



## **Banish that phobia!**

People are always astonished when I say that working with Phobias is one of my favourite areas. This is purely and simply because I have a great success rate and most phobias are cured very rapidly within 1-2 sessions. Now if that isn't job satisfaction then I don't know what is!!

I had a lovely client who came to see me last month, every year his family would fly off to Spain on their annual holiday and he then met them 3 days later...by car! He has driven across France and Spain to meet his family for 12 years; purely because his phobia for flying was so extreme (even when dosed up with enough sedative to tranquilize a horse!) he was unable to face his ultimate fear of being on an aeroplane for the 2.5 hr flight. His solution was to drive across France and Spain which not only was costly but resulted in him wasting a week of his holiday in the car.

He was very nervous about the process as even thinking about flying brought him out in a cold sweat and he was visibly shaken just talking about it, so for him even to come and see me took a lot of courage.

However within 2 sessions I had used a variety of techniques which reprocessed and desensitised his feelings towards the phobia and applied other strategies to analyse and neutralise his fears.

The proof of the pudding is in the eating so they say, or in his case the flying... 7 days later I received a postcard saying that all was well but the next time he would bring his own sandwich as the in-flight meal was very disappointing!

Next month I will be talking about one of the most frustrating of conditions...Insomnia!

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