

Exposure techniques

An ability to explain the rationale for exposure, in particular its use as a way of helping clients re-evaluate anticipated consequences and to learn to tolerate (rather than rigidly to avoid) fear and anxiety cued by both situational and interoceptive (somatic) stimuli
An ability to introduce the concept of hierarchical exposure and to help clients to construct a hierarchy of feared situations for both situational and interoceptive items, and their combination
An ability to work with the client to implement exposure in a manner which maximises the probability of benefit, in terms of its structure (e.g. number of situations faced, duration and pacing), as well as helping the client identify and circumvent any covert avoidance or the use of safety behaviours
An ability to identify, plan and implement interoceptive, <i>in vitro</i> and in vivo exposure to help clients learn that some physiological sensations can be induced behaviourally and / or cognitively
An ability to identify when it would be helpful to involve significant others in exposure, and to plan and implement this
An ability to help the client follow-up any therapist-directed exposure with self-directed exposure
An ability to help the client review exposure experiences
An ability to help clients draw upon skills learnt within the cognitive and relaxation components of the intervention to help them to manage anxiety when undergoing graded exposure tasks