

In Vivo: Assigning Exposure Practice



BEHAVIORAL REHEARSAL GUIDELINES

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Remember approximately 5-10 minutes. Do not review the goals of the behavioral rehearsal task. This is meant to provide an estimate of clinician fidelity for this component. Do not interrupt the therapists rehearsing to provide feedback. After the rehearsal, provide feedback on strengths and needed improvements.

PROMPT FOR THERAPIST

Please show me how you would prepare the child/caregiver for at-home In-ivo exposures

SUPERVISOR INSTRUCTIONS

None.

EXPECTATIONS

- * Identifies **plan for this week's at-home practice** (includes details such as when, where, how, how long, with whom)
 - Identifies exposure activities child is confident she/he can do successfully (possibly with caregiver/ other supports)
 - Ideally plans multiple (minimum 2-3) exposures during the week
- * Identifies **facilitators/things that promote follow through** (e.g., parental involvement, reminders, written homework tracking sheet, reward for completing)
- * Identifies potential **barriers/problems/child avoidance behaviors** and problem-solves (e.g., "What might get in the way of..." "What will you do if..." "What can you tell yourself if you get nervous when you start?")
- * Ensures that **child/caregiver buy-in** and are likely to follow through with the exposure
- * Addresses that if the **exposure isn't done or stops while child is still highly anxious, child's fear/ avoidance will usually increase.**

FEEDBACK

Strengths (Adherence & Skill)	
Areas to Improve (Adherence & Skill)	

OTHER TOPICS OR COMMON CHALLENGES YOU MIGHT WANT TO DISCUSS WITH THE CLINICIAN...

- How to identify targets for In Vivo exposures/develop an exposure hierarchy/fear ladder
- What to do if the caregiver minimizes difficulty of exposures, contributes to avoidance by conveying directly or indirectly that these situations are dangerous, or appears to be getting own needs met when child avoids (e.g., child staying home with mom vs. going to school)
- Plan for if the child is overly anxious (reward for doing exposure; self-statements before)