

Therapist Interoceptive Exposure Record

It is essential to keep track of the outcome of Interoceptive Exposure treatments to identify what is appropriate and understand their effectiveness (Ehrenreich, Mattis, & Pincus, 2008).

This worksheet helps the therapist log and track interoceptive exposure interventions.

While trying out the different interoceptive exposure treatments with the client, complete the following (modified from Ehrenreich, Mattis, & Pincus, 2008):

Ask the client to rate each of the following techniques between one and five, where one is *none*, and five is *extreme*:

Technique	Sensation experienced	Sensation intensity (0-5)	Anxiety intensity (0-5)	Similarity to phobia/panic
Shaking head for 30 seconds				
Hold head between knees for 30 seconds, then raise head rapidly				
Run or perform step-ups for one minute				
Hold breath for 30 seconds				
Spin in a chair for one minute with eyes closed				
Breathe through a thin straw for two minutes				
Overbreathe for one minute				
Other:				

Technique	Sensation experienced	Sensation intensity (0-5)	Anxiety intensity (0-5)	Similarity to phobia/panic
Other:				
Other:				
Other:				

References

- Ehrenreich, J. T., Mattis, S. G., & Pincus, D. (2008). *Mastery of anxiety and panic for adolescents: Riding the wave: Therapist guide*. Oxford University Press.

Dr. Jeremy Sutton