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**Clinical Guidelines for Mitigating Risk related to Exposure and Response Prevention Therapy**

Purpose: Use higher risk in-vivo exposure only when clinically necessary to address patient’s particular symptoms/improve treatment outcome and there are not similar clinically appropriate, lower risk exposures.

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| **Lower risk**  **Higher risk** | In-office exposures 🡪 consider using virtual reality to increase the number of exposures that can be done in-office |
| In-building exposures (e.g. bathroom, kitchen) |
| On-campus exposures (e.g. campus shuttle, gym, CAPE) |
| Off-site in the community (e.g. bus, nail salon, store) |
| Off-site in a patient’s home/driving or riding with a patient |