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What is Imaginal Exposure . For many people struggling with OCD and related anxiety disorders, one of the most beneficial treatment tools is imaginal exposure. In order to best understand this technique, it is first necessary to understand the basic idea of Exposure and Response Prevention (ERP).. ERP is a specific type of Cognitive Behavioral Therapy (CBT) that has consistently and repeatedly ...

Imaginal Exposure for OCD and Anxiety - OCD Center of Los ...

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Tanya J. Peterson is the author of numerous anxiety self-help books, including The Morning Magic 5-Minute Journal, The Mindful Path Through Anxiety, 101 Ways to Help Stop Anxiety, The 5-Minute Anxiety Relief Journal, The Mindfulness Journal for Anxiety, The Mindfulness Workbook for Anxiety, and Break Free: Acceptance and Commitment Therapy in 3 steps.

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