



PeterField Hypnotherapy

When you're truly ready for change

Ending Fear of Flying with Hypnotherapy

by

Peter Field

Each time I take an airplane, the psychotherapist in me cannot resist casting a furtive eye over my fellow passengers in order to spot those who are feeling really anxious and nervous about flying. More often than not, there's usually one or two who are displaying the classic symptoms of a fear of flying phobia.

Fear of flying is a surprisingly common phenomenon. Next to the fear of speaking in public and the fear of spiders, it is the most common phobia in both the UK and in the US today.

In our rational, conscious mind, of course, we may be only too well aware that flying is the safest means of public transport in existence. In terms of accidents and fatalities, it is much, much safer than driving, for example. In fact, according to the FAA, based on the accident rate of the past few years, you would have to fly an average once a day for 22,000 years before you would become a fatality in a commercial airplane crash.

These, surely, are pretty impressive odds in anyone's book!

The problem is, of course, that fear of flying – in common with all phobias – is not based in logic or rationality. It is a learned fear and, as such, it is generated by the subconscious mind. Fear, after all, is a *feeling* and feelings really have little to do with the analytical and rational, conscious mind. They are driven by the subconscious, feeling mind. This explains why it is so very difficult to simply use logic and willpower to order them away.

The good news, of course, is that since this fear is learned – the fear of loud noises (startle reflex) and of falling (parachute reflex) are the only fears we are actually born with – then it can be un-learned.

There are many CD recordings available on the market that claim to remove the fear of flying and indeed, some of these may be partially useful in de-sensitizing the individual to a certain extent. They can assist in producing feelings of relaxation, and they are very helpful when combined with, and designed to reinforce, real face-to-face therapy. However, when it comes to genuine fear of flying, such strategies when used alone operate only at the symptom level, by attempting to 'suggest' away the fear, leaving the actual cause of the problem untouched.

And, in my professional experience, as long as the cause – the 'driver' – of the fear is left untreated, then it will find a way to surface, to persist.

Real and effective treatment for fear of flying need not be lengthy and it is a surprisingly simple process. Usually, this phobia can be treated and cleared in as little as two sessions of effective transformational hypnotherapy. The emphasis here, of course, is on the word 'effective' – so many 'hypnotherapists' simply lack the correct training and expertise in order to deal with this phobia.

Yet there is no real reason for you or anyone you care about to hang on to this truly debilitating, intensely restricting fear. There is no need to continue to suffer when taking, or thinking about taking an airplane. And the sooner you do something about it, the better you will feel.

Transformational hypnotherapy, in the hands of a fully trained and experienced transformational hypnotherapist can rapidly return you to yourself, allowing you complete freedom and ease when travelling by air.

Try it and see. You'll be truly surprised at how easy it is for you to regain control – and regain your freedom!

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