

AACBT NSW: Sydney Pub Discussion

# *The new exposure therapy: Maximising client outcomes by optimizing inhibitory learning*



Learn about best-practice approaches to exposure therapy from an internationally renowned expert in the science and practice of this treatment.

## **GUEST SPEAKER ASSOCIATE PROFESSOR BRETT DEACON**

Exposure-based CBT is the most effective therapy for clinical anxiety. However, it is underutilised and often delivered in an unnecessarily cautious manner. Contemporary science has also identified a new, more powerful approach to exposure that differs markedly from the traditional approach to exposure in which many therapists have been trained.

The new exposure therapy emphasises maximising inhibitory learning through the intensive delivery of exposure tasks in varied contexts. It's not about controlling anxiety, but learning that anxiety doesn't need to be controlled. It's not about mixing exposure with other anxiety reduction techniques, but using exposure alone to help clients learn that anxiety and the stimuli that evoke it are safe and tolerable, in all relevant contexts, without the use of safety behaviours.

In this presentation, Brett will review the science and practice of the new exposure therapy, with liberal use of case examples and clinical strategies from his own practice.

*A pub discussion is a relaxed opportunity to observe a presentation on an interesting topic regarding cognitive behavioural therapy. There are opportunities for the willing to engage in a discussion relating to the topic towards the end of the presentation.*

- **When** Monday 15 Oct 2018 @ 7-8pm (registration from 6:30pm)
- **Where** Bat and Ball, 495 Cleveland Street, Redfern
- **Tickets** AACBT Members **Free** / Non-Members \$10

**Associate Professor Brett Deacon** has published extensively on the nature and exposure-based treatment of anxiety, edited numerous journals, and is co-author of *Exposure Therapy: Principles and Practice*.

Brett traded academia for clinical practice in 2017, and now works full-time in an anxiety-focused private practice. He continues to publish scientific articles, train psychologists, and present popular workshops in Australia and the United States on exposure therapy.

Book now at <https://www.aacbt.org.au/events/>



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