

Developing Interoceptive Exposure Therapy Interventions

As several interoceptive exposure techniques are available, the therapist must first identify those sensations they need to recreate (McCabe & Milosevic, 2015).

This worksheet considers the phobia or panic attack and explores the sensations that therapy needs to address.

Work through the following questions. You may need to revisit the worksheet several times as understandings grow and helpful practices are identified.

Describe the situation when the phobia, panic attack, or state of anxiety commonly occur:

List the sensations that are typically associated with these feelings – most significant ones at the top (for example, tightness of chest, breathlessness, heart palpitations, etc.):

1.	
2.	
3.	
4.	
5.	

Consider the following techniques (and any others) and record those that can recreate the sensations:

- Hyperventilating
- Breathing through a straw
- Running in place and step-ups
- Muscle tensing
- Spinning
- Head shaking

	Sensations	Possible techniques
1.		
2.		
3.		
4.		
5.		

List the possible techniques in order. The easiest one at the top:

1.	
2.	
3.	

4.	
5.	

Create a plan for the next week to try out these techniques, starting with the least reactive practices. Only once mastered, move on to the more difficult ones.

References

- McCabe, R., & Milosevic, I. (2015). *Phobias: The psychology of irrational fear*. Oxford: ABC-CLIO, LLC.

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