

Title: Working with Phobias (fast phobia cure)

Aims: To learn how to treat phobias

Objectives: Learn about phobias
Develop reframing techniques
Understand therapeutic use of visualisation
Examine importance of safety zones

Target Audience:

This course is for those who wish to learn a quick response to treating people with phobias.

Course Content

- What are phobias
- Visualisation
- Safety zones
- Reframing
- modalities
- Developing strategies
- Rating scales
- Blocks to a cure
- Anchoring
- Cure or coping?

Commentary

This course is designed to teach the participants to help clients with a phobia, it included all recommended safety features and a range of basic techniques. By using visualisation the client can safely practise and incorporates the techniques into their repertoire of coping strategies. It also enables clients to have a basic understanding of phobia development and how they can be passed on to others in the family.