

# WCM Department of Psychiatry

## Cognitive Behavioral Therapy Seminar

Psychology CE Announcement

### “Treatment for Needle Phobia”

#### William Lamson, PhD

Assistant Professor of Psychology in Clinical Psychiatry at Weill Cornell Medicine  
Assistant Attending Psychologist at New York-Presbyterian Hospital Westchester Division

Thursday, May 9<sup>th</sup>, 2024

12:00pm – 1:00pm

<https://weillcornell.zoom.us/j/95987937902>

Meeting ID: 959 8793 7902

1 CE credit available to WCM Department of Psychiatry full time and voluntary faculty Psychologists and Social Workers who sign in with their full name, attend the majority of the lecture and complete a survey which will be emailed following the completion of the lecture. Note the survey must be completed within 30 days of the lecture. Please contact [wcmpsychiatryce@med.cornell.edu](mailto:wcmpsychiatryce@med.cornell.edu) for additional CE information

**SPEAKER:** Dr. Lamson has no relevant financial relationship(s) with ineligible companies to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.

Dr. Lamson is an Assistant Professor of Psychology in Clinical Psychiatry at Weill Cornell Medicine and an Assistant Attending Psychologist at New York-Presbyterian Hospital Westchester Division. He is a licensed clinical psychologist with expertise in cognitive behavioral therapy (CBT) for adults and adolescents with anxiety and mood disorders. He specializes in exposure-based therapies for OCD, phobias, and social anxiety disorder. Dr. Lamson provides a variety of clinical services including diagnostic evaluation, consultation, and psychotherapy. He serves as an administrative and clinical supervisor for postdoctoral fellows. Dr. Lamson's research interests include how social anxiety impacts threat detection and the impact of character strengths and virtues on impression formation. Dr. Lamson received his doctoral degree in clinical psychology from Fairleigh Dickinson University. He completed his master's degree in psychology at New York University and his bachelor's degree at the University of Florida. Dr. Lamson completed his predoctoral internship in clinical psychology at the Northport VA Medical Center and his postdoctoral fellowship at Northwell Health, Zucker Hillside Hospital, Centers for the Treatment and Research of Obsessive-Compulsive Disorder & Bipolar Disorder. Throughout his training, Dr. Lamson has received intensive specialized training and supervision in cognitive behavioral therapy for a wide spectrum of clinical disorders. Although his primary orientation is CBT, his work is also informed by acceptance and commitment therapy (ACT) and exposure-based approaches.

#### Abstract:

Trypanophobia is an intense fear of medical procedures involving injections or needles. This includes intravenous drips, injections, blood draws and vaccines. Fear of needles is a type of specific phobia which are fears related to one particular stimuli or situation. Treatment for needle phobia involves BT based exposure therapy. Exposures include imaginal, in-vivo and Virtual. Muscle tension exercises are commonly employed to prevent fainting. Aspects of mindfulness, ACT, self-compassion, and motivational interviewing are also utilized for effective treatment.

#### Learning Objectives:

1. Identify symptoms related to diagnosis of needle phobia.
2. Describe key treatments for needle phobia.
3. Describe how to conduct applied tension exercises.
4. Assess advantages and disadvantages of VR exposure over imaginal or in vivo exposure.

#### References:

1. Alsbrooks, K., & Hoerauf, K. (2022). Prevalence, causes, impacts, and management of needle phobia: An international survey of a general adult population. *PloS One*, 17(11), e0276814. <https://doi.org/10.1371/journal.pone.0276814>
2. Love, A. S., & Love, R. (2021). Considering Needle Phobia among Adult Patients During Mass COVID-19 Vaccinations. *Journal of Primary Care & Community Health*, 12, 215013272110073. <https://doi.org/10.1177/21501327211007393>
3. Czech, O., Wrzeczono, A., Rutkowska, A., Guzik, A., Kiper, P., & Rutkowski, S. (2021). Virtual Reality Interventions for Needle-Related Procedural Pain, Fear and Anxiety—A Systematic Review and Meta-Analysis. *Journal of Clinical Medicine*, 10(15), 3248. <https://doi.org/10.3390/jcm10153248>