

#24

Group therapy is important to provide the support, build self esteem and mitigate fear. The group therapy also builds social skills and create bonds. Bill could have started with rides on the escalator in a group, then alone, in an open closet with a group, then in a closed closet with a group, closed closet lone, or in the elevator ride with a group. Would depend on how comfortable or uncomfortable he is with movement.

The therapist could use vision casting techniques to nurture Bill's confidence and faith in himself. This therapist used a group to see him Bill off on his ride and to meet him at the next level. She also gave him something he liked (his beverage) to help make him feel secure during the ride. Bill was encouraged in the class the day before the event. All of this attention made Bill feel cared for and encouraged.

A fear becomes a phobia when it becomes a persistent and unreasonable fear. A phobia is more intense and when fear is intense and impacts someone's life, they become a candidate for treatment. The person with a phobia person may try to avoid situations of exposure, but it is evident that exposure or even the thought of exposure creates great distress.

Fear of spiders and snakes are learned at an early age, because of the danger they pose to human safety. We are taught to fear these animals and we also see other people in fear of these animals, trying to kill them at every opportunity. In countries like Australia, they seem more adaptive to insects, and snakes. They realize the danger, but do not freak out at the sight of these creatures.

Things that could cause PTSD could be spousal abuse, rape, incest, witnessing a murder, being robbed, loss of a fortune, and being ambushed and beat up.