# EXTINCTION LEARNING: THE NEURAL, BEHAVIOURAL, ONTOGENETIC, EDUCATIONAL, AND CLINICAL MECHANISMS 

April 24-25, 2018 Veranstaltungszentrum, Ruhr University Bochum

Wednesday
April 25, 9:15-12:05

## Session 3 Emotional processing - Mechanisms of fear regulation

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## Towards a cognitive-learning formulation of anxiety: Basic science and treatment implications

Cognitive models and learning theories have provided highly influential accounts of the development and maintenance of anxiety disorders and their treatment using cognitive techniques and repeated exposure to anxiety-provoking stimuli. Although these strategies have been effective, a substantial number of individuals fail to respond. Greater integration of cognitive and learning perspectives could provide new insights for improving treatment response. This presentation will provide an overview of basic science research on the role of aberrant attention and appraisal processes in anxiety, how they affect fear reduction during extinction, the extent to which biases in these processes influence treatment outcomes following exposure therapy, and how novel strategies to enhance self-regulation reduce these biases and improve fear reduction during extinction and exposure therapy. Findings will be presented from a number of laboratory studies assessing behavioural, psychophysiological and neural responses to varying stimuli and situational demands, as well as from treatment-outcome research with anxious youth and adults. Implications for future research will be discussed and the clinical implications of these findings will be illustrated with case examples.


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