



Using Exposure Therapy to Treat Anxiety Problems: A step-by-step, clinical guide to using the exposure therapy procedure for six types of anxiety-related problems

Clyde M. Feldman

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This manual provides detailed, step-by-step instructions for using the EXPOSURE procedure to reduce or eliminate generalized anxiety, panic, social anxiety, phobias, PTSD, and OCD. It includes worksheets, informational handouts, and scripts on: (1) How anxiety works, (2) The symptoms and components of six types of anxiety, (3) How to build a graded hierarchy, (4) Using relaxation techniques and abdominal breathing exercises, (5) Identifying anxious cognitions, (6) Developing positive counter-cognitions and mental pictures, and much more. Exposure therapy is one of the most “evidence-based” techniques in the field of counseling and psychotherapy today. Most counselors, therapists, and behavioral health practitioners are familiar with Exposure therapy, in general, but this manual guides you through a set of specific steps for each type of anxiety problem.

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