
East Kent

Affiliated to Mind in Bexley Limited | Company No. 05393807 | Registered Charity No. 1110130

Understanding Phobias

Being fearful of a particular object or situation is completely natural. However when these fears become more intense, last for a significant amount of time and cause significant stress and anxiety you may have developed a phobia.

The Understanding Phobias workshop helps you to develop a better understanding of what a phobia is and the impact it can have on your daily life.

During the workshop you will have the chance to learn about common phobias and what causes them; you will be able to build up an inventory of coping mechanisms and simple actions that will help to manage your control when experiencing the symptoms of a phobia.

The workshop promotes the use of cognitive coaching, self-awareness and self-reflection to enable you to identify your own way of managing fear. With discussion, participation in peer support group activities and exercises you will be able to explore how to incorporate what you learn into your daily life to enable you to take small steps to regain more responsive control.

Email: info@eastkentmind.org.uk or call 0795 060 8827
or book online at: eastkentmind.org.uk