

Systematic Desensitisation

What is it?

Systematic desensitisation is a type of exposure therapy that works to gradually introduce you to uncomfortable and anxiety-inducing situations



Relaxation Training

Hierarchy

Desensitisation

What happens in exposure therapy?

You will learn how to relax when you're anxious, using applied relaxation

With your therapist, you will create a hierarchy of fears of anxiety-inducing situations

You will then imagine yourself in the situations, and gradually increase the amount of time spent in each one

Is this the right option for me?

- This type of exposure therapy allows you to feel in control, as it focuses on working through these situations in your imagination rather than real life.
- It's been found to work best in individuals with specific phobias, social anxiety, panic disorder, OCD and PTSD

Limitations of Systematic Desensitisation

Although it feels safer for the person to imagine their situations, being exposed to their anxieties in real life is more effective

It may help you learn how to tolerate your anxiety, rather than feel like you can cope when trying to get rid of it