



HPC Registered
BPS Chartered Counselling Psychologist
BPS Expert Witness
BACP Senior Accredited
UKRCP Registered

Debbie Smith Therapy

Chartered Counselling Psychologist

Phobias

A phobia is an extreme fear of an object or situation that poses little or no actual danger. Sufferers know that their fear is irrational, but they can not control or overcome it. Facing their feared object or situation, or even just thinking about facing it, brings on severe anxiety or a panic attack.

Some common examples are closed-in places, driving (often following an accident), a fear of flying, or the dentist. It is a fear of a particular thing rather than just extreme fear. These phobias often begin early in the person's life and continue into adulthood.

Symptoms

Common symptoms for sufferers include:

- Trembling
- Nausea
- Profuse sweating
- Racing heart

Treatment

Research shows that cognitive-behavioural therapy is the most effective treatment for phobias, as it helps individuals to reconsider their way of processing situations and can help them to find ways to deal with situations.

When is the right time to seek help?

Generally with any form of anxiety, the earlier that help is sought the better. This is because avoidance behaviour often makes the problem more complex and disruptive to the individual's normal life. When behaviour is affected, for example if a person cannot meet with friends, go on holiday, or drive, because of anxieties, they may wish to address the problem and allow themselves to live a more fulfilling life.

How talking with Deborah can help

When working with phobias, Deborah uses cognitive-behavioural therapy. This will encourage you in an exploration of the fears, a rationalising of the thinking and slowly exposing yourself to the feared situation or object. This would all be done at an appropriate pace, with support and strategies from Deborah along the way.

The outcome would then be a less anxious and more confident you, who is able to live life without avoidance.

Your Mind Matters...
Your Mind Matters...