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**HOMEWORK**

Lesson 22: Imagery Techniques and Hypnosis

**SYSTEMATIC DESENSITIZATION**

* Find a volunteer and do an intake by filling out the blank **Model Hierarchy Form.**
* If you are dealing with fear of flying, also fill out the **Plane Flying Avoidance Survey Schedule (PFASS)**
* With regard to the fear you’re working with, fill out the **Cues for Tension and Anxiety Survey Schedule (CTASS)**

Now you have the information you need to work effectively with your volunteer.

1. **Teach client an easy method of relaxation** (i.e., 2nd step of self-hypnosis — 25–1 counting backwards). Use this method to relax the client and begin desensitization.
2. Using the **hierarchy of scenes** you **developed,** confirm from the one being the least anxious to the most anxious scenario.
3. **Advise client of what to expect** during the desensitization process and begin with the least fear provoking scenario.

Conduct desensitization as explained in the manual, switching back and forth from a calming scene to an anxiety provoking scene. This procedure should progress over multiple sessions, but for the sake of practice, just use this first scenario.

Instruct the client to raise a forefinger if anxiety rises and bring the volunteer right back to the calming scene. As you switch back and forth, If the volunteer raises a forefinger feeling anxious, and does so again in the next anxious scene … stop the procedure for that session. Discuss, find out if the level of anxiety is somewhat less or the same. If no finger rises the result should be that there is much less or no further anxiety in that situation.

Submit the completed forms along with an audio of your practice.