Exposure-Based Cognitive Behavioral Therapy (CBT) is an evidence-based treatment for adolescents with anxiety disorders and phobia (Silverman, Pina, and Viswesvaran, 2008) including medical phobias such as needle phobia (e.g., McMurtry et al., 2015).

Preliminary evidence suggests that casual exposure and education are equal at reducing fear of peanut contact (Weinberer, et al., 2019); however, this intervention did not include CBT or graduated exposure.

**TREATMENT PLANNING**

**TREATMENT OUTCOMES**

- Over the course of 8 outpatient therapy appointments over 2 months, the patient's anxiety decreased substantially.
- Patient resumed eating non-allergens that he restricted out of fear, regularly attended social activities related to food, ate in social situations where safe food was available, and permitted family members to eat allergens in the home. Patient no longer experienced subjective episodes of allergic reaction symptoms.
- Patient can manage accepting allergens and no longer avoids them in social or home situations.
- Patient socializes in situations where safe food is available and engages in activities in the presence of allergens without anxiety.

**REFERENCES**

