



PeterField Hypnotherapy

When you're truly ready for change

Agoraphobia Disorder and Agoraphobia Treatment

by

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Though agoraphobia disorder is an anxiety disorder seen frequently at our hypnotherapy clinic here in the UK - around 5% of all adults develop an agoraphobia disorder - it is the only phobia regularly treated as a medical issue.

As anyone who has ever experienced agoraphobia anxiety or a similar anxiety disorder is only too well aware, it is a condition that has the ability to produce intense and often incapacitating feelings of fear and panic.

Until fairly recently, agoraphobia was defined simply as the fear of open spaces, but the term has now been expanded to include a number of other fears, including the fear of public places and crowds, the fear of travelling alone, or simply the fear of leaving the home or other 'safe' area.

When the individual is in the grips of agoraphobia and panic, the feeling can be one of absolute terror. Because these attacks can be unpredictable, occurring anywhere and at any time, the person experiencing them is very often terrified of them happening in a public place, where they feel the most vulnerable.

This can really compound and intensify feelings of anxiety and panic, producing a very real fear of public places, fear of crowds, fear of travelling alone and fear of leaving home.

Indeed, such intense fear can virtually force the person needing agoraphobia help to avoid leaving the home and putting him or herself into a situation that they feel might leave them vulnerable.

Agoraphobia disorder does appear to be more common in women than in men, although this may simply be because women tend to seek outside help with the condition more than do men. It is a condition that often surfaces in the individual's twenties and, if left untreated, can last for years.

The good news is that skilfully applied transformational hypnotherapy can indeed be used as an effective agoraphobia treatment leading to an agoraphobia cure.

We know that agoraphobia and panic are intense feelings generated at the level of the subconscious mind - the home and repository of all feelings. When we

experience these frightening feelings, it is because the subconscious mind is over-reacting, producing feelings that are out of all proportion to the situation. It imagines danger and so produces fear where no real reason for that fear exists.

The truth is, of course, that the subconscious mind cannot tell the difference between that which is imagined and that which is real. You only have to think about sucking on a lemon to prove this to yourself. An imaginary lemon can produce exactly the same effect as a real lemon - tightening of jaw muscles, increased salivation - because for the subconscious mind there really is no difference between the imagined and the real.

With agoraphobia and panic, the subconscious mind has got things wrong. It imagines that a harmless and essentially non-threatening situation is inherently threatening and dangerous and so it responds as though the individual were in real danger by flooding the body with adrenalin - in much the same way that an imagined lemon floods the mouth with saliva - and this in turn produces feelings of anxiety and panic.

With transformational hypnotherapy, we are able to connect with and re-programme the false perceptions and beliefs of the subconscious mind. Once we have understood the origin of the subconscious mind's faulty perception, we are in a position to correct and neutralise it, thereby freeing the person to move on with their life, free of this really restricting, confining condition.

There really is no need to continue to experience agoraphobia and panic. If you or someone you care about is experiencing agoraphobia disorder, transformational hypnotherapy can provide a really effective agoraphobia treatment and agoraphobia cure.

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