



## **Course: how to use exposure to best treat anxiety disorders and phobias**

**Address:** <https://asadis.net/en/course/How-use-exposure-best-treat-anxiety-disorders-phobias/>

**Duration:** 5h30

**Type of course:** continuing education

**Location:** online course

**Individual price:** \$200.00

### **Overview:**

Exposure therapy is one of the most common and effective psychotherapeutic techniques. Yet, as straightforward as the fundamental concept may seem, its clinical application requires considerable nuance and skill. Which type of exposure therapy is most appropriate for different clinical scenarios? How can we effectively explain cognitive models to our clients? What strategies can be employed to manage the risk of dissociation?

To help you master exposure therapy in psychotherapy, Professor Stéphane Bouchard has meticulously designed this course with a strong emphasis on theoretical and technical rigor. He delves into the current scientific understanding of brain function, exploring the neurological and cognitive mechanisms activated in response to perceived threats, alongside the processes of avoidance, learning, and reward. This valuable information is intricately linked to practical strategies, making it directly applicable to your clinical work with clients.

Professor Bouchard also describes the psychological models associated with each major anxiety disorder, providing detailed guidance on crafting exposure scenarios and employing specific clinical techniques. Throughout this course, he offers practical suggestions tailored to the nuances of treating phobias, panic disorder, social anxiety disorder, OCD, GAD, and PTSD.

By the end of this training, you will possess a deep understanding of how to implement exposure therapy effectively, enhancing your therapeutic approach and optimizing outcomes for your clients.

**Learning objectives:**

1. Understand the research on the treatment of anxiety disorders and phobias
2. Identify the key ingredients involved in exposure
3. Integrate exposure into cognitive behavioral psychotherapy for phobias, panic disorder, social anxiety, Generalized Anxiety Disorder, Obsessive-compulsive disorder and Post-traumatic stress disorder

**Learning material:**

This workshop includes theory as well as clinical examples. It includes videos ranging from 5-15 minutes in length. The PowerPoint of the workshop can be downloaded.

**Audience:** This training is intended for mental health professionals.

**The expert, Prof Stéphane Bouchard**

Dr. Stéphane Bouchard is the Canada Research Chair in Clinical Cyberpsychology and a full professor of clinical psychology at the University of Quebec in Outaouais. As a scientist-practitioner, he has dedicated his career to developing clinically useful models and interventions and to conducting rigorous studies on the treatment of anxiety disorders and other mental disorders. His research focuses on the development of virtual reality environments to treat complex anxiety disorders as well as pathological gambling. He also conducts clinical trials on the effectiveness of in-virtuo exposure for anxiety disorders, as well as experimental studies to understand what makes virtual reality an effective therapeutic tool. In addition to this, Prof. Bouchard researches the clinical effects of telepsychotherapy (distance intervention) and how this intervention should be used to obtain optimal treatment outcomes. He has received several awards and distinctions, including the prestigious Adrien Pinard Prize for his significant contributions to the field of psychology.

**Syllabus**

PowerPoint

Presentation

Key factors in anxiety disorders

The bio-psycho-social model (basics of anxiety), and the anxiety equation

The trap of avoidance and the basics of the amygdala

Memory reconsolidation, the implications of psychotherapy in anxiety and the simplified transdiagnostic model

Information on effectiveness

The goals and debates of cognitive behaviour therapy (CBT)

Exposure as an element of CBT

Ten commandments of CBT and the myths surrounding CBT

CBT strategies for anxiety disorders

Application and mechanism

The aim of exposure for anxiety disorders and the various forms

The intensity of exposure and its nuances

Example of a study on exposure and anxiety

Phobias: model, protocol and application

Specific phobia model and examples

PDA: model protocol and application

The panic disorder model

Examples of stimulus for exposure to panic disorders

SAD: model, protocol and application

Social phobia model and protocol

Example of social phobias and exposure

GAD: model, protocol and application

General anxiety disorder model and protocol

Avoidance behaviours of general anxiety disorder

Concrete example of cognitive exposure with GAD

Exercise for exposure of a patient with GAD

OCD: model, protocol and application

Obsessive-compulsive Disorder (OCD) model explained

OCD protocol and exposure exercises for satiation OCD and violence and verification OCD

Exposure for hoarders, and cognitive exposure for OCD

PTSD: model protocol and application

Posttraumatic Stress Disorder (PTSD) model and protocol

Warnings about exposure and PTSD, and cognitive exposure for PTSD

Examples of exposure with PTSD, In vivo exposure and reducing the risk of dissociation

Broadening the scope: VR, therapist's adherence

CBT in virtual reality (virtual reality)

The myths surrounding exposure

Conclusion

Takeaways and conclusion

Bibliography