

Treatment of Phobia

Pharmacotherapy

- ▶ Selective serotonin reuptake inhibitors (SSRIs)
- ▶ Benzodiazepines
- ▶ Beta Blockers

Psychotherapy

1 – Exposure: Gradually and repeatedly facing your fears

- ▶ Through repeated experiences facing your fear, you'll begin to realize that the worst isn't going to happen; you're not going to die or "lose it".
- ▶ With each exposure, you'll feel more confident and in control. The phobia begins to lose its power.

2- Climbing up the “fear ladder”

- ▶ Make a list
- ▶ Build your fear ladder
- ▶ Work your fear up the ladder
- ▶ Practice

Facing a fear of dogs

- ▶ **Step 1:** Look at pictures of dogs.
- ▶ **Step 2:** Watch a video with dogs in it.
- ▶ **Step 3:** Look at a dog through a window.
- ▶ **Step 4:** Stand across the street from a dog on a leash.
- ▶ **Step 5:** Stand 10 feet away from a dog on a leash.

- ▶ **Step 6:** Stand 5 feet away from a dog on a leash.
- ▶ **Step 7:** Stand beside a dog on a leash.
- ▶ **Step 8:** Pet a small dog that someone is holding.
- ▶ **Step 9:** Pet a larger dog on a leash.
- ▶ **Step 10:** Pet a larger dog off leash.

3-Relaxation techniques

A simple deep breathing relaxation exercise!!!!

- ▶ Once the patient is comfortable with this deep breathing technique, he can start to use it when he is facing his phobia or in other stressful situations

4-Challenge negative thoughts

The patient tends to:

- 1- overestimate how bad it will be if he is exposed to the situation he fears.
- 2- At the same time, he underestimates his ability to cope.