



PeterField Hypnotherapy

When you're truly ready for change

Trypanophobia - Overcome Needle Phobia

by
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Needle phobia is something that can affect anyone.

Its correct clinical name is trypanophobia - an irrational and often intense fear of hypodermic needles or injections - though it is often incorrectly called belonephobia, a name which simply denotes fear of pins or needles, without referring to the medical aspects.

Regardless of the label, for those suffering from needle phobia the very thought or sight of a syringe or hypodermic needle can provoke overwhelming feelings of anxiety and even panic.

At least 10% of all adults are believed to suffer from this truly inconvenient and potentially dangerous condition.

Indeed, the actual figure may very well be in excess of this, since the most severe cases are not recorded because of the tendency of people suffering from this phobia to assiduously avoid all medical treatment.

The cause of needle phobia usually lies in the individual's past and most often springs from two causes:

At some time, often in childhood, the person has experienced a painful or traumatic procedure involving a hypodermic syringe or an injection, perhaps at the dentist or doctor's office. Because of this he or she has then subconsciously paired this experience with a fear of all such needles in what is called a 'conditioned response'.

The other main way in which this phobia can be acquired is simply because someone else has had a bad experience with hypodermic needles and this has been passed on to the individual, again, often in childhood.

It has also been suggested that there may be an inherited origin to trypanophobia since around 80% report having a relative who also exhibits the same phobia. In my own clinical experience, however, I have not found this to be the case.

The fact that such a large percentage of people suffering from needle phobia have family members who also suffer from the same condition seems to be an indication of the ability of the child to empathetically mimic the fears of the adult or of other children.

There can also be links to other phobias and fears, such as to the fear of bleeding or other elements that may serve to strengthen and complicate the phobia.

The affects and consequences of living life as a needle phobic can indeed be great. Some people simply avoid going to the doctor or dentist at all costs, even when they are experiencing terrible pain or are in urgent need of medical treatment.

The good news is that real help is available.

Through the medium of correctly applied transformational hypnotherapy, even the most severe case of needle phobia can be eased and cured.

Once the cause, the origin of the fear is uncovered, then the subconscious mind can be taught to get things back into perspective and release its fearful grip.

Often the needle phobic's conscious mind is only too well aware that this is a fear that is irrational, but it is simply unable to remove it.

With advanced transformational hypnotherapy techniques, we can quite easily re-align the subconscious mind's faulty perceptions and beliefs with those of the conscious, rational mind and free the individual from this truly restrictive and potentially damaging fear.

If you or someone you care about is a needle phobic, suffering from needle phobia - trypanophobia - then the valuable help that you need is available.

With advanced transformational hypnotherapy you can indeed set yourself free.

Peter Field is a leading British hypno-psychotherapist and originator of AIROTherapy™ with practices in Birmingham and 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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