Institut de formation
en thérapie comportementale
& cognitive

Optimizing Exposure Therapy for Anxiety Disorders

December 16th from 13h00 until 16h30 at Centre St-Pierre in Montreal

Dr Michelle G. Craske, Ph.D.

Exposure therapy is an effective tool for treating anxiety disorders, but some clients drop out, and others do not achieve adequate levels of improvement. Traditional 'habituation-based' models of exposure will be compared to inhibitory based models of exposure. The latter models draw from principles of fear learning and extinction, and memory, and depend upon repeated functional analyses of behaviors and cognitions so that each exposure practice maximally addresses 'what it is that the client needs to learn'. For many clients, it may be essential to learn that fear/anxiety can be tolerated, or that they can function even while anxious. Ways in which various strategies that enhance inhibitory learning/regulation can be implemented in clinical settings will be discussed, such as compound extinction, reinforced extinction, weaning from safety signals, retrieval cues, multiple context exposure, consolidation scheduling of learning trials, as well as affect labeling.

Lecturer: Michelle G. Craske, Ph.D., is Professor of Psychology, Psychiatry and Biobehavioral Sciences and the Director of the Anxiety and Depression Research Center at the University of California, Los Angeles. She has published extensively in the area of fear and anxiety disorders. In addition to many research articles, she has written academic books on the topics of the etiology and treatment of anxiety disorders, gender differences in anxiety, translation from the basic science of fear learning to the understanding and treating of phobias, and principles and practice of cognitive behavioral therapy, as well as

several self-help books and therapist guides. She was a member of the DSM-IV Anxiety Disorders Work Group and the DSM-5 Anxiety, Obsessive Compulsive Spectrum, Posttraumatic, and Dissociative Disorders Work Group (Chair, Anxiety Disorders Subworkgroup). She is also a member of the APA Clinical Treatment Guidelines Advisory Steering Committee. Dr. Craske has given invited keynote addresses at many international conferences and frequently is invited to present training workshops on the most recent advances in the cognitive-behavioral treatment for anxiety disorders

OPQ: RA01633-16 (3,5 hour)

Objectives:

1. Become familiar with principles of fear extinction
2. Learn methods of translating fear extinction principles to treatment strategies for exposure therapy
3. Understand the empirical evidence for optimizing exposure therapy<

Relevant articles:

Craske, M. G. ; Treanor, M., Conway, C. C. ; Zbozinek, T. ; Vervliet, B. (2014), Maximizing exposure therapy: An inhibitory learning approach, *Behaviour Research and Therapy*, 58, 10-23
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Traduction : Philippot, P., Dethier, V., Vervliet, B., Treanor, M, Conway, C, Zbozinek, T., & Craske, M.G. (2015). Maximiser la thérapie par exposition : une approche basée sur l'apprentissage. *Revue Francophone de Clinique Comportementale et Cognitive.*