

One-Session Treatment (OST) for Specific Phobias in Young People

What is OST?



Delivered in one
extended session
(~3 hours)



Grounded in graded
exposure therapy



Focused on real-life
confrontation of
feared situations

How does it work?

*OST targets the cycle that
maintains phobias:*



What does an OST session involve?

1. Development of a hierarchy of feared situations
2. Use of modelling to demonstrate approach behaviours
3. Guided, gradual yet intensive exposure
4. Support to build confidence and a sense of mastery



OST for specific phobias has been shown to be as effective as multi-session cognitive behavioural therapy (CBT), the current standard treatment.