

Clinical Hypnosis for the Fear of Flying

Linda Nishi-Strattner, Ph.D., ABPP

9 am - 4:30 pm Pacific time October 14, 2023

9:00 am Topic Introduction

Learning Objectives

- Compose a summary on the prevalence of fear of flying
- Integrate background information about airplanes and flying and safety into clinical thinking
- Consider how different events and obstacles contribute to fear of flying.
- Formulate a typology of flight anxiety
- Consider 3 facts about aerodynamics that may be involved in flight anxiety
- Evaluate 3 common fears about flight and how to address them Prevalence of anxiety disorders
- Formulate a typology of flight anxiety
- Consider 3 facts about aerodynamics that may be involved in flight anxiety

9:20 Anatomy of an airplane trip

9:30 Some of those statistics about how safe flying is:

9:45 Practice: interviewing for air travel

9:45-10 am 15 minute break!

10:00 Learning Objectives

- Evaluate 3 factors related to the development of a fear of flying
- Consider 3 ethical concerns regarding the treatment of fear of flying
- Summarize 3 depictions of fear-inducing flight stories in the media.
- Summarize 3 measures of flight anxiety
- Evaluate 3 non-hypnotic approaches to the treatment of flight anxiety

Developing a fear of flying

Specific stressors related to airline travel

The role of the media

10:45 Ethical Issues in using clinical hypnosis for fear of flying

Assessing flight anxiety

Non-Hypnotic approaches to flight anxiety

Non-prescription approaches to flight anxiety

11:00 Prescription medication for flight anxiety

Psychoeducational approach to fear of flying

Learning Objectives

- Evaluate 3 hypnotic techniques for use in the treatment of flight anxiety
- Role play 1 hypnotic technique for use in the treatment of flight anxiety

11:10 Hypnotic approaches

12:00-1:00 Lunch Break

1:00 Practice hypnosis for single anxiety technique

6. Learning Objectives

- Create a plan that integrates psychoeducation with clinical hypnosis in the treatment of flight anxiety
- Formulate a treatment protocol/plan for addressing flight anxiety

1:45 Outline of hypnotic approach to flight anxiety

2:00 Hypnotic approaches for flight anxiety

Address unproductive thoughts/thinking errors, Learn to relax!

Practice: Hypnotic experience of relaxing during flight

Break 2:30-2:45

2:45 Discussion of Learning Objectives

- Evaluate 3 strategies to reduce the stress of air travel
- Consider 3 triggers for flight anxiety and be prepared to reproduce them under hypnosis

Simulating air travel difficulties

3:00 Practice: flight with stressor

4:15 Traveling companions

4:20 Tips to reduce stress of air travel

Questions, debrief, feedback, suggestions?

4:30 Read more about it