

## Space from Phobia



**1.9% OF THE UK POPULATION  
HAVE A PHOBIA\***

## Effective online solution to help with Phobias

### Helping people with Phobia

Space from Phobia is part of our unique 8-programme suite built in conjunction with Berkshire Healthcare NHS Foundation Trust. Learn to relieve the symptoms of phobia with effective tools and strategies that help you to face and manage the overwhelming fear caused by a situation or object.

*“My main fear was around going to hospital and something going wrong with the surgery. Visualisation and breaking it down into small steps with my hierarchy of fears has really helped to give me perspective.”*

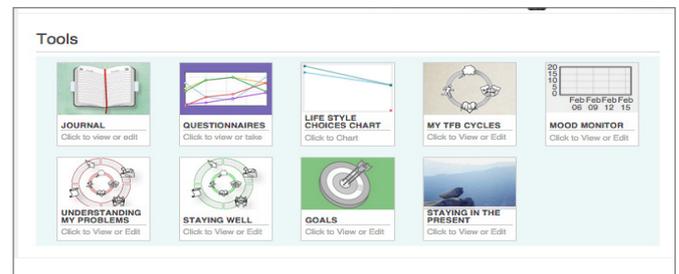
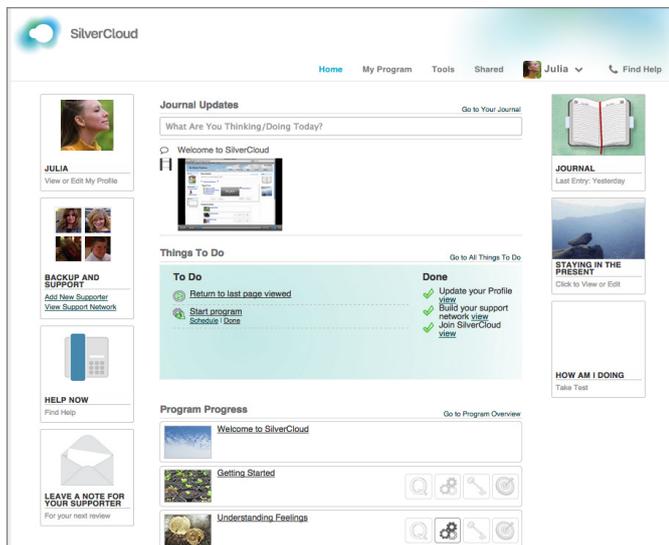
### Easy to follow, supportive

Work independently at your own pace with ongoing guidance and support from your therapist.

### Learn strategies to face your fears

Programme content is based on Cognitive Behaviour Therapy (CBT). CBT teaches you how to understand and challenge negative automatic thoughts, associated with your phobia, and replace them with more rational thoughts.

\*Singleton, N., Bumpstead, R., O'Brien, M., Lee, A., Meltzer, H. (2001). Psychiatric morbidity among adults living in private households in Great Britain. London: Office for National Statistics.



A variety of interactive tools and apps help you to develop skills to manage your symptoms and build resilience.

### Accessible

Access it 24/7 - on your computer, tablet or mobile phone.

### Flexible, online solution

7 online modules help you to challenge negative thoughts and gain control over your phobia, so that you feel less anxious. Topics include:

- Understanding your feelings and thoughts
- The adverse affects of avoidance and safety behaviours
- Gradual exposure

Your therapist can unlock additional modules to best meet your needs.

### Highly Engaging

The programme is packed with videos, quizzes, and effective tools and activities to help you manage your fears including:

- Hierarchy of fears tool
- Exposure diary
- Relaxation and breathing exercises

### Personalised care path

Phobias can co-exist with other anxiety difficulties. The programme allows your therapist to customise content and tools, to meet your specific needs.

Learn effective techniques to look at anxiety provoking situations in new, less frightening ways; and develop better coping skills.

