



## **SYSTEMATIC DESENSITIZATION VIDEO REFERENCES**

*Put together by Rachael Moreno, Behavior Specialist at Villa Esperanza Services*

I use these videos to help in training families for the concept of Systematic Desensitization. The first two videos explain Systematic Desensitization and the last 4 videos are examples of other types of Systematic Desensitization.

Systematic Desensitization:

[https://youtu.be/A6bm5BPDN\\_E?t=83](https://youtu.be/A6bm5BPDN_E?t=83)

[https://youtu.be/A6bm5BPDN\\_E?t=198](https://youtu.be/A6bm5BPDN_E?t=198)

Clipping Nails

<https://youtu.be/baKodWU-ls0>

<https://youtu.be/MeHJyRn8d-o?t=85>

Trying New Food Textures

<https://youtu.be/cstGNZZbwmY>

<https://youtu.be/TP9merT6Wol>

You can also download handouts on Systematic Desensitization techniques specifically for face masks and headphones from Villa's website:

[https://www.villaesperanzaservices.org/pdf/Villa Esperanza Services Resource Systematic Desensitization Face Mask.pdf](https://www.villaesperanzaservices.org/pdf/Villa_Esperanza_Services_Resource_Systematic_Desensitization_Face_Mask.pdf)

[https://www.villaesperanzaservices.org/pdf/Villa Esperanza Services Resource Systematic Desensitization Headphones.pdf](https://www.villaesperanzaservices.org/pdf/Villa_Esperanza_Services_Resource_Systematic_Desensitization_Headphones.pdf)