**Exposure Therapy Manuals and Guidebooks**

**General Application (not unique to a particular diagnosis)**

Abramowitz, J. S., Deacon, B. J., & Whiteside, S. P. H. (2019). *Exposure Therapy for Anxiety: Principles and Practice*. The Guilford Press.

Davis, C.S., & Lauterback, D. (2007). *Handbook of exposure therapies*. Academic Press.

Smits, J. A. J., Powers, M. B., & Otto, M. W. (2019). *Personalized exposure therapy: A person-centered transdiagnostic approach.* Oxford University Press.

Smits, J. A. J., Jacquart, J., Abramowitz, J., Arch, J., & Margraf, J. (2022). *Clinical Guide to Exposure Therapy: Beyond Phobias.* Springer Publishing.

**Obsessive-Compulsive Disorder**

Foa, E.B., Yadin, E., & Lichtner, T.K. (2012) *Exposure and response (ritual) prevention for obsessive-compulsive disorder: Therapist guide*. Oxford University Press.

Social Anxiety Disorder

Foa, E. B., Hembree, E. A., Rothbaum, B. O., and Rauch, S.A.M. (2019). *Prolonged exposure*

*therapy for PTSD: Therapist Guide*. (2nd ed.). Oxford University Press.

**Social Anxiety:**

Hope, D.A., Heimburg, R.G., & Turk, C.L. (2006). *Managing social anxiety: A cognitive-behavioral therapy approach: Therapist guide*. Oxford University Press.

**Panic Disorder**

Craske, M.G., & Barlow, D.H. (2007). Mastery of your anxiety and panic: Therapist guide. Oxford University Press.

**Generalized Anxiety Disorder**

Zinbarg, R.E., Craske, M.G., & Barlow, D.H. (2007). Mastery of your anxiety and worry: Therapist guide. Oxford University Press.

**PTSD**

Rothbaum, B.O., Foa, E.B., Hembree, E.A., & Rauch, S.A.M. (2019). *Reclaiming your life from a traumatic experience (2nd ed.), Workbook*. Oxford University Press.

**Depression**

Hayes, A. M., Yasinski, C., & Alpert, E. (2022). The application of exposure principles to the treatment of depression. In J. A. J. Smits, J. Jacquart, J. Abramowitz, J. Arch, & J. Margraf (Eds.), *Clinical guide to exposure therapy: Beyond phobias* (pp. 317–345). Springer Nature Switzerland AG. [https://doi.org/10.1007/978-3-031-04927-9\_17](https://psycnet.apa.org/doi/10.1007/978-3-031-04927-9_17)

Hayes A. M. (2015). Facilitating emotional processing in depression: the application of exposure principles. *Current Opinion in Psychology*, *4*, 61–66. <https://doi.org/10.1016/j.copsyc.2015.03.032>

**Online Exposure Demonstration Links (solid, freely available exposure implementation examples)**

<https://www.youtube.com/watch?v=0jZdzjAif60>

<https://www.youtube.com/watch?v=vzUYnd3lWK8>

<https://www.youtube.com/watch?v=2byXYrlDkZs>

<https://www.youtube.com/watch?v=yss0L517rpY>

<https://www.youtube.com/watch?v=qDiCfMNgtFg>