

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 As its name suggests, a specific phobia is an unrealistic or extreme fear of a specific situation, object, or setting that might make the average person only slightly uncomfortable or that most. 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: 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. It is generally held that phobias occur when 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.

The Psychology Behind Phobias - PsychologyCareerCenter The anxiety experienced when confronted by a phobia is also different from the anxiety experienced during a panic attack. People with panic disorders experience anxiety, known as panic attacks, with little reason or warning and strongly believe the anxiety is related to something that is medically wrong with them. Fears and Phobias - Psychologist Anywhere Anytime Social phobias and agoraphobia typically have a more complex cause than a specific phobia. It is believed that heredity, genetics, and brain chemistry combine with life-experiences to play a major role in the development of social phobias and agoraphobia. The Medical Model in Psychology on Phobias and the Brain According to the theory of biological psychology, phobias result from physical differences in the brain which can be addressed through medication.

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.

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