A Practical Approach to Cognitive Behavioral Treatment of Academic Performance Anxiety

NECHA 2014

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Agenda

• Treatment Targets
  • Exams
  • Participating in class
  • Public speaking
• Foundation
  • Prep
  • Performance

Performance Foundation

• Sleep
• Diet
• Exercise
• Socializing
• Studying

Performance Prep

• Organizing studying
• Procrastination
• Mindful, present-focused, nonjudgmental awareness
• PMR/diaphragmatic breathing
• Cognitive restructuring

Making Waves
NECHA 2014

Happy
Excited
Concerned
Confused
Frustrated
Satisfied
ARC of Emotion

A
ACTIVATING EVENT
Something happens

R
RESPONSE
I react to it

C
CONSEQUENCE
What happens next

ARC of Emotion

A
ACTIVATING EVENT
Something happens

C
CONSEQUENCE
What happens next

3 Component Model of Emotion

BODY

BEHAVIORS

BELIEFS

Some anxiety is adaptive

Cognitions

Exams

Class participation

Presentations
### Behaviors

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<th>Avoidance</th>
<th>Emotion-driven behaviors</th>
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### Performance

- **Interoceptive exposures**
  - Hyperventilation
  - Straw breathing
  - Spinning
  - Running in place
- **Situational exposures**
  - Mock timed practice tests
  - Mock presentations
  - Mock Q & A
- **Combined exposures**

### Questions?

*Making Waves: NECHA 2014*