



## Live Webinar

### **The Inhibitory Learning Model of Exposure: Theory and Application**

**Friday, January 8th, 2021  
9:00AM-10:30 AM PST**

*Presented by Amanda Loerinc Guinyard, Ph.D.*

Exposure is the gold-standard approach for the treatment of anxiety disorders. Traditionally, the key ingredient in exposure has been anxiety reduction over time via repeated exposure to a feared stimulus (i.e., habituation). New research suggests that while habituation is effective, learning theory and violation of expectancy is just as effective - if not more effective - than the habituation approach to exposure. The inhibitory learning model of exposure is intended to violate negative expectancies about a feared stimulus and enhance new learning. This approach is effective in reducing symptoms of anxiety across the anxiety disorders.



Licensed psychologist Amanda Loerinc Guinyard, Ph.D. will describe the evidence supporting the inhibitory learning model of exposure in addition to describing the difference between the habituation and inhibitory learning models. The webinar will include an instruction on applying the inhibitory learning model to specific anxiety disorders, how to conduct an exposure assessment, developing an exposure list, and the essential questions to ask pre- and post- exposure to enhance learning.

**Webinar objectives:**

- 1) Understand the differences between the habituation model of exposure and the inhibitory learning model of exposure.
- 2) Learn how to conduct a thorough assessment prior to engaging in exposure and understand how to develop an exposure list from this assessment.
- 3) Learn how to assign exposures and understand the specific questions to ask pre- and post-exposure.

**About Presenter:**

Amanda Loerinc Guinyard, Ph.D. is a Licensed Clinical Psychologist in California and Massachusetts and specializes in cognitive behavioral therapy (CBT) and dialectical behavior therapy (DBT) for adolescents and adults with anxiety disorders, depression, and pervasive emotion dysregulation. Dr. Loerinc Guinyard received her Ph.D. in 2018 from UCLA where she specialized in the assessment and treatment of anxiety disorders and depression under the mentorship of Dr. Michelle Craske. She completed her clinical internship at the VA Sepulveda Ambulatory Care Center and her postdoctoral fellowship at CBT California. In addition to her clinical practice, Dr. Loerinc Guinyard is an Assistant Project Scientist in the UCLA Department of Psychiatry and is certified in CBT by the Academy of Cognitive and Behavioral Therapies.

1.5 CE credits provided

Cognitive Behavior Therapy Institute (CBTI) is approved by the American Psychological Association to sponsor continuing education for psychologists. CBTI maintains responsibility for this program and its content.

Joel L. Becker, Ph.D., Founder and Director



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All of our treatments are based on scientific research, and we continually measure and quantify progress for each client so we know when therapy is working. Each of our clinicians differs in areas of expertise and interest, and these factors are taken into account when matching a client with a clinician.

Joel Becker, Ph.D.

Founder and Clinical Director of CBA & Cognitive Behavior Therapy Institute  
Clinical Professor, Dept. of Psychology, UCLA  
Diplomate, Fellow, Certified Trainer/Consultant: Academy of Cognitive and Behavioral Therapies

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