

Fastest Cure Phobia with Hypnotherapy

Definition phobia...Phobia types...Phobias treatment...Cure phobia...

Definition phobia...What is a Phobia?

Phobia definition...any persistent irrational fear of a specific stimulus object or situation. Phobia is from the Greek meaning *to fear or dread*. It is more than a simple fear, or being afraid. It is to be totally terrified of the stimulus.

When presented with a phobia problem by a client, I always begin by finding out if it is a fear they have, or a phobia. If their problem is spiders for instance, then can they imagine themselves holding a spider on their hand if they are rewarded with £100? What about £500, and so on. If they could bear the spider for a large amount of money, even just for a few seconds, they do not have a phobia, but rather a fear. The person with a phobia of spiders would not be able to bear to touch one for any amount of money or any other reward. Some people are obsessive with their phobia. This means, they can't even bear to think of the stimulus and it will likely be totally controlling their lives.

Definition phobia...phobia types...

Another complication is that a client can present with a fear/phobia, of flying for example. However, the skilled therapist, on exploring this fear/phobia with the client, may find the fear/phobia is actually about being enclosed, or locked in. Perhaps it might be a fear/phobia of dying, not being able to breath on an aircraft, or something else connected with the aircraft or leaving their own area/country etc, but not actually the flying itself. People can be afraid of a wide range of things and what can be totally acceptable to one person can be quite panic provoking to another.

Some of the phobia types I see most often in my practice are:

- Animals
- Being alone
- Blood
- Small or enclosed spaces
- Dark places
- Death
- Heights
- Social phobia
- Fear of public speaking
- Injections or needles
- Open spaces
- Snakes

- Spiders
- Travel
- Trains
- Water

Some unusual phobia types:

- Yellow (the colour)
- Red cars
- Men with beards
- Apples

Phobia treatment to Cure phobia...first need to find the cause...

A client will often say that nothing has caused the phobia, it just started, they've always been afraid of dogs, etc. If one person is afraid of dogs and another isn't, then clearly there is a difference between the two. One person has either been exposed to some causal event which has been repressed in the subconscious mind, or has learned to be afraid from a parent or other authority figure at some time earlier in life.

The causal event may not have been very traumatic at the time, but the young mind will have seen it out of the context that would be understood by a more mature mind in later years. It may have caused an emotional response and/or motor actions to be locked away, repressed, and the emotional and possible motor responses will have been locked away and anchored to the event. The subconscious mind can often set up a kind of false instinct, whereby any sign of the stimulus, or even something resembling it, or associated with it, may cause a phobic reaction, and then the body's flight or fight response will kick in and the individual may begin to panic - a panic attack

Fastest phobia cure, best phobia treatment...Hypnotherapy to Relieve Phobias

The first thing the skilled hypnotherapist will do, is to work with the client to discover the causal event, and once found, to desensitise the client from it. Once this has been achieved, then hypnotic suggestion, metaphor and possibly Neuro-Linguistic Programming will be used to create a new template for the client so they can see the previously feared situation, object or circumstance in a new and non threatening light, through a new lens as it were. If the causal event, or events are not found and the emotion not released, then the phobia may just resurface later with more intensity than before if that is possible.

The person with a phobia will need to be helped to find and review the trigger situation, to see it with an adult maturity and understanding, and to then see the cause in a different way and with a different and better understanding. The mind can

be reprogrammed to see things in a different way and to accept situations as normal that would previously have been viewed as threatening.

How Many Sessions of phobias treatment to get phobia cure?

The number of sessions that will be needed to release a person from their phobia will depend upon many things, not least, the client's personality type, maturity, desire to overcome the phobia, and of course, how deep seated the phobia is and how long it has been in place. However, the average for people I see is about 1 or occasionally 2 sessions. In this centre a 2 hour first session is suggested for very best effect, so that an accurate diagnosis of your specific phobia cause, and NLP coaching and EFT are undertaken in the first hour. This speeds up the success of the hypnotherapy phobia treatment and phobia cure immensely.

One of the beauties of Phobia cure and phobia treatment in this centre is that, combining NLP (neuro-linguistic Programming), Hypnotherapy and EFT (emotional freedom technique) skills means you get the best of both, and do not have to experience the full blown phobia reaction during the process. It is a not usually a frightening or emotional process.

Definition phobia...Phobia types...Phobias treatment...Cure

phobia...For more information, please contact Linda Burke, your local hypnotherapist. I will be happy to provide an initial free consultation for you on the phone, in order to discuss your problem and to explain to you how your phobia treatment would proceed. My clients say that this short session often produces therapeutic results for them and helps them to feel confident about setting up a phobia cure hypnotherapy session