




Traditional Workshop - Ticketed Transdiagnostic

Teaching People to be BRAVE: Transdiagnostic Principles in the Delivery of Exposure Therapy for Fear-Based Disorders

Traditional Workshop 9 - Teaching People to Be BRAVE: Transdiagnostic Principles in the Delivery of Exposure Therapy for Fear-based Disorders

 Friday, November 21, 2025  3:00 PM - 6:00 PM CST  Location: Strand 9, Level 2

 Earn 3 Credit



Keywords: Evidence-Based Practice, Anxiety, Exposure

Level of Familiarity: Moderate to Advanced

Presenter(s)



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This workshop draws attention to the core principles of change that underlie effective exposure therapy and is based on rigorous research in extinction and memory processes. Exposure will be discussed as an active learning process that must be integrated into existing (fear) memory structures. Specific strategies for conceptualizing exposure targets and delivering exposure learning interventions will be emphasized. This workshop is designed to provide a personalized and transdiagnostic approach to thinking through exposure therapy. Consistent with this year's convention theme, we will pay special attention to incorporating information for delivering exposure therapy in an inclusive and affirming way. The goal is to help clinicians deliver individualized exposure treatments that flexibly meets their unique needs and moves between specific fear

targets and exposure procedures.

Recommended Reading 1: Carpenter, J. K., Andrews, L. A., Witcraft, S. M., Powers M. B., Smits J. A. J., & Hofmann, S. G. Cognitive behavioral therapy for anxiety and related disorders: A meta-analysis of randomized placebo-controlled trials. *Depression and Anxiety*, 35, 502-514.

Recommended Reading 2: Hunt, C., Campbell-Sills, L., Chavira, D., Craske, M., Sherbourne, C., Sullivan, G., ... & Bomyea, J. (2022). Prospective relations between anxiety sensitivity and transdiagnostic anxiety following cognitive-behavioral therapy: Evidence from the Coordinated Anxiety Learning management trial. *Behaviour Research and Therapy*, 155, 104119.

Recommended Reading 3: Pittig, A., Heinig, I., Goerigk, S., Richter, J., Hollandt, M., Lueken, U., ... & Wittchen, H. U. (2022). Change of threat expectancy as mechanism of exposure-based psychotherapy for anxiety disorders: evidence from 8,484 exposure exercises of 605 patients. *Clinical Psychological Science*, 21677026221101379.

Recommended Reading 4: Jacquart, J., Abramowitz, J., Arch, J., Margraf, J., Smits, J. A. J. (2022). The Basics of Exposure Therapy. In: Smits, J.A.J., Jacquart, J., Abramowitz, J., Arch, J., Margraf, J. (eds), *Clinical guide to exposure therapy: Beyond phobias* (pp. 1-31). Springer International Publishing.

Recommended Reading 5: Smits, J. A. J., Powers, M. B., & Otto, M. W. (2019). *Personalized exposure therapy: A person-centered transdiagnostic approach*. New York, NY: Oxford University Press.

Outline:

- Transdiagnostic Principles in the Delivery of Exposure Therapy: Teaching Clients to be BRAVE
- Thinking Through Exposures: What is to be Learned and Retained from Exposure Sessions?
- Strategies for Facilitating Engagement and Success
- Example Applications of Personalized Exposure Therapy (e.g., intervening on fears of emotions and related sensations; intervening with fears of people, places, and things; intervening with fears of thoughts, images, and traumatic memories)

Learning Objectives:

At the end of this session, the learner will be able to:

1. Develop an approach to exposure therapy based on the enactment of core principles of therapeutic change rather than protocols/strategies.
2. Identify exposure strategies that can engage the core therapeutic change mechanisms across diagnostic subtypes.
3. Evaluate the role of contexts in case formulations and exposure planning.
4. Integrate exposure planning with perspectives from cognitive science.

5. Describe the role of post-exposure process in the consolidation of safety learning.
6. Long-Term Goal: Conduct exposure therapy sessions using principle-based interventions.
7. Long-Term Goal: Design exposure therapy sessions to achieve specific learning related to core fears.