

Exposure therapy

Exposure therapy is a psychotherapeutic procedure in which the patient is gradually exposed to situations about which he or she is afraid. It is one component of **behavioral therapy** of anxiety disorders. A distinction is made between **direct** and **indirect** exposure. In indirect exposure, the patient is exposed to a specific situation only in his or her imagination. In direct exposure, on the other hand, the patient is exposed to the actual stimuli causing his fear. These stimuli may originate outside the patient, but also in the patient's body e.

The patient should not discontinue exposure to the stimulus before their fear begins to subside. Therefore, it is important that the exposure is repeated and gradual. If it is not possible to expose the patient directly to the fearful stimuli, e.g. due to their unavailability, Diagnostic and therapeutic use of virtual reality can now be used quite effectively to simulate the situation.

Links

Related articles

- Psychotherapy
- Phobias

External Links

- Specific phobia on Czech Wikipedia

References

- VYMĚTAL, Jan, et al. *Obecná psychoterapie*. 2. edition. 2004. 340 pp. ISBN 978-80-247-0723-5.