

## Phobia Cure

### What Dr. Sam does and how he can help you

Dr. Sam has helped many persons over the years to overcome phobias with their debilitating fears and anxieties.

He has seen quick resolution of phobias that keep people from reaching their full potential. It is not uncommon to see a phobia dissolve in one session. Dr. Sam does not use the same model of treatment that other professionals traditionally use. Today most clinicians treat only the present symptoms of phobias.

Dr. Sam believes that a phobia is the result of a trauma experience. A trauma is an event that overwhelms a person with very intense negative feelings. That event is so strong that the body and mind store the emotions with the feelings, visuals, sounds, tastes, and smells. With every subsequent and similar experience, the emotions grow and intensify. Being exposed to anything similar to the original trauma triggers the effects of the that trauma again. Eventually you have anxieties and fears that are out of control.

Dr. Sam focuses on the original trauma experience that created the phobia. He first locates it and then works with the “computer code” of that trauma. By changing the code, the trauma memory releases the energy that was keeping the person stuck. It is as if someone turns the electricity off. Once they can break the cycle, they are free to move on with their lives to reach their greater potential.

If you are interested in treating your debilitating phobia contact Dr. Sam at [www.DrSam.tv](http://www.DrSam.tv)

Besides face-to-face sessions, Dr. Sam also does phone and online Skype sessions.

### What is a Phobia?

A phobia is a very strong fear about any non-dangerous thing. This fear makes no sense (irrational). A phobia creates very high levels of anxiety in a person and can sometimes develop into panic attacks.

### What are the signs of having a phobia?

- Severe anxiety/fear
- Can lead to panic attacks
- Rapid heartbeat
- Shortness of breath
- Sweating
- Trembling
- A desire to get away immediately

### Typical phobias

- Elevators – fear of using an elevator or of getting stuck in one
- Crowds – known as claustrophobia
- Going outside – known as agoraphobia and affecting going to the grocery store, work, etc.
- Blood and/or injections, smell of alcohol, hospitals, etc.
- Spiders, snakes, animals, cockroaches, other insects, etc.
- Water – scared of being near or swimming in ocean, rivers, lakes, or pools
- Social – participating in social events or interacting with others
- Germs – scared of becoming infected by bacteria (germophobic)

- **Sexual phobias – scared of genitalia or sexual practices (such as oral sex or the sexual act, even kissing)**
- **Gender phobias – scared of men or women**
- **Touch – being touched in certain places such as neck, face, arm, etc.**
- **Objects with certain textures – cotton, fur, blackboard, sandpaper, sharp objects, etc.**
- **The dark – needing to always sleep with the lights on**
- **Horror movies – creating nightmares**
- **Public speaking – standing up and giving a speech**

**Anything can become a phobia if a trauma is attached to that “thing.”**

**What are the effects of having a phobia?**

**Phobias can become so intense that all personal and social aspects are severely affected. Phobias can affect activities such as work, social situations, vacations, travel, etc. A person’s life can quickly become very complicated, difficult, and limiting because of having to get around and avoid becoming exposed to what is feared. For example, a person with flying phobia cannot travel on airplanes. Imagine having to travel by land every time you have to go to far places. A person with elevator phobia will be in awkward social situations having to avoid going with coworkers in an elevator. Imagine having to go up many stairs and many floors in a skyscraper building?**

**Traditional treatments of phobias**

**Cognitive Behavioral Therapy (CBT): In the opinion of Dr. Sam, this approach is good yet not the most effective or permanent. In CBT you treat only present symptoms by trying to condition them in new directions. Trying to recondition phobia fears can be a very harsh, long, and exhausting experience. This type of treatment emphasizes repeated sessions to recondition behavior. One example is to expose you continuously to the trigger that causes phobia symptoms. If you have a cockroach phobia, you are exposed to them repeatedly to desensitize you. Dr. Sam believes this approach is too harsh, difficult, and unnecessary.**

**Drugs:**

**Traditional treatments of phobias can include taking medication. In the opinion of Dr. Sam, medication cannot extinguish phobias. It only can help to control the phobia. The core cause of the phobia is not treated. Only the feelings of anxiety and fear are temporarily lessened. Medication can help in order to get by and not let the phobia totally affect and destroy a normal life. Some types of drugs used are Selective Serotonin Reuptake Inhibitor (SSRI) and Beta-blocker medications. They are often used to treat phobias when desensitization, flooding, and other CBT treatments are ineffective. SSRI’s affect the serotonin levels in the brain. Examples are: fluoxetine (Prozac), sertraline (Zoloft), paroxetine (Paxil), fluvoxamine (Luvox), citalopram (Celexa), and escitalopram (Lexapro). Typical side effects of this group of medications can include dry mouth, sexual dysfunction, nausea, tremors, trouble sleeping, blurred vision, constipation or soft stools, and dizziness. In some cases, people have become acutely more anxious or depressed on the medication. There have been cases of attempting to and completing homicide or suicide. Children and teens may be vulnerable to this rare possibility. The second type (Beta-blocker medication) decreases the symptoms of panic. It does so by blocking adrenaline effects. An example of a beta blocker is propranolol. This type of medication is rarely used and comes from a class of drugs called benzodiazepines. The medication causes relaxation yet has the possibility of addiction and of an overdose, if taken with alcohol. Examples from this group include diazepam (Valium), alprazolam (Xanax), lorazepam (Ativan), and clonazepam (Klonopin).**