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what

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Exposure therapy is a technique in behavior therapy to treat anxiety disorders. Exposure therapy involves exposing the target patient to the anxiety source or its context without the intention to cause any danger. Doing so is thought to help them overcome their anxiety or distress. Procedurally, it is similar to the fear extinction paradigm developed studying laboratory rodents. Numerous ...

[Family therapy - Wikipedia](#)

This therapy emphasizes the importance of applying compassion – for the self, for your loved ones, and for strangers – for living a healthy and happy life. To learn more about Compassion Focused Therapy and the exercises and techniques that can help you be a more compassionate person, read on.

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