

Direct Therapeutic Exposure: Facing Fears to Find Healing

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Direct Therapeutic Exposure (DTE) is a behavior therapy technique pioneered by Patrick A. Boudewyns, where stressors are vividly and safely confronted to help combat veterans, and patients suffering from posttraumatic stress disorder (PTSD), panic disorder, or phobias. Exposure therapy has supporting evidence with both simple and complex traumas. A similar therapy is Eye Movement Desensitization and Reprocessing (EMDR). It is not uncommon to combine DTE treatment with other therapies.

Use

Direct exposure has been used with a variety of populations including agoraphobia and chronic PTSD. It involves as the name applies placing the client either real or imaginably in the feared situation.

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