

Cognitive-behavioral treatment of the phobia of air travel: a new program to foster treatment efficiency (pp. 97-110)

C. Dolores Sosa, Tania Díaz, and Juan I. Capafons
University of La Laguna (Spain)

This article explains a cognitive-behavioural treatment for eliminating the flying phobia in a shorter period of time. The treatment is based on the combination of the most effective techniques used to tackle this problem: exposure techniques, techniques for the control of anxiety and of breathing, stop thinking, information and training in reattribution. The peculiarity of this new treatment is the preparation of patients for a trip under good conditions, taking as a basis the functional analysis of their problem, in order to facilitate exposure. This work presents a case study of two patients who are treated during six sessions and we have called this treatment “a trip under good conditions”. The implications of these cases are commented with regard to clinical practice and future research.