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 is Canada Research Chair in Clinical Cyberpsychology and full professor of clinical psychology at the University of Quebec in Outaouais. As a registered psychologist and scientist-practitioner, he has dedicated over two decades to developing clinically useful interventions and conducting rigorous research on telepsychotherapy and virtual reality treatments for anxiety disorders, PTSD, pathological gambling, and other mental health conditions.

Prof. Bouchard pioneered research on telepresence in videoconferencing psychotherapy, demonstrating that the subjective experience of "being together" remotely predicts therapeutic alliance strength more powerfully than technical quality. His randomized controlled trials have established non-inferiority of telepsychotherapy across panic disorder, generalized anxiety disorder, PTSD, and major depression, with very large effect sizes maintained at 12-month follow-up.

His research program encompasses treatment efficacy studies, experimental investigations of therapeutic mechanisms, technology security protocols, and ethical frameworks for remote intervention. Prof. Bouchard has published extensively on alliance-building in virtual contexts, environmental management strategies, and patient selection criteria for videoconferencing modalities.

He has received numerous distinctions including the prestigious Adrien Pinard Prize for significant contributions to psychology. Prof. Bouchard's work bridges rigorous empirical research with practical clinical application, providing mental health professionals with evidence-based protocols for delivering psychotherapy remotely while maintaining the therapeutic rigor expected in face-to-face practice.

Syllabus
PowerPoint
Presentation
<u>Key factors in anxiety disorders</u>
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 it's 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 stimulis 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 exercices for satination 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 virtuo (virtual reality)

The myths surrounding exposure

Conclusion

Takeaways and conclusion

Evaluation:

To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.

In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.

These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*