

MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

DATE: MONDAY 23 JULY 2012

ATTENTION: Chiefs of Staff, News Directors



Boarding call for Fear of Flying Group

A popular Fear of Flying program is about to get underway at the UTAS Psychology Clinic.

The free four-week program provides an opportunity for people with a fear of flying to learn practical strategies to help control their forebodings in a supportive environment.

Provisional psychologist Kelly Madden said aerophobia could have a significant impact on people's lives, especially in an island state.

"People can experience an intense feeling of panic and threat just thinking about flying and it can be very restrictive," she said.

"It can have a major impact on people's ability to see family and friends interstate and overseas or to undertake travel for work."

The group will aim to help participants:

- Understand their feelings of fear, anxiety and panic;
- Develop skills to help control these feelings by challenging unhelpful thoughts and using relaxation and breathing techniques;
- Change behaviours that can exacerbate fears.

The group will meet on Wednesdays from 2.30pm to 4.30pm, starting in early August. One session will feature retired commercial pilot Gus Vans-Colina.

Ms Madden said the program had been very popular when it was run in previous years. "Anyone interested in the group is encouraged to register as soon as possible as we expect it will fill up fast."

For further information or to register for the group, please call the University Psychology Clinic on 6226 2805.

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