

Reflection Exercise: Doing Interoceptive Exposure

The following questions refer to the “Doing Interoceptive Exposure” CCI Clinical Demonstration video, which can be viewed at: <https://www.youtube.com/c/CentreforClinicalInterventions>

The questions on the first page have been designed for early career clinicians/students. More experienced clinicians may wish to look at the questions on the second page.

For early career clinicians/students

1. Identify three potential challenges that you may encounter when setting up or doing interoceptive exposure – consider problems that may arise for the client, the clinician, and/or within the exposure exercise itself. Brainstorm how you might address each of them.

Challenge	Ideas for managing challenge

2. Why is it important for the clinician to participate in interoceptive exposure too?

3. In therapy, we invite clients to approach difficult tasks that help them to challenge their negative predictions and to learn to tolerate their anxiety. This endeavour can be challenging and anxiety-provoking for the clinician too. Have a go at an interoceptive exposure exercise yourself, or role play it with a peer!
 (A suggested list of exercises can be found on the “Physical Sensations & Panic” information sheet on the CCI website: <https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Panic>)

