

## PROGRAM FOR DESENSITIZATION OF A FLYING PHOBIA

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1. Assess phobia for severity, chronicity, history, etiology, possible PTSD, extent of generalization, related concerns, discriminative stimuli, exceptions, attempted solutions and their effect, including previous therapeutic interventions.
2. Assess motivation and commitment to treatment. Examine interpersonal and intrapersonal factors that may impair or constrain commitment, e.g. interpersonal gain, social or obligation avoidance, self-concept, etc. Cognitive factors and constraints.
3. Begin desensitization with activation level control, relaxation, imagery, safe place installation and retrieval. Breathing control using Wave Pattern Breathing audio tape. Assign home practice on daily basis.
4. Construct hierarchy of scenes involving flight and travel in aircraft, using SUDS scale for severity of symptoms.
5. Use imaginal desensitization using the expanding video format. Desensitize most scenes to a SUDS level of 2 or less. Assign home practice.
6. Live Desensitization. Trips to airport, departure lounges, etc. Depending on Cues of phobia, arrange for live flights in small aircraft at Calgary Springbank Airport. Alternatively, flights on regular fares to Edmonton return.
7. Review results and fine tune desensitization with imaginal and in vivo sessions.

8. Arrange unaccompanied brief flights. Review and fine-tune results.
9. Arrange for coping and relapse prevention strategies.
10. Terminate therapy with relapse prevention review.
11. Follow-up in 6 months to consolidate results.