

AEROPHOBIA - AETIOLOGY - HYPNOTHERAPY TREATMENT

Hypnotherapist / NLP Master Practitioner Alan McCool

Aerophobia - Aetiology

Hypnotherapy is a very effective form of treatment for Aerophobia which typically will have one or more underlying dynamics generating the same symptom and it is usually the intensity of being enclosed in a crowded capsule with the perception that 'locus of control' has been lost that will bring one or more of these dynamics into play.

'Fear of Flying' is an 'umbrella' term which can include many different fears and concerns such as :-

Claustrophobia - A fear of small or enclosed spaces.

Emetophobia - A fear of either vomiting or anybody else vomiting.

Acrophobia - A fear of heights

No locus of control - The perception of having no control over either the immediate environment or possible events.

Hypervigilance - Generalised or anticipatory anxiety caused through hyper-awareness of every noise, every change in vibration, or of being generally unaware of the sophisticated procedures, controls and fail-safe systems that are in place each time a plane takes off.

All these things have one thing in common.....they will all trigger the 'Fight or Flight' response which can range from simple low level background anxiety to a full blown panic attack. When this response is triggered 'Imprinting' takes place whereby the mind very quickly 'learns' to be afraid of the immediate situation and environment. Typically, a very strong representation of the experience, usually a frightening image along with the corresponding feelings of fear will be internalised and then reproduced spontaneously each time flying is even 'thought' about, let alone 'experienced'. 'Imprinting' sets up a 'Conditioned Response' whereby exactly the same situation will produce exactly the same response each and every time.

Hypnotherapy Treatment. As a Hypnotherapist I work in a number of different ways to treat this problem. Initially it is very important to gather all relevant background information to identify and establish the underlying dynamic(s) that need to be addressed. Routinely, while each client is in deep relaxation I will explain in a general way about the dynamics of flight, of how the wing shape causes lift etc. I will also outline some of many and varied procedures and stringent safety systems that are in place with each and every flight, making 'flying' the safest form of transport by far. I will then begin to work with the subjective negative imagery and the 'Conditioned Response', to decommission and neutralise those factors. I tend to work with 'Anchors' when treating irrational fears or phobias, this is a 'fast track' technique to collapse the negative response and replace it with resourceful feelings which are then projected into behaviour at a motor level when exposed to exactly the same situation that previously caused the anxiety or fear.

If you suffer with this particular problem and wish to be treated please contact :-

The Hypnos Practice (Widnes, Cheshire) Consultant Hypnotherapist: Alan A. McCool - Tel. 0151 510 4285 10am to 8 pm Weekdays. Alternatively for more information about Hypnosis and Hypnotherapy please visit one of my 'practice' web-site at: www.hypnospractice.co.uk

Member of The Hypnotherapy Society Member of The World Federation of Hypnotherapists. Member of The British Association of Therapeutic Hypnotists. Member of The Hypnothink Foundation.
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To locate a Hypnotherapist in your particular area please visit Hypnotherapists UK Directory at:
www.hypnotherapists-uk.co.uk