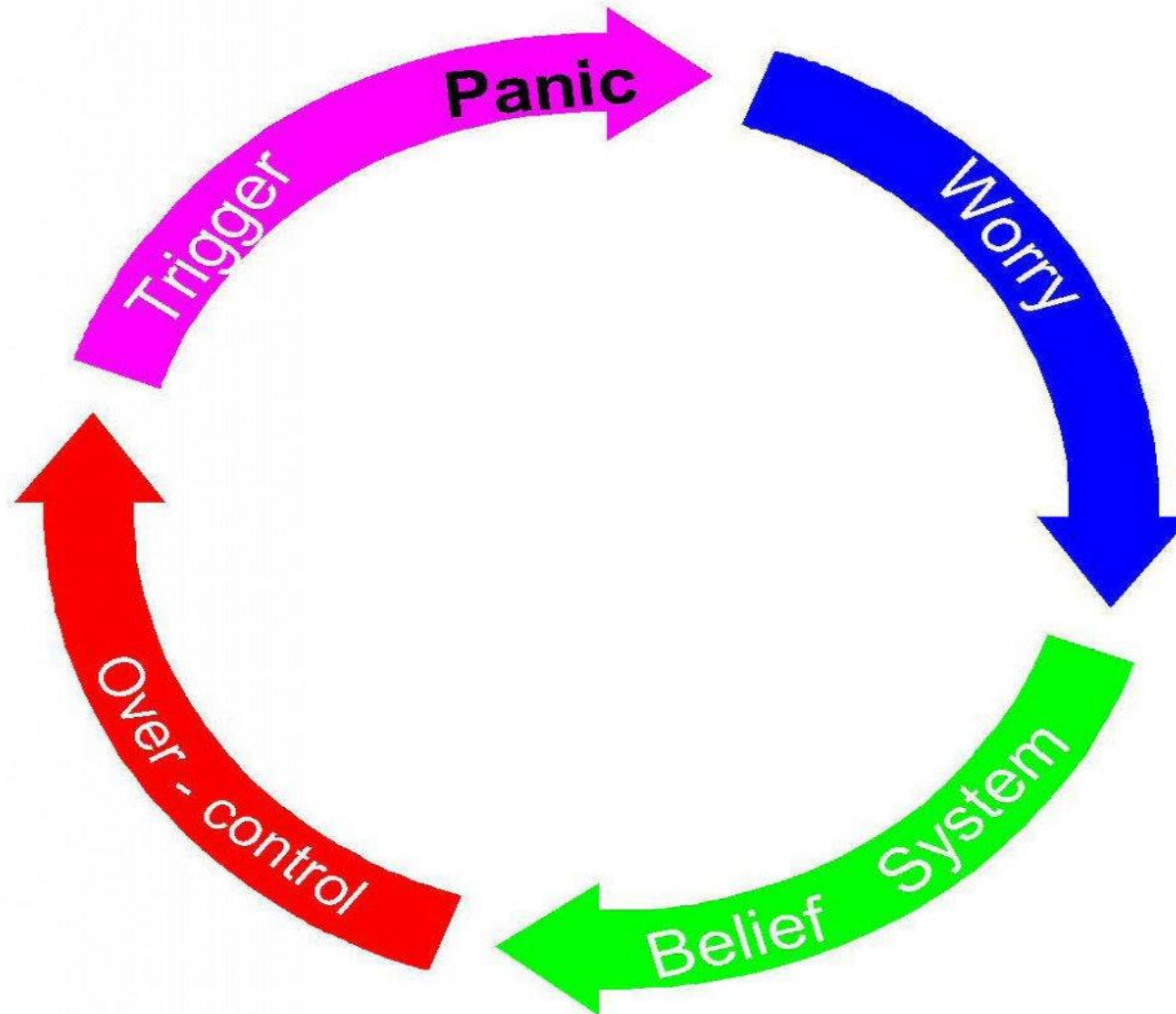
Introduction to Psychotherapies: Effective Use of Exposure

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



Exposure



Types of Exposures



Imaginal



Interoceptive



In Vivo




Virtual Reality

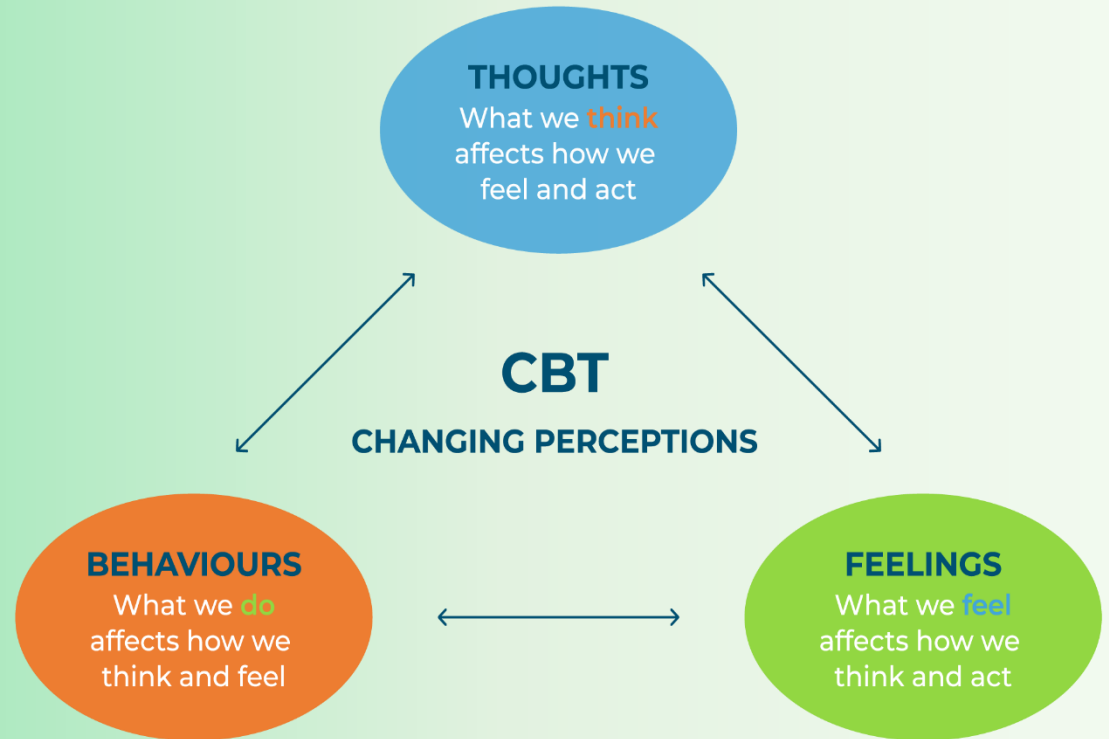
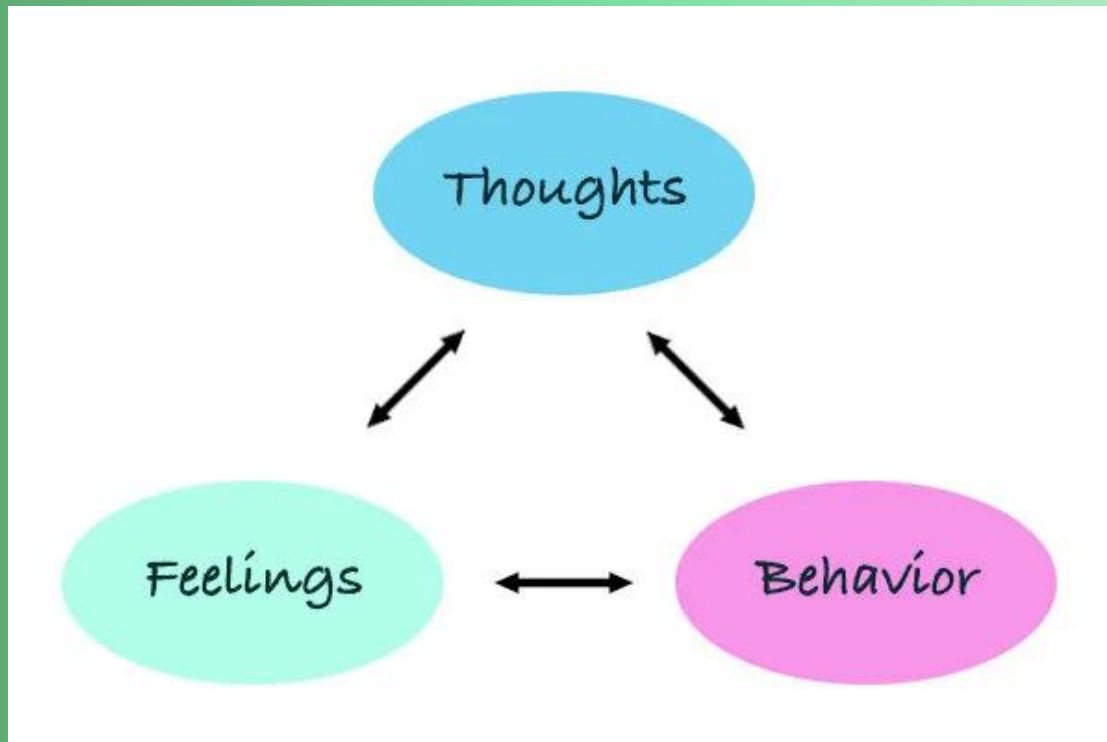
Cognitive Behavioral Therapy (CBT)



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

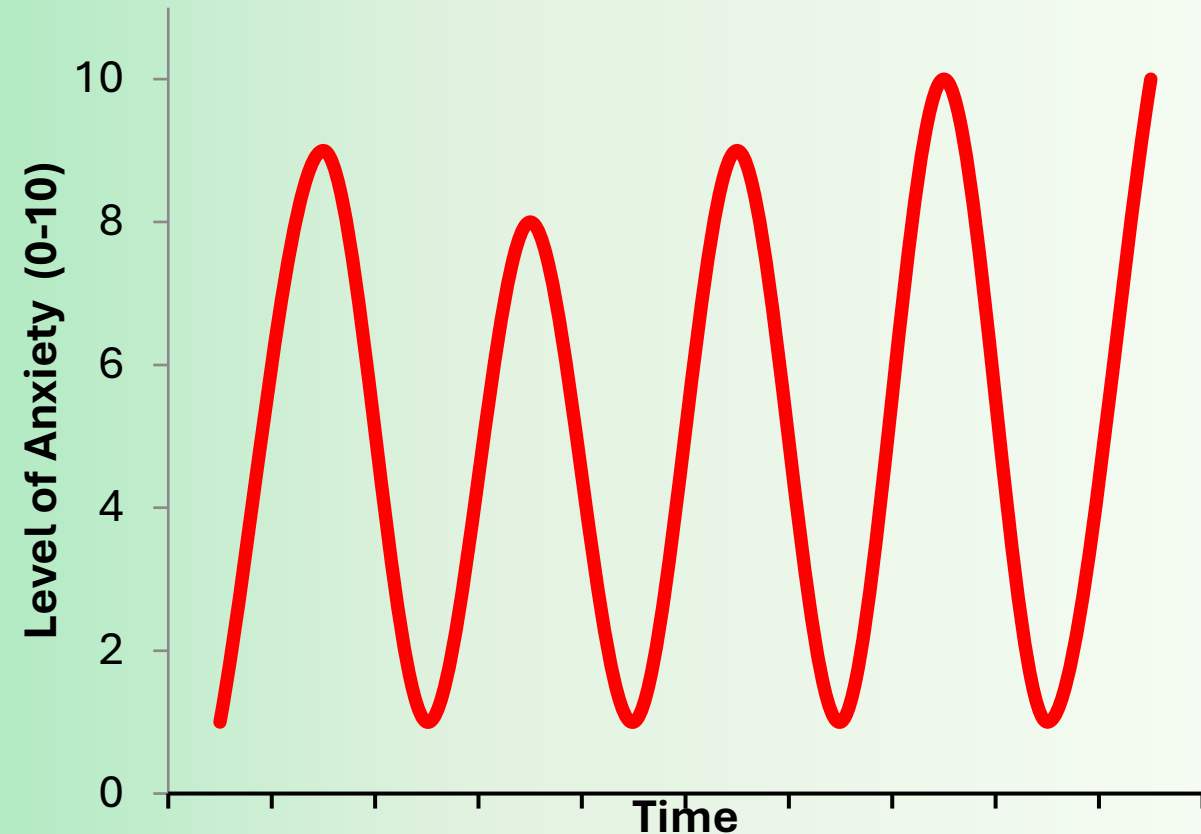


Reduce avoidance and fear - learning that the anticipated harm does not occur or is tolerable



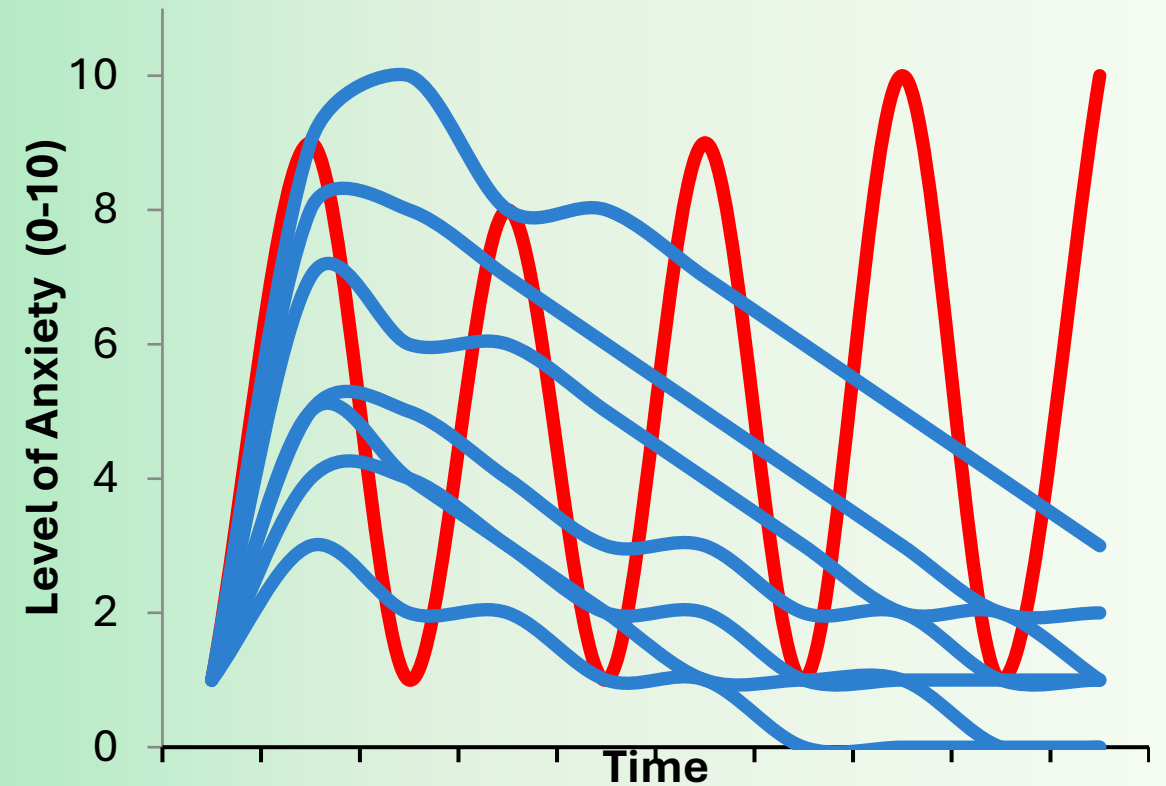
Exposure Cont'd

- 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)

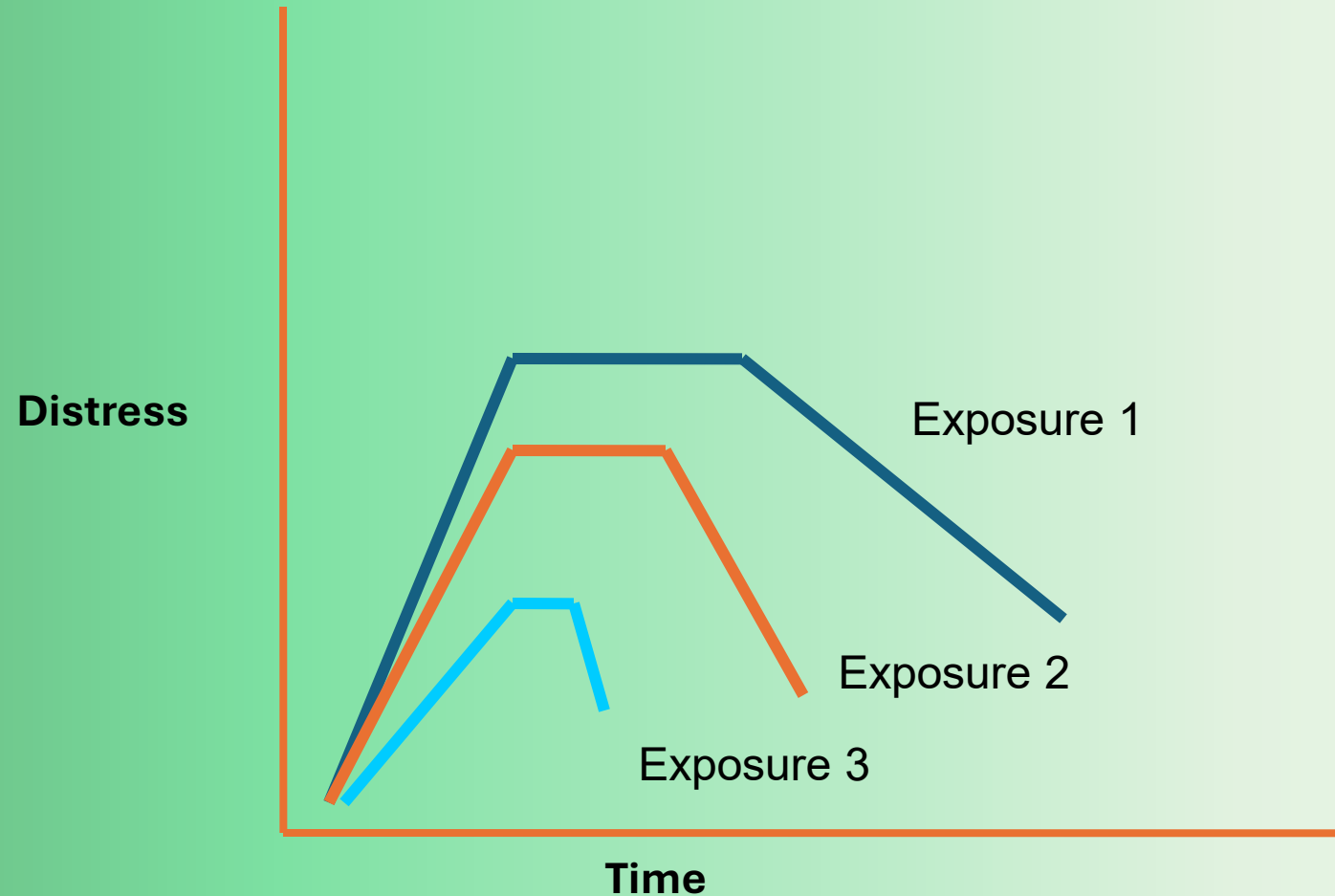


Exposure Cont'd

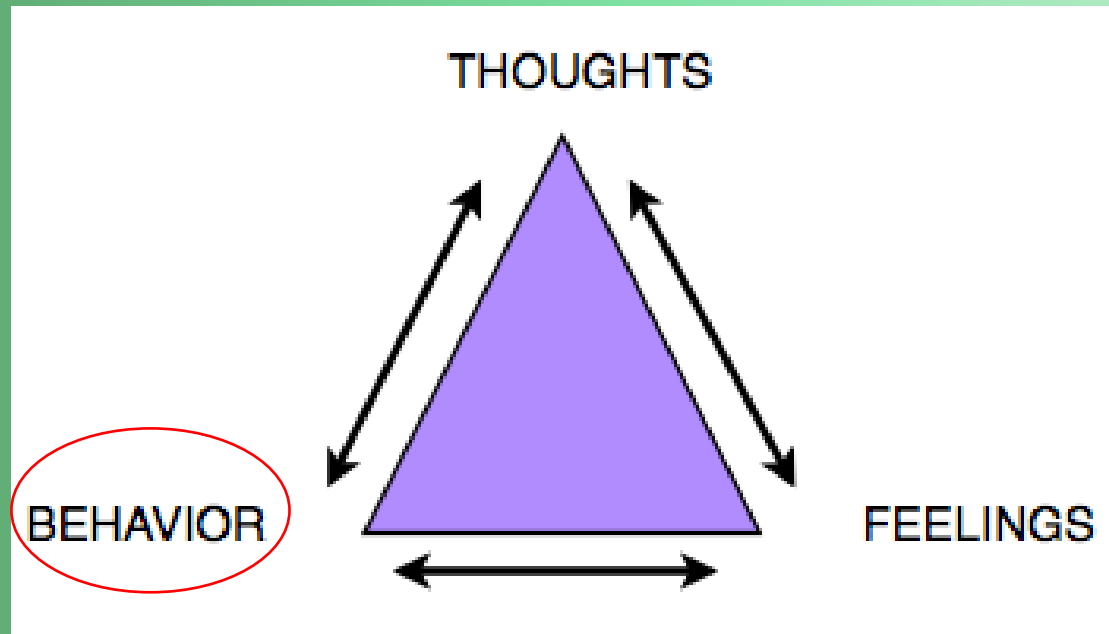
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Exposure Cont'd



CBT: What Helps Outcomes



Exposure is Key!

Fear Ladder

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

Graded Exposure



- Teach people to face their fears



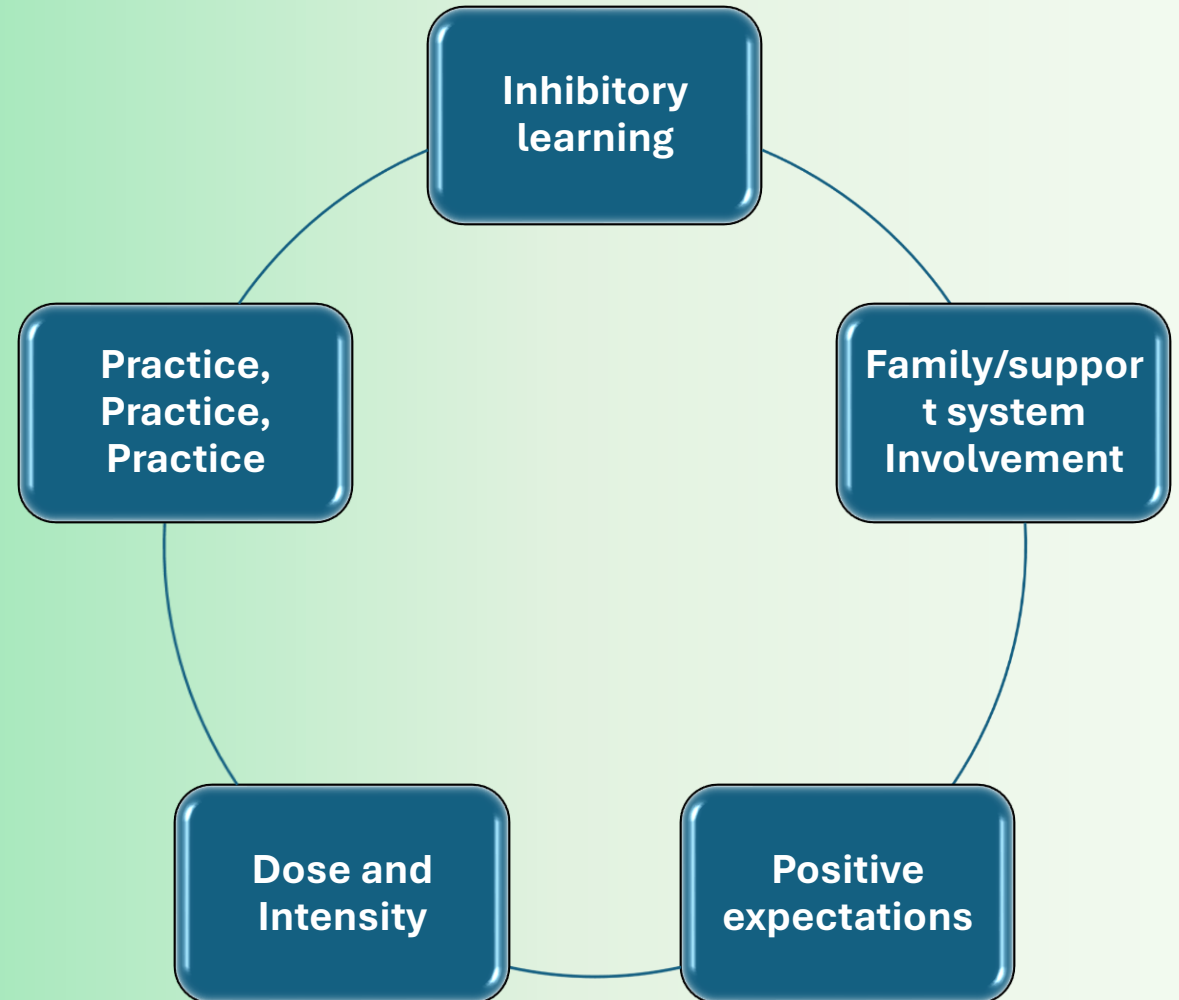
- Practice each step until anxiety decreases
- Use contingent reinforcement

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





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