

Applied relaxation and Applied Tension

Applied Relaxation

Engagement

An ability to explain the rationale for applied relaxation to the client, specifically:
the use of this technique to break into vicious circles of physiological arousal
the benefit of learning to apply relaxation techniques in a range of contexts
the importance of undertaking homework in order to gain most benefit

Intervention

An ability to help the client increase their awareness of early signs of anxiety reactions by completing a record of anxiety episodes
An ability to teach clients progressive relaxation techniques, specifically (and in the following order):
tension and release
release only
cue-controlled relaxation
differential relaxation of different parts of the body while engaged in various activities and while moving
rapid relaxation
An ability to help the client apply relaxation techniques in anxiety-provoking situations (i.e. to conduct exposure)
An ability to help the client maintain and apply their relaxation skills

Applied tension

Knowledge

An understanding of the diphasic reaction (an initial rise in blood pressure and heart rate followed by a rapid drop in these parameters, potentially leading to fainting)
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Engagement

An ability to explain the rationale for applied tension in relation to the diphasic reaction
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Intervention

An ability to teach the client tension techniques through modeling, and to encourage homework practice of this technique
An ability to use stimuli which cue the phobic reaction to help the client detect early signs of a drop in blood pressure and to provide opportunities for applying the skill of applied tension
An ability to create opportunities for in-vivo exposure to phobic stimuli and/or situations while practicing applied tension