Chapter 17
Therapy

Review 17.3: Behavior Therapies
Trish recently moved across Canada for her studies, but she is so afraid of flying that she now rarely sees her family and friends at home. This fear is interfering with her life, so Trish decides to seek help from a therapist who uses (1) classical conditioning principles to pair the stimulus that triggers her fear (flying) with a new response that is incompatible with that fear (relaxation), which is referred to as (2) counterconditioning. The therapist proposes a technique called systematic (3) desensitization, which is a type of (4) exposure therapy that pairs (5) relaxation with gradually increasing (6) anxiety triggering stimuli (going to the airport, going to the gate, getting on the plane, learning about flight procedures, actually taking a flight). However, Trish is embarrassed by the idea of exposing her fears in public (at the airport). So, the therapist suggests (7) virtual reality exposure therapy, which would allow Trish to work through her fears by way of vivid, three-dimensional, computer (8) simulations.