

FEAR OF FLYING - COGNITIVE BEHAVIOURAL THERAPY

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What causes fear of flying?

There are many theories as to the cause of fear of flying. The fear can affect both those who have never travelled by air, as well as highly experienced travellers, including aircrew. Children and adults can suffer from this problem.

Afraid of Flying?

Increasing numbers of people want to fly for leisure and business. Fear of flying can be a considerable handicap, limiting both professional and personal opportunities.

Cognitive Behaviour Therapy

Cognitive behaviour therapy was developed from extensive research. It was found that people's behaviour and emotions depended to a large extent on what they understood was happening. What a person thinks and anticipates can greatly affect his reaction to events and people

From the cognitive behavioural perspective, fear of flying can be seen as a conditioned response to an experience such as a near miss, a particularly turbulent flight, or a catastrophe that befell the aircraft one was meant to have taken. A pattern of avoidance behaviour is set up which reinforces the anxiety and thus prevents the testing, and invalidating, of the feared prediction of future catastrophes.

What Can I do for You?

I help people overcome their anxieties, so that they can fly without fear. I have developed a brief, intensive treatment course for the fear of flying. The "Freedom to Fly" programme is based on cognitive behavioural techniques, and developed from over 25 years of clinical research

Even if someone has been frightened of flying for years, my treatment programme lasts only two sessions. I assess the nature of the individual's anxiety during a free telephone consultation and devise an individual programme to meet specific difficulties. This is followed by a one-to-one or small group session for up to four people. The second session is a European return flight with me. A single session treatment is also available for people who have already booked a flight.

Many clients also find that they can use what they have learned to improve their performance in public speaking, interviewing and other stressful activities, including those of a claustrophobic or agoraphobic nature.

In addition, to the "Freedom to Fly" programme, a Self Help booklet: "The Reluctant Flyer's Survival Kit - From Fear of Flying to Freedom to Fly" has been produced. It includes answers from psychologists and air crew to frequently asked questions, as well as self help tips. Please contact Elaine if you would like to purchase a copy.

"Freedom to Fly" Programme

To talk to Elaine about overcoming your Fear of Flying and to obtain further details of her specialised treatment programme, contact her on:-

Tel: **020 8459 3428**

Email: free2fly@dial.pipex.com Web: www.freedomtofly.biz.