

Phobia Psychological And Pharmacological Treatment

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## Summary:

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Psychological Phobias - AllAboutCounseling.com Psychological phobias are what most people think of when the term "phobia" is mentioned; an intense and unreasonable fear, despite clear evidence that such fear is not necessary. There are hundreds of different psychological phobias that can appear in patients for different reasons. Specific Phobia | Psychology Today Cognitive-behavioral therapy (CBT) is the therapy of choice for treating specific phobia disorder. CBT interventions help change the thinking and behaviors that cause distress in specific situations. Figuring out phobia - American Psychological Association Figuring out phobia. Researchers are using neuroimaging techniques to delve into the neurobiological underpinnings of phobias, with a view to improving treatments.

What Is a Phobia? - Verywell Mind According to the American Psychiatric Association, a phobia is an irrational and excessive fear of an object or situation. In most cases, the phobia involves a sense of endangerment or a fear of harm. Phobia | psychology | Britannica.com Phobia, an extreme, irrational fear of a specific object or situation. A phobia is classified as a type of anxiety disorder, since anxiety is the chief symptom experienced by the sufferer. Phobias are thought to be learned emotional responses. Effects of Phobias on Your Emotions and Personality Learn about the psychological and emotional effects that phobias can have on people, including feeling helpless, isolated, and/or out of control. ... A specific phobia is, by nature, triggered by a specific object or situation. So unlike in generalized anxiety disorder, people with a specific phobia are not consumed by a pervasive worry and fear.

Social Anxiety Disorder (Social Phobia) | Psychology Today Social anxiety disorder, formerly referred to as social phobia, is an anxiety disorder characterized by overwhelming anxiety and excessive self-consciousness in everyday social situations.

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