

The six sessions of the course and the follow up session:

The group is intended to address the needs of the people attending. We are continually revising the course as a result of the feedback we receive from previous groups therefore each course may be slightly different from the last and modules may run in a different structure. A general guide to the structure and content of the course is as follows:

Session 1: Introduction

Session 2: Group review of exposure

Session 3: Group review of exposure

Session 4: Group review of exposure

Session 5: Group review of exposure

Session 6: Group review of exposure

Session 7: Follow up session

If you would like more support at the end of the course we would be happy to discuss what might be helpful for you.

Our commitment

Our aim is to provide high quality, effective therapies to enable the people of Portsmouth who are experiencing mental distress, to acquire the knowledge and develop the skills that will help them make positive and lasting change.

If you have any questions or concerns, you can contact us for further information:

Talking Change

Psychological Services (Primary Care)
8F The Pompey Centre
Fratton Way
Portsmouth
PO4 8TA

Tel: 02392 892920

Fax: 02392 892947

www.talkingchange.org.uk

We adhere to the NHS Records Management Policy and the Data Protection Act in maintaining both paper and electronic patient records. Your confidentiality is very important to us and all staff have a legal duty to maintain the highest standards, further information is available on request. You can get this information in large print, Braille, audio or in another language by calling 023 9268 4818.

iapt

Improving Access to Psychological Therapies

Fear Less

TALKING CHANGE

Solent 
NHS Trust

Fear is a natural response to a situation or object that we see as a threat

Fear is a very powerful feeling. It can have an effect on our mind and our body. We can feel fearful when we are faced with an emergency, exams or perhaps social gatherings.

What is a phobia?

A phobia is an extreme fear of a particular place, animal or situation. People with phobias can experience an overwhelming need to escape or avoid contact with the thing they fear. Even the thought of it can make you feel anxious or panicky.

It can seem hard to break this cycle, but there are lots of ways that you can do this and learn to manage your fear and anxiety.

What do we do?

Fear Less is a seven session group programme which aims to equip you with the skills and knowledge to overcome your phobia.

Who is the group for?

Anyone can develop a phobia. Although no two people will have exactly the same issues, you may find you share a lot of problems. You may find that you have begun to avoid situations or things that scare you, you may have stopped doing things you want or need to do. Maybe you have started avoiding specific places or events just in case your fear is triggered. All of the people who join the group will be experiencing how hard it can be. For example:

“ Dave was stung by a bee when in the park with his son. When Dave sees a flying insect he feels anxious and panics that he will be stung again. Dave avoids all picnics, work outings and any family occasions that he would have to be outside, particularly in summer. He only goes outside if it is raining and uses his car to travel to and from places to avoid any contact with bees. Dave’s fear has begun to effect his social and home life, which has left him feeling unhappy.”



Are you ready to make changes?

The sessions explore the way our thoughts about our fear can affect our behaviour. danger.

Exposure therapy is used to treat phobias by gradually introducing you to your feared object or situation without placing you in any danger. It will encourage you to learn to tolerate the place, animal or situation and overcome your fear.

Fear Less is similar to an evening class. The first session will teach you what a phobia is, how they develop and how they can effect you. You will discuss common reactions to phobias and support you as you explore your fear.

Your job is to practice the exposure therapy each week. We will support you as you create an 'Exposure ladder' - a list of things you fear that will generate a small amount of anxiety with the purpose of helping you overcome your fear.

Exploring anxiety alone is often not enough to make lasting changes, it is important that you feel you are ready to begin to practise the skills taught in session to challenge your fear on a daily basis. This can be hard at the beginning, but with support and the right ideas you can do it.

Attendance:

You will gain the greatest benefit by attending all 6 sessions and returning for the follow-up