

Exposure and Response Prevention Therapy (ERP)

1. Change thinking patterns (cognitions) that have prevented individuals from overcoming their negative thoughts (distortions)

2. Slowly change behavioral responses

THINKING PATTERNS HAVE RESULTED IN FEAR AND OFTEN TIMES AVOIDANCE; CHALLENGE AND FACE FEARS = NO LONGER BE AFRAID
Systematically desensitize one to their fears

- a. face fears
 - b. learn to manage uncomfortable feelings and thoughts
 - c. anxiety fades
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- Make a list of triggers (objects, people, situations, words, images, thoughts)
 - Which fears produce least amount of anxiety – start there (rate 1-10)
 - Discuss approach to the exposure
 - Gradual exposure...without compulsions (during or after) – response prevention