



# PeterField Hypnotherapy

*When you're truly ready for change*

## **Emetophobia – Conquer the Fear of Vomiting**

**by**

**Peter Field**

Emetophobia is the name we give to the fear of vomiting, the fear of being sick, or the fear of throwing up.

Often clients call the hypnotherapist seeking help in overcoming a fear of vomiting, believing that they alone have this fear or phobia.

Contrary to this popular misperception, emetophobia is not at all uncommon. In fact, it is the sixth most common phobia. Given this fact, it really is surprising how little this fear is discussed.

Part of the reason for this, of course, is that vomiting itself is not really a topic that most people feel comfortable talking about. But perhaps the major reason is because those who do suffer from emetophobia - in common with those who experience other irrational fears and phobias - often feel some sort of shame for doing so.

Such feelings, however, are entirely unjustified and really unnecessary. And with effective hypnotherapy, emetophobia can be completely and rapidly eliminated.

The cause of a fear of vomiting is most often really simple and not at all complex. At some time in the past, the emetophobic individual has linked vomit, vomiting or being sick with an intense, traumatic feeling.

The actual incident that began the fear or phobia may well have been some form of frightening experience that occurred in the past, and this fear has become 'programmed' into the subconscious mind; it has become a 'conditioned reflex'. So that sometimes even the thought of vomit or vomiting can automatically trigger the terrible feelings of fear and anxiety.

Few people suffering from this phobia or fear actually vomit. In fact, in common with most phobias, the real problem is not so much the fear of vomiting as it is the fear of fear.

In many ways, it is what may loosely be termed an 'anxiety disorder'.

The good news is that no-one need continue to suffer from this restricting and often debilitating fear. Through the medium of transformational hypnotherapy, it is a

phobia that can be successfully treated with brief therapy.

Often all it takes is two or three completely painless transformational hypnotherapy sessions in order to completely and permanently remove emetophobia or the fear of being sick.

If you or someone you care about suffers from emetophobia, the fear of being sick or the fear of vomiting, there really is something you can do about it. Working with a fully qualified, experienced transformational hypnotherapist, you can rapidly and effectively put an end to your fear and get on with your life.

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*Peter Field is a leading British hypno-psychotherapist with practices in Birmingham and in London, UK. He is the author of numerous articles on psychotherapy, hypnosis and health and his articles are currently published internationally by more than 200 different websites. He is 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:*

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