



PeterField Hypnotherapy

When you're truly ready for change

What Causes Claustrophobia and How to Cure it

by

Peter Field

Claustrophobia - or the fear of enclosed spaces - is one of the most common phobias that we see here in our hypnotherapy practice in the UK.

Indeed, it is estimated that as much as 5% of the world population suffer from this truly debilitating and troublesome disorder. Sadly, only a very small percentage of claustrophobics receive treatment for their condition.

This is usually because they are unaware that effective treatment actually exists.

The good news is that regardless of what you may imagine, have read or have been told, there really is a permanent solution to the nightmare of claustrophobia.

Apart from the inconvenience, fear and anxiety commonly experienced, claustrophobia can have real implications for the individual's health. Having to undergo a medical procedure such as an MRI or CAT scan, for example, can be an overwhelmingly difficult and traumatic experience.

In extreme cases, even being in a room with the door closed can provoke tremendous feelings of anxiety.

The symptoms of claustrophobia are well known. The fear commonly produces physical responses such as rapid heart beat, sweating, shaking, light-headedness, fainting and hyperventilation.

Clinically speaking, claustrophobia is classified as an anxiety disorder and is what is termed a 'situational phobia' because it is triggered by certain situations.

The claustrophobic individual may very well acknowledge that it is irrational, but this does nothing to lessen the intense and powerful feelings of fear, anxiety and panic.

Yes, claustrophobia, like all phobias, is by nature irrational - yet the feeling mind - the subconscious mind - has little regard for the rational.

Its job is to generate feelings that it believes are in the very best interest of the individual.

And with claustrophobia, the subconscious mind is working from the belief that being in a small space means being in imminent danger and so it is attempting to prevent the person from placing him or herself in such danger by producing feelings of fear, anxiety and panic.

The cause of claustrophobia lies in a previous traumatic experience that the individual has undergone either in childhood or later in life and this has produced what is known as a 'conditioned response'.

Such experiences commonly involve the feeling of being trapped or stuck in a confined space such as an elevator, car, plane, cupboard, tunnel, fairground ride, or in any other small and restrictive space.

Though I have seen articles written by 'experts' who categorically state that there is no cure for claustrophobia, my own considerable experience with this condition is that nothing could be farther from the truth.

Those who believe there is no cure are simply unaware of how to cure it. They are unaware of the efficacy of transformational hypnotherapy in treating and permanently eliminating this phobia.

Usually, 3 or 4 hypnotherapy sessions are all that is required in order to completely remove this truly debilitating condition forever.

If you or someone you care about is wrestling with the terrible, restricting condition known as claustrophobia, real help is available.

With advanced transformational hypnotherapy, even the most claustrophobic person can rapidly re-gain their freedom - and get on with their life.

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Peter Field is a leading British hypno-psychotherapist with practices in Birmingham and in London, UK. He is author of numerous articles on psychotherapy, hypnosis and health; a Member of the British Association for Counselling and Psychotherapy and Fellow of the Royal Society of Health. For more of his interesting and informative articles visit his website:

<http://www.peterfieldhypnotherapy.co.uk>

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innerhealing@email.com

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