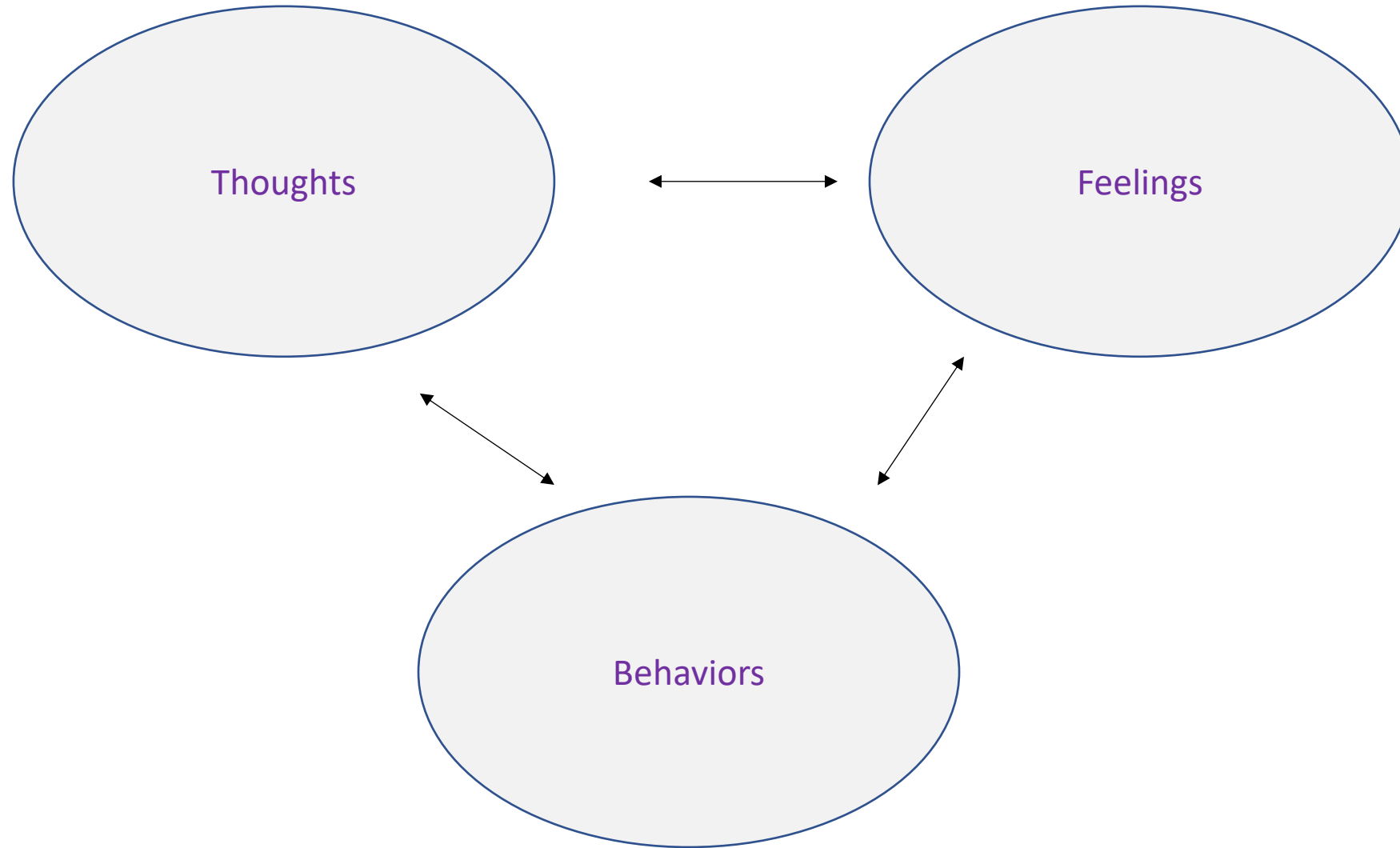
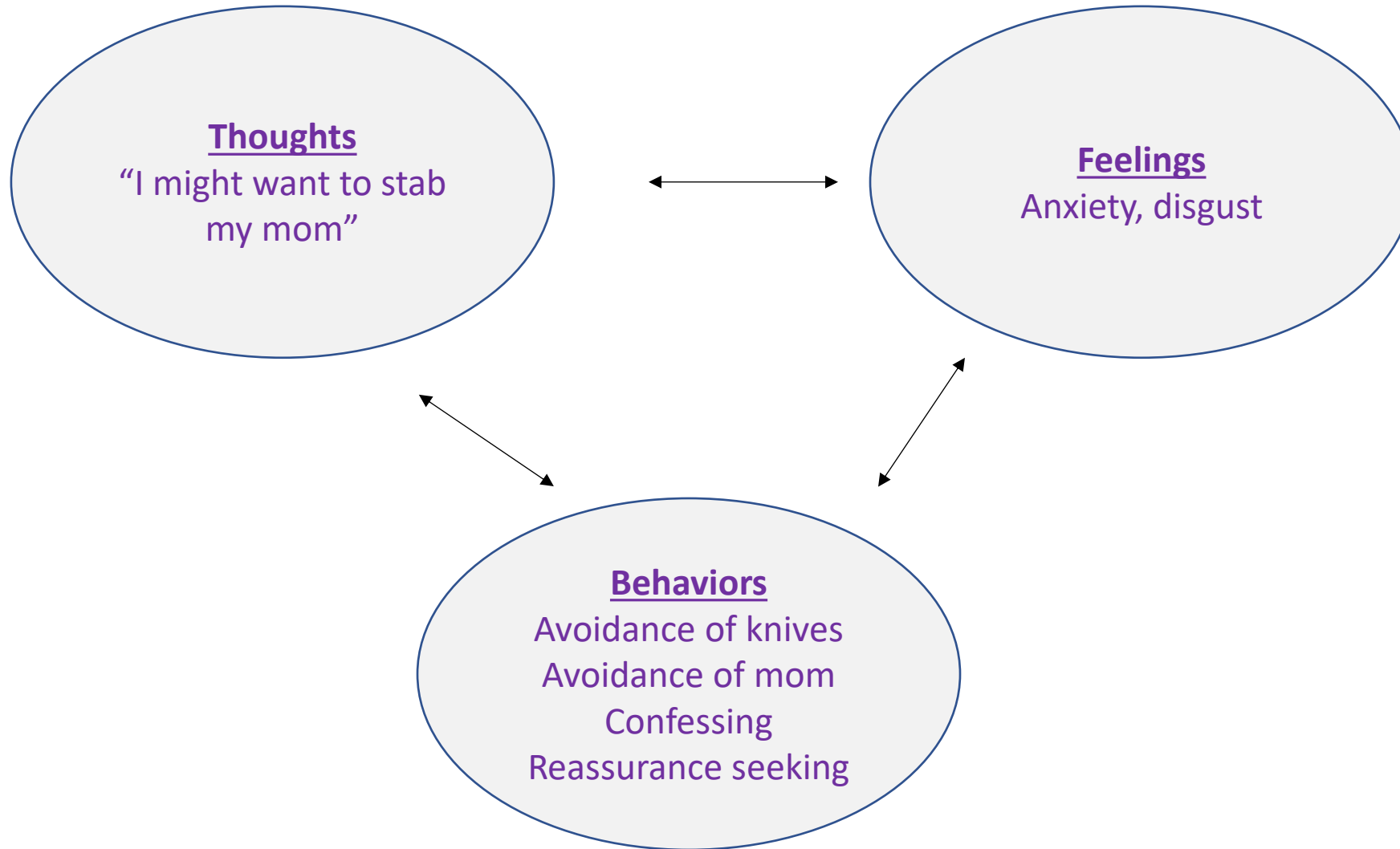


Psychoeducation

CBT Model



CBT Model



I'M ANXIOUS

(Mental compulsion) I remember unplugging it

I feel better

But what if I didn't?

I might not have turned off my straightener

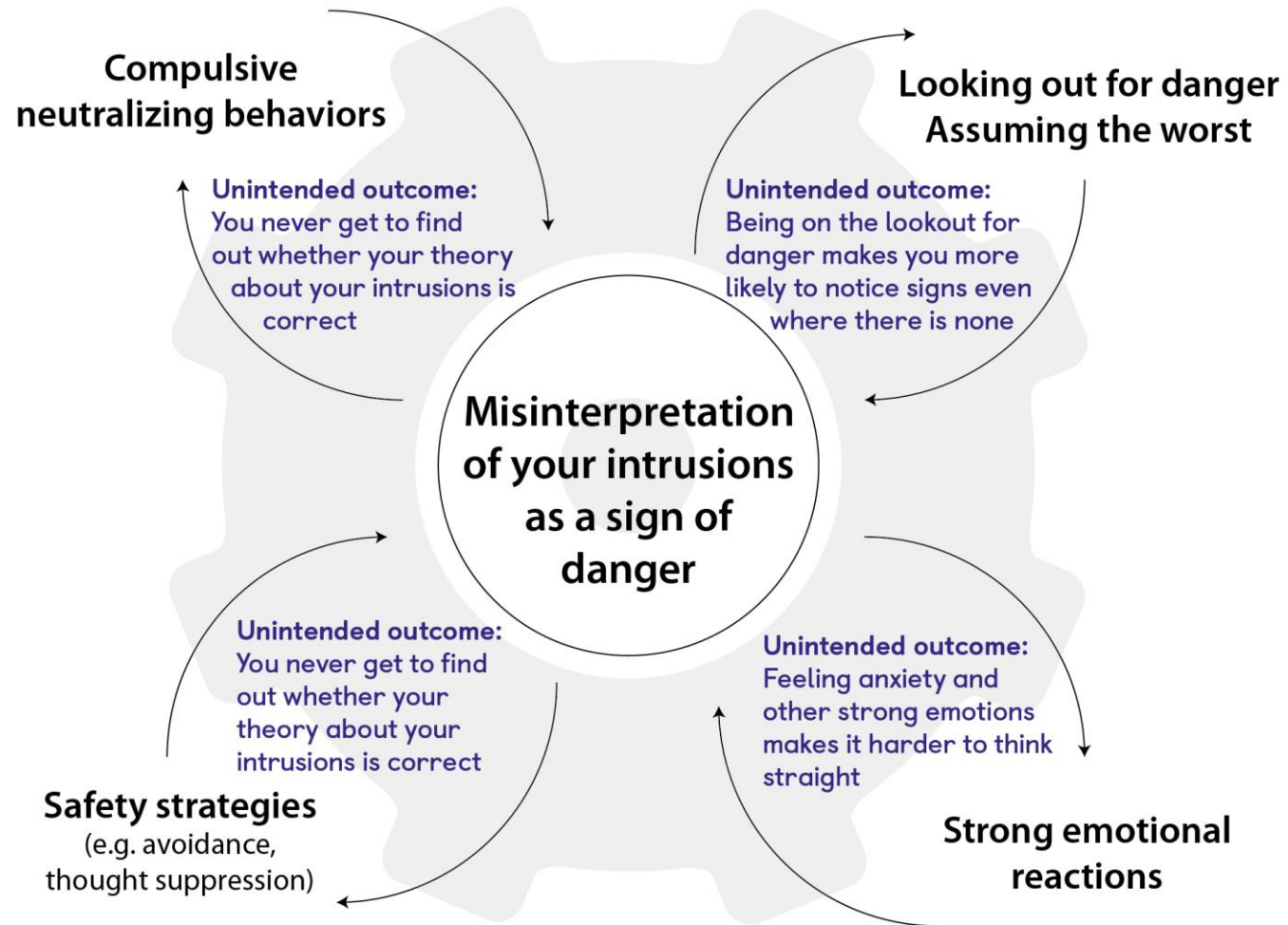
But what if I didn't?

I feel better

(Compulsion) driving home to check

I'M ANXIOUS





Trigger/Antecedent/
Feared outcome

Anxiety Spike

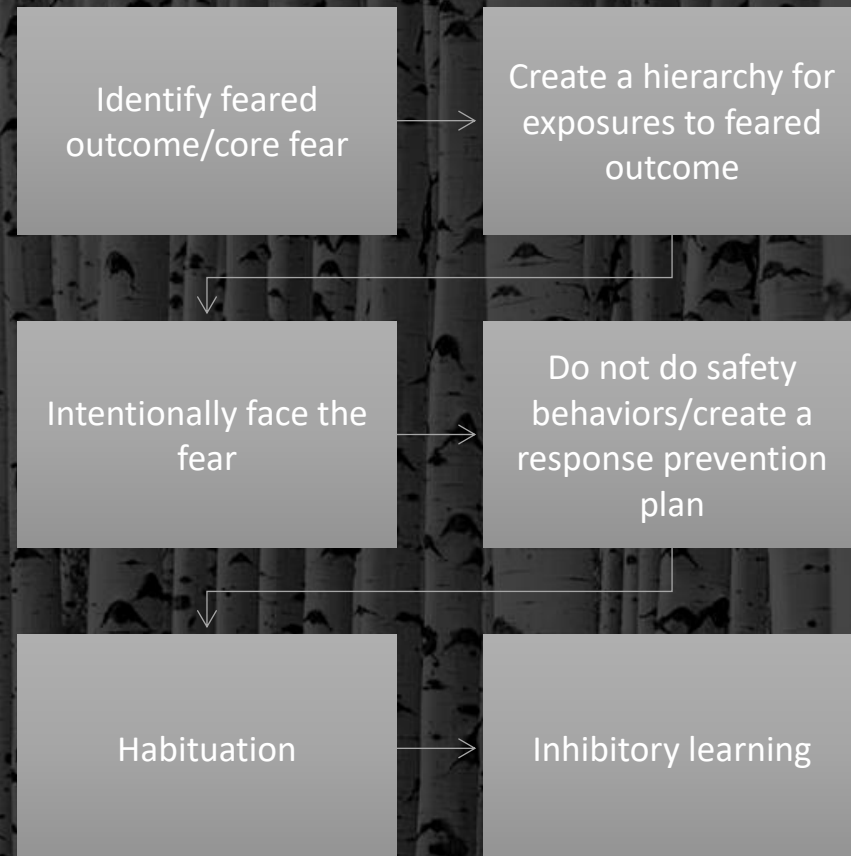
Negative reinforcement
for compulsive behaviors

Immediate
anxiety decrease

Compulsive
behavior/avoidance/
safety behavior



Exposure and Response Prevention



Trigger/Antecedent/
Feared outcome

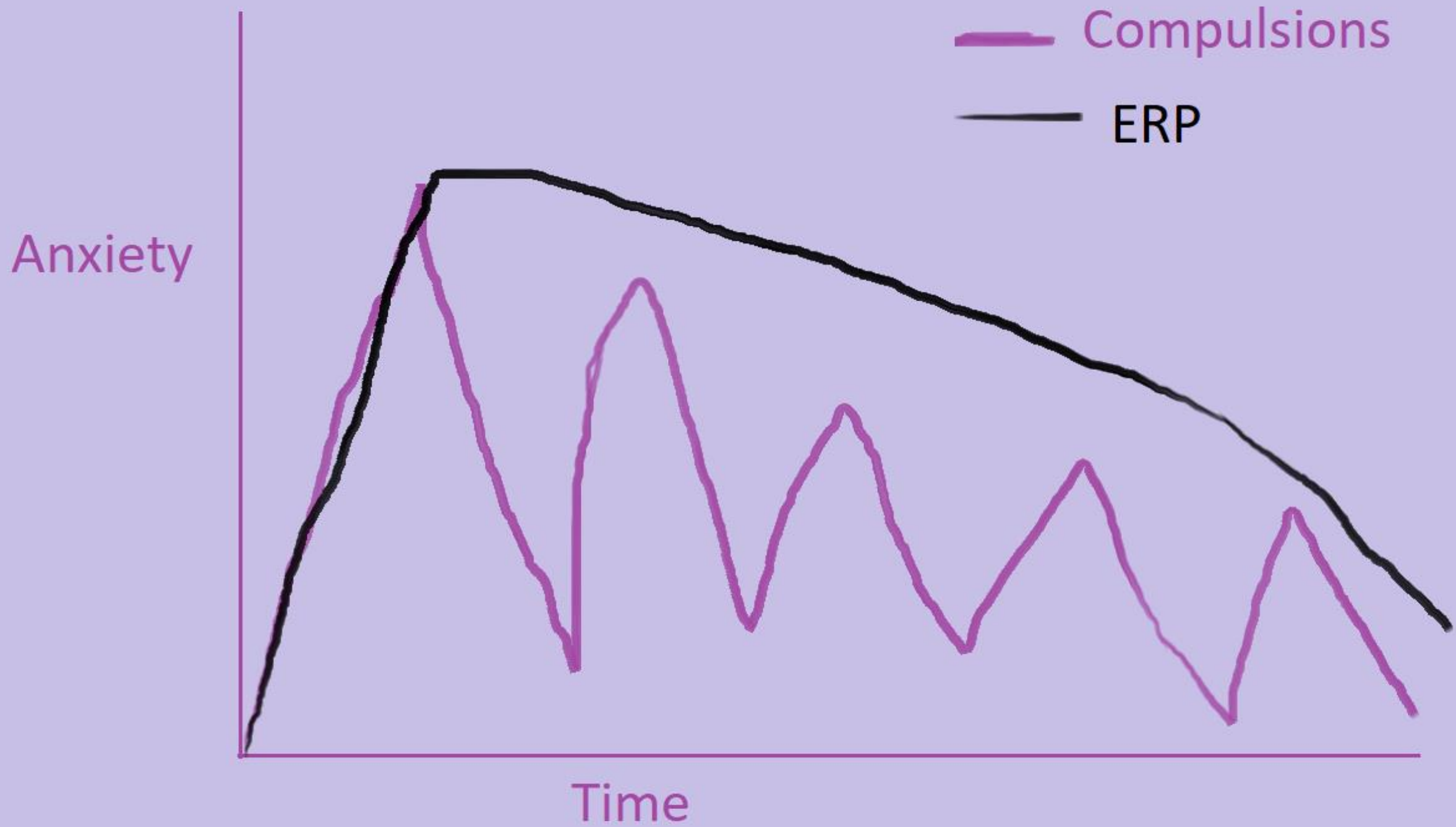
Anxiety Spike

Negative reinforcement
for compulsive behaviors

Immediate
anxiety decrease

Compulsive
behavior/avoidance/
safety behavior





Habituation

- Also known as anxiety reduction
- Goal to reduce anxiety through exposures, usually with a gradual approach to exposures
- Potentially shames anxiety and reinforces idea that anxiety/distress is intolerable or “bad”
- Suggests that exposure therapy is only successful if anxiety is “gone”

Inhibitory Learning

- Explains differences between exposure SUDs and SUDs after exposure
- Fear-based thoughts are not gone, but remain and new learning occurs (Example: Fear that all dogs will bite is changed to most dogs are safe)
- The fear may decrease, but the thought/meaning may return
- Goals of exposures are to 1: Develop new thoughts, 2: Increase use of new thoughts across different settings

Inhibitory Learning Continued

- Therefore, there is fear tolerance not fear extinction or “no anxiety”
- May also introduce “desirable difficulties”
 - Randomly pick exposures vs moving through a fear hierarchy
 - Not using coping skills during exposures
 - May increase learning that anxiety is tolerable vs something to avoid