

## Exposure Therapy



### Overview

This is a treatment designed to help you overcome fear and anxiety. It helps you conquer a phobia, or cope with memories of a traumatic experience. Exposure therapy helps you gain control over irrational fear that disrupts your life.

### How it Works

This type of therapy is administered by a specially-trained therapist. It may be done in a series of sessions. There are a few methods, but a common one gradually exposes you to the thing you fear. Don't worry. It's done in a way that is safe and controlled. You may begin by just imagining the thing you fear. And then you look at pictures of it. Finally, you will touch it or deal with it in a real way. It may sound scary now, but your therapist will teach you relaxation techniques and coping mechanisms. And you are never forced to do something that you don't choose to do. Over time, your feelings of fear get less intense and more manageable.

### Conclusion

Exposure therapy is helpful for people who have anxiety disorders. It also helps people who have post-traumatic stress disorder. If you're having problems with fear or anxiety, exposure therapy can be a safe and effective treatment. Your healthcare provider can create a plan that's right for you.

