
Advanced Skill Certificate in CBT for Autism

Tailoring Exposure Therapy for Sensory Sensitivities

Acceptance and Commitment Therapy (ACT) refers to a type of psychotherapy that focuses on acceptance of difficult emotions and thoughts, while also promoting commitment to valued life goals and actions. In the context of Tailoring Exposure Therapy for Sensory Sensitivities, ACT can be used to help individuals with autism spectrum disorder (ASD) develop greater acceptance of their sensory experiences and reduce avoidance behaviors. Related terms include cognitive-behavioral therapy (CBT), dialectical behavior therapy (DBT), and mindfulness-based stress reduction (MBSR).

Adaptive Behavior refers to the ability to adjust to and cope with the demands of everyday life, including social, emotional, and practical skills. In individuals with ASD, adaptive behavior may be impacted by sensory sensitivities, leading to difficulties with self-care, social interactions, and daily routines. Tailoring Exposure Therapy to address sensory sensitivities can help improve adaptive behavior and overall functioning.

Affective Education refers to the process of teaching individuals to recognize, understand, and manage their emotions. In the context of ASD, affective education can be particularly important, as individuals with ASD may experience difficulties with emotion regulation and expression. By incorporating affective education into Exposure Therapy, individuals with ASD can develop greater awareness of their emotional experiences and learn strategies to manage them.

Applied Behavior Analysis (ABA) is a type of therapy that focuses on behavioral change through the use of reinforcement and other techniques. In the context of Tailoring Exposure Therapy for Sensory Sensitivities, ABA principles can be used to increase exposure to feared or avoided stimuli, while also reducing avoidance behaviors. Related terms include positive behavioral supports (PBS) and functional behavioral assessment (FBA).

Asperger's Syndrome is a subtype of autism spectrum disorder (ASD) characterized by difficulties with social interaction and communication, as well as restricted and repetitive behaviors and interests. Individuals with Asperger's Syndrome may experience sensory sensitivities, which can impact their daily functioning and overall well-being.

Assessment refers to the process of evaluating an individual's strengths and challenges in order to inform treatment planning and intervention strategies. In the context of Tailoring Exposure Therapy for Sensory Sensitivities, assessment may involve the use of standardized measures, such as the Sensory Profile or the Adolescent/Adult Sensory Profile, to evaluate an individual's sensory experiences and behaviors.

Autism Spectrum Disorder (ASD) refers to a spectrum of neurodevelopmental disorders characterized by

difficulties with social interaction and communication, as well as restricted and repetitive behaviors and interests. Individuals with ASD may experience sensory sensitivities, which can impact their daily functioning and overall well-being. Related terms include pervasive developmental disorder (PDD) and autism spectrum condition (ASC).

Avoidance Behavior refers to the tendency to avoid or escape from situations or stimuli that are perceived as threatening or overwhelming. In individuals with ASD, avoidance behaviors may be particularly common, as they may struggle to cope with sensory stimuli or social interactions. Tailoring Exposure Therapy to address sensory sensitivities can help reduce avoidance behaviors and increase approach behaviors.

Cognitive-Behavioral Therapy (CBT) is a type of psychotherapy that focuses on cognitive and behavioral change through the use of strategies such as exposure and response prevention. In the context of Tailoring Exposure Therapy for Sensory Sensitivities, CBT can be used to help individuals with ASD develop greater awareness of their thoughts and feelings, and learn strategies to manage them.

Conditioned Response refers to a learned response to a stimulus that is paired with an unconditioned stimulus. In the context of Exposure Therapy, conditioned responses can be used to help individuals with ASD develop greater tolerance for feared or avoided stimuli. Related terms include classical conditioning and operant conditioning.

Desensitization refers to the process of reducing sensitivity to a stimulus through repeated exposure. In the context of Tailoring Exposure Therapy for Sensory Sensitivities, desensitization can be used to help individuals with ASD develop greater tolerance for sensory stimuli that are perceived as overwhelming or threatening.

Diagnostic and Statistical Manual of Mental Disorders (DSM-5) is a manual used to diagnose and classify mental health conditions, including autism spectrum disorder (ASD). The DSM-5 includes criteria for diagnosing ASD, as well as other conditions that may co-occur with ASD, such as anxiety disorders or obsessive-compulsive disorder.

Emotional Regulation refers to the ability to manage and modulate emotional experiences, including intensity and duration. In individuals with ASD, emotional regulation may be impacted by sensory sensitivities, leading to difficulties with mood stability and behavioral control. Tailoring Exposure Therapy to address sensory sensitivities can help improve emotional regulation and overall well-being.

Exposure Therapy is a type of therapy that involves gradual exposure to feared or avoided stimuli, with the goal of reducing avoidance behaviors and increasing tolerance. In the context of Tailoring Exposure Therapy for Sensory Sensitivities, exposure therapy can be used to help individuals with ASD develop greater tolerance for sensory stimuli that are perceived as overwhelming or threatening.

Fear Conditioning refers to the process of learning to associate a stimulus with a threatening or aversive outcome. In the context of Exposure Therapy, fear conditioning can be used to help individuals with ASD

develop greater awareness of their fears and anxieties, and learn strategies to manage them.

Functional Behavioral Assessment (FBA) is a process used to identify the functions or purposes of problem behaviors, such as self-injury or aggression. In the context of Tailoring Exposure Therapy for Sensory Sensitivities, FBA can be used to identify the underlying causes of sensory-related behaviors, and develop strategies to address them.

Habituation refers to the process of reducing response to a stimulus through repeated exposure. In the context of Exposure Therapy, habituation can be used to help individuals with ASD develop greater tolerance for sensory stimuli that are perceived as overwhelming or threatening.

Individualized Education Program (IEP) is a plan developed for students with disabilities, including ASD, to provide support and accommodations in the educational setting. In the context of Tailoring Exposure Therapy for Sensory Sensitivities, IEPs can be used to provide supports and accommodations for individuals with ASD, such as the use of earplugs or headphones to reduce sensory overload.

Mindfulness-Based Stress Reduction (MBSR) is a type of therapy that focuses on mindfulness and acceptance of present-moment experiences, including thoughts and feelings. In the context of Tailoring Exposure Therapy for Sensory Sensitivities, MBSR can be used to help individuals with ASD develop greater awareness of their sensory experiences and learn strategies to manage them.

Neurodiversity refers to the diversity of human brains and cognitive styles, including those with ASD and other neurodevelopmental disorders. In the context of Tailoring Exposure Therapy for Sensory Sensitivities, neurodiversity can be used to promote acceptance and understanding of individuals with ASD and other neurodevelopmental disorders.

Obsessive-Compulsive Disorder (OCD) is a condition characterized by repetitive thoughts and compulsive behaviors, such as handwashing or checking. In individuals with ASD, OCD symptoms may be particularly common, and may impact daily functioning and overall well-being.

Positive Behavioral Supports (PBS) is a type of intervention that focuses on positive reinforcement and support to promote behavioral change. In the context of Tailoring Exposure Therapy for Sensory Sensitivities, PBS can be used to increase exposure to feared or avoided stimuli, while also reducing avoidance behaviors.

Response Prevention refers to the process of preventing or reducing the occurrence of a problem behavior, such as self-injury or aggression. In the context of Exposure Therapy, response prevention can be used to help individuals with ASD develop greater control over their behaviors and learn strategies to manage them.

Self-Regulation refers to the ability to regulate and manage one's own emotions and behaviors. In individuals with ASD, self-regulation may be impacted by sensory sensitivities, leading to difficulties with mood stability and behavioral control. Tailoring Exposure Therapy to address sensory sensitivities can help

improve self-regulation and overall well-being.

Sensory Integration refers to the process of integrating and processing sensory information from the environment, including visual, auditory, tactile, and vestibular information. In individuals with ASD, sensory integration may be impacted by sensory sensitivities, leading to difficulties with processing and responding to sensory stimuli.

Sensory Profile is a measure used to assess an individual's sensory experiences and behaviors, including sensory seeking and avoidance behaviors. In the context of Tailoring Exposure Therapy for Sensory Sensitivities, the Sensory Profile can be used to identify areas of strength and challenge in an individual's sensory experiences, and develop strategies to address them.

Social Learning Theory refers to the process of learning new behaviors and skills through observation and imitation of others. In the context of Tailoring Exposure Therapy for Sensory Sensitivities, social learning theory can be used to help individuals with ASD develop greater awareness of social cues and learn strategies to manage them.

Social Skills Training refers to the process of teaching individuals with ASD social and communication skills, such as initiating and maintaining conversations, and interpreting social cues. In the context of Tailoring Exposure Therapy for Sensory Sensitivities, social skills training can be used to help individuals with ASD develop greater confidence and competence in social situations.

Stress Management refers to the process of managing and reducing stress and anxiety in daily life. In individuals with ASD, stress management may be particularly important, as they may experience difficulties with regulating their emotions and behaviors in response to stress. Tailoring Exposure Therapy to address sensory sensitivities can help improve stress management and overall well-being.

Systematic Desensitization is a type of therapy that involves gradual exposure to feared or avoided stimuli, with the goal of reducing avoidance behaviors and increasing tolerance. In the context of Tailoring Exposure Therapy for Sensory Sensitivities, systematic desensitization can be used to help individuals with ASD develop greater tolerance for sensory stimuli that are perceived as overwhelming or threatening.

Trauma-Informed Care refers to the process of providing care and support to individuals who have experienced trauma, including physical, emotional, or psychological trauma. In the context of Tailoring Exposure Therapy for Sensory Sensitivities, trauma-informed care can be used to help individuals with ASD develop greater awareness of their trauma experiences and learn strategies to manage them.

Visual Supports refer to the use of visual aids, such as pictures or schedules, to support communication and understanding in individuals with ASD. In the context of Tailoring Exposure Therapy for Sensory Sensitivities, visual supports can be used to help individuals with ASD develop greater awareness of their sensory experiences and learn strategies to manage them.

Vestibular System refers to the sensory system that is responsible for processing information related to balance and movement. In individuals with ASD, the vestibular system may be impacted by sensory sensitivities, leading to difficulties with balance and coordination. Tailoring Exposure Therapy to address sensory sensitivities can help improve vestibular functioning and overall well-being.

Waiting List Control Group is a type of control group used in research studies to compare the effects of a treatment or intervention to a group that does not receive the treatment. In the context of Tailoring Exposure Therapy for Sensory Sensitivities, waiting list control groups can be used to evaluate the efficacy of exposure therapy in reducing sensory-related symptoms and improving overall functioning.