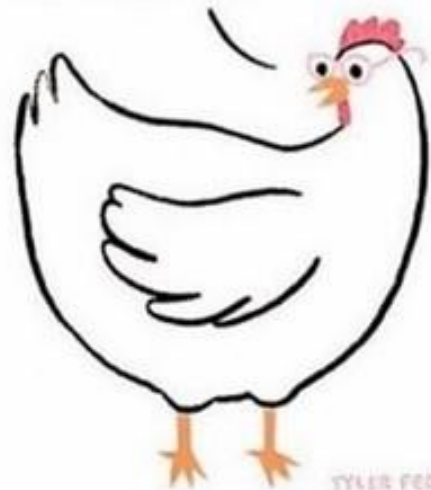


A photograph of several fresh carrots with their green leafy tops, resting on a weathered wooden surface. The carrots are orange and have some soil on their roots. The background is a blurred wooden texture.

Types of Exposures

WHY DID THE CHICKEN CROSS THE ROAD

MY THERAPIST
SAYS I SHOULD
DO MORE THINGS
THAT SCARE ME



TYLER FEDER

Types of Exposures: In-vivo/Situational

- Intentionally facing fears
- Agreed upon that are intended to be as similar to the fear as possible
- Include situations that are avoided or there are safety behaviors with
- May involve completing sessions out of the office



Types of Exposures: Imaginal

- Scripting exercises
 - Prompts for types of OCD are in “The Mindfulness Workbook for OCD”
- Exposures to intrusive thoughts/images
- Method to explore mental cues/triggers
- The aim is to have exposure to mental events and tolerate these events/that these events are not dangerous



Imaginal Continued

- **Primary Imaginal Exposure:** exposure to intrusive thoughts
- **Secondary Imaginal Exposure:** used with in-vivo exposures to face outcomes that are not able to occur (example: drive around the block and imagine someone being hit by the car)
- **Preliminary Imaginal Exposure:** Used to prep for a in-vivo exposure



Types of Exposures: Interoceptive

- Used when there is a fear of body sensations to decrease misinterpretation of meaning
- Examples:
 - **Emetophobia**: Spinning on a chair, laying with books on the stomach, quickly drinking soda
 - **Somatic/hyper-awareness** OCD: Intentionally focus on a body sensation that is feared, such as swallowing, blinking, breathing
 - **Fear of signs of a panic attack**: Physical exercise to increase heart rate, breathing through a straw to simulate hyperventilating

