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| **bWell Clinic Services** |
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| **bWell THERAPY** |
| **All sessions are 50 minutes** Therapeutic bWell MP3 to take home after each session |
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| Therapy includes General Anxiety Disorder, Anxiety, Panic Attacks, Specific Phobias, Agoraphobia, Social Phobia, Depression, Relationships, Separation, Divorce, affairs, self-esteem, Post-Traumatic Stress Disorder, Trauma, Insomnia, CBT for healthy eating, Eating Disorders and many more. |
| **Phone & Skype sessions** |
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| **bWell Couples Therapy**  **90 minutes** |
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| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  | | --- | | **bWell CORPORATE** | | |  | | --- | |  | | |  | | --- | |  | | |
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| As a Work and Organisational Psychologist we can provide evidence based strategies to create a **proactive, focused and emotionally flourishing workforce.** |
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| |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletLoseWeight_w15.gif | Redundancy Counselling | |
|  |
| |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletLoseWeight_w15.gif | Change Management | |
| |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletLoseWeight_w15.gif | Cultural Diversity Training | |
| |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletLoseWeight_w15.gif | Executive Coaching | |
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| |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletLoseWeight_w15.gif | Life -Work Balance | |
| |  | | --- | |  | |
| |  |  |  | | --- | --- | --- | | http://www.bwell.ie/bwell/Images/bulletLoseWeight_w15.gif |  | Group Stop Smoking | |
| |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletLoseWeight_w15.gif | Healthy Workforce Programmes | |
| |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletLoseWeight_w15.gif | Anti-Bullying Training | |
| |  | | --- | |  | |
| |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletLoseWeight_w15.gif | Team Building | |
| |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletLoseWeight_w15.gif | bWell Wellbeing Workshops | |
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| |  |  |  |  | | --- | --- | --- | --- | | |  | | --- | |  | | |  | | --- | |  | | |
| Disclaimer: The particulars and any price lists contained on this website do not form part of any contract and are for guidance only. |

bWell Therapy

bWell Talks

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| **Generalised Anxiety Disorder:** |
| Generalised Anxiety Disorder can be defined as an unwarranted worry and over-analysing about everyday things. The excessive worry and overthinking can feel like it is consuming you. These thoughts or triggers can lead to psychosomatic symptoms such as shallow breathing, tight muscles, a nauseous stomach which can create a vicious cycle of thinking something is really wrong leading to more catastrophizing.  It is called generalised anxiety as the individual can generalise the anxiety to everyday stresses and concerns over money, relationships, career and health. Normal daily routines and everything that feels outside of your control becomes a huge struggle and can sometimes feel overwhelming. This sense of being in a hyper-vigilant state can leave you feeling very frustrated with yourself and it can be normal to feel down, physically and emotionally exhausted and switching off can be very difficult and frustrating.  A combination of CBT (cognitive behavioural therapy), which is an evidence based solution focused form of therapy that helps you to become aware of how your thoughts are affecting you now and triggering anticipatory anxiety and provides you with Psychological tools to change your response, Psychodynamic therapy which looks to the past roots of the presenting issues and Positive Psychology which identifies help you apply your strengths in a daily mindful manner. All these therapies combine to help you understand where you have come from and where certain beliefs have originated from. How this may be affecting you now and then creating your own personal Psychological toolbox that you can use when you need it most. |
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| Psychological Symptoms: |
|  |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletAnxiety_w15.gif | Unrealistic or excessive worry | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletAnxiety_w15.gif | Unrealistic fears concerning objects, situations or people | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletAnxiety_w15.gif | Excessive reaction | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletAnxiety_w15.gif | Racing thoughts | |  | Anticipatory anxiety | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletAnxiety_w15.gif | Fear of ‘losing’ control | |
| |  |  |  | | --- | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletAnxiety_w15.gif Avoidance |  |  | |  |  |  | |
|  |
| Physical symptoms: |
|  |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletAnxiety_w15.gif | Increased blood pressure and breathing | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletAnxiety_w15.gif | Blurring vision | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletAnxiety_w15.gif | Dizziness and physical shakiness | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletAnxiety_w15.gif | Heat affecting how you feel | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletAnxiety_w15.gif | Muscle aches, neck, shoulder, back pain | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletAnxiety_w15.gif | Perspiring | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletAnxiety_w15.gif | Cold, clammy or sweaty hands | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletAnxiety_w15.gif | Dry mouth | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletAnxiety_w15.gif | Numbness/tingling of hands, arms, feet or other body part | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletAnxiety_w15.gif | Upset stomach / Diarrhoea | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletAnxiety_w15.gif | Lump in throat | |
|  |
| Emotional Symptoms: |
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| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletAnxiety_w15.gif | Sleep disturbances, insomnia | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletAnxiety_w15.gif | Feeling on edge | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletAnxiety_w15.gif | Feeling out of control | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletAnxiety_w15.gif | Tension | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletAnxiety_w15.gif | Fatigue – emotional and physical | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletAnxiety_w15.gif | Irritable and snappy | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletAnxiety_w15.gif | Heaviness and pressure in chest and heart | |
|  |
| Anxiety can be provoked by stressful situations, (work, family, pace of life) a traumatic experience (a car crash, panic attack, accident, losing your job, break-up of a relationship) or there can be underlying generalised anxiety which you experience as part of your everyday life.  Anxiety responds really well to therapy. It is so common, affecting one in four. It can be quite a shock to experience anxiety especially if you have never experienced anything like it before. Taking the steps to change it can be daunting but therapy is a wonderful mechanism to help you feel like yourself again. |

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| **Panic Attacks** |
| **Definition:**  Sudden, unprovoked, emotionally intense experiences of impending doom, fear of dying, "going crazy", or losing control, marked by Psychological, emotional and physical reactions. |
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| **Panic attacks are sudden, discrete periods of:** |
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| |  |  | | --- | --- | | **›** | Intense anxiety | |
| |  |  | | --- | --- | | **›** | Fear | |
| |  |  | | --- | --- | | **›** | Discomfort that are associated with a variety of somatic (body) and cognitive (mind) symptom | |
|  |
| **Diagnostic and Statistical Manual of Mental Disorders define Panic attacks as:** |
|  |
| |  |  | | --- | --- | | **›** | The onset of these episodes is typically abrupt, and may have no obvious trigger. | |
| |  |  | | --- | --- | | **›** | Although these episodes may appear random, they are considered to be a subset of an evolutionary response commonly referred to as fight or flight that occur out of context, flooding the body with hormones (particularly adrenalin) that aid in defending itself from harm.  Bourne, E. (2005). The Anxiety and Phobia Workbook, 4th Edition: New Harbinger Press | |
|  |
| **According to the American Psychological Association the symptoms of a panic attack are:** |
|  |
| |  |  | | --- | --- | | **›** | Commonly last approximately ten minutes | |
| |  |  | | --- | --- | | **›** | Can be as short as 1-5 minutes | |
| |  |  | | --- | --- | | **›** | While more severe panic attacks may last for an extended period, sometimes hours. | |
| |  |  | | --- | --- | | **›** | Often those afflicted will experience significant anticipatory anxiety in between attacks and in situations where attacks have previously occurred. | |
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| **Who does this affect:** |
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| |  |  | | --- | --- | | **›** | Panic attacks affect everyone differently. | |
| |  |  | | --- | --- | | **›** | Experienced sufferers may be able to completely 'ride out' a panic attack with little to no obvious symptoms. | |
| |  |  | | --- | --- | | **›** | Others, notably first time sufferers, may even call for emergency services; many who experience a panic attack for the first time fear they are having a heart attack or a nervous breakdown.(Wilson 1996) | |
|  |
| **Symptoms  Physical:** |
|  |
| |  |  | | --- | --- | | **›** | An extremely unpleasant sensation of adrenaline rushing through your body | |
| |  |  | | --- | --- | | **›** | Increased heart rate, palpitations | |
| |  |  | | --- | --- | | **›** | Sweating | |
| |  |  | | --- | --- | | **›** | Shortness of breath | |
| |  |  | | --- | --- | | **›** | Feeling like you can't breath | |
| |  |  | | --- | --- | | **›** | Dizziness or vertigo | |
| |  |  | | --- | --- | | **›** | Light-headedness | |
| |  |  | | --- | --- | | **›** | Nausea / stomach pains | |
| |  |  | | --- | --- | | **›** | Chest pain | |
| |  |  | | --- | --- | | **›** | Feeling like you are having a heart attack | |
| |  |  | | --- | --- | | **›** | Tingling or numbness in the hands, face, feet or mouth | |
| |  |  | | --- | --- | | **›** | Trembling and physically shaking | |
| |  |  | | --- | --- | | **›** | Shortness of breath & hyperventilation | |
| |  |  | | --- | --- | | **›** | Chills, Hot and cold flashes | |
| |  |  | | --- | --- | | **›** | A feeling of choking or a feeling of being smothered | |
| |  |  | | --- | --- | | **›** | Feelings of unreality | |
| |  |  | | --- | --- | | **›** | Nausea | |
| |  |  | | --- | --- | | **›** | Feeling weight in your chest | |
| |  |  | | --- | --- | | **›** | Feeling of claustrophobia | |
| |  |  | | --- | --- | | **›** | Exhaustion | |
| |  |  | | --- | --- | | **›** | Feeling of physical weakness or limpness of the body | |
| |  |  | | --- | --- | | **›** | Sense of foreboding or feeling like you could die | |
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Symptoms

Mental:

› Loss of the ability to react logically to stimuli

› Loss of cognitive ability in general

› Racing thoughts (often based on fear; a repeated or illogical worry)

› Loud internal dialogue

› Feeling of impending doom

› Feeling of "going crazy"

› Extreme worried feeling

› Feeling of extreme nervousness

› Feeling out of control

› Vision is somewhat impaired; (eyes may feel like they are shaking)

Symptoms

Emotional:

› Terror

› Fear that the panic is a symptom of a serious illness

› Fear of losing control

› Fear of death

› Fear of going crazy

› Flashbacks to earlier panic trigger

Symptoms

Perceptual:

› Tunnel vision

› Heightened senses

› The apparent slowing down or speeding up of time

› Dream-like sensation or perceptual distortion (de-realization)

› Dissociation, or the perception that one is not connected to the body or is disconnected from space and time (de-personalization)

› Feeling of loss of free will, as if acting entirely automatically without control

How can you **stop a panic attack:**

› Stop

› Breathe in for 4, hold for 4 and breathe out for 4 (4x4 breathing)

› Learn relaxation techniques

› Seek Professional help

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| Allison Keating, Chartered Psychologist PSI (Psychological Society of Ireland) |
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| **Academic Background** |
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| Allison Keating is a Chartered Psychologist of the Psychological Society of Ireland. Training includes an MSc., in Work and Organisational Psychology, BA in Behavioural Science in Psychology, Certificate in Career Guidance and Adult Counselling and is a master Neuro-Linguistic Programming (NLP) practitioner, Life & Business Coach and accredited in EQ-i (Emotional Intelligence).  Allison was invited to present her BSc. thesis "Cognitive Dissonance and the Millennium Y2K Bug" at the BRAINSTORM conference in the New York World Trade Centre in 1999. She also was invited to present her research in London to a symposium of Y2K experts.  Allison follow the PSI's, Psychological Society of Ireland Professional Code of Ethics and engages in clinical supervision. |
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| **Professional Background** |
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| Allison worked as a trauma counsellor and placement officer for the FÁS Asylum Seekers Unit processing 256 asylum seekers into training, job placement and helping them through trauma for Asylum Seekers who experienced Post Traumatic Stress Disorder.  Allison was asked to participate in the N.D.J.T.I (North Dublin Job and Training Initiative) to assist Ireland's multinationals undergoing major change management and worked with Gateway Ireland (800 employees); Celestica (450 employees) and Aer Lingus (1600 employees) to assist their staff in determining their next career moves and to deal with the transitional stress.  From here she financially managed and ran eleven North Dublin disability groups and programmes, namely the N.T.D.I; Prosper Finglas; St. Michaels House and D.E.N. at the CRC through FÁS.  Having completed her Psychology undergraduate studies, Allison pursued her Masters Psychology Degree in DCU and produced a highly commended thesis entitled "An investigation into the potential effects of emotional labour on front-line staff", which analysed emotional labour, and how emotional burnout affects employees within the Irish working environment, specifically within the FÁS organisation.  Allison was the Career Centre Manager at Diageo Ireland (600 employees) and worked as a consultant implementing the Career Decisions Making Programme. This is a scientifically proven method that was used to aid Diageo employees’ career progression.  With the successful completion of that project she was asked to run a pilot programme under the auspices of Northside Partnership, Social Welfare and Career Decisions International called 'Enabled for Life' for people with mental, physical and emotional disabilities with excellent results. Allison ran two of these Enabled for Life programmes and the programme has now become a nationwide programme.  Allison decided to establish her own clinic and worked under a franchise agreement for two years.  Allison ran "a behavioural Psychology franchise" for two years and in December 2006 opened the bWell clinic.  The bWell clinic works extensively with anxiety and panic disorders, relationships, depression and believes in supporting the client to realise their therapeutic expectations into genuine action.  I have a major interest in de-stigmatizing mental health in Ireland. I have contributed on Psychological topics on TV3's Ireland AM, running a nine week mental health series that looked at the day to day issues I would work with at the clinic such as Panic attacks, anxiety, depression, eating disorders, phobias, social phobias, stress, family and personal relationships. I ran a ten week Positive Psychology series that looked at resilience, optimism, mindfulness, changing negative thought patterns, and many more.  I was in series one and two of TV3's 'How Healthy are you? focusing on anxiety in series one and two and CBT for weight loss in series two. For all interviews and programmes you can access them in the media section.  I enjoy contributing evidence based Psychology through the media and it is a personal value of mine to share good information in a time of information overload.  With a six part series commissioned by RTE 2 ‘Then Comes Marriage’ myself and Ray O’Neill really enjoyed helping couples with the usual pitfalls of marriage and relationships looking at how money, sex, gender roles, conflict, communications will all present themselves at some point in your relationship. I personally loved putting love and science into bed together as we know from research the things that nurture your relationship and the sure fire relationship wreckers.   **Specialties**  I work extensively with anxiety and panic attacks and I see it as a hidden epidemic in Ireland. I have been very happy with results generated through innovative Positive Psychology strategies which works on a strengths based model and CBT (cognitive behavioural therapy) which is a solution focused therapy. I also integrate Psychodynamics to understand how your earlier relationships may still be impacting your current behaviour(s) which lends itself to a very well rounded approach to helping you on your therapeutic journey with progressive, research driven, empathic and solutions focused therapy.  The ethos of the bWell Clinic is Your Happiness and to surpass ethical and professional standards of excellence. Showing the client how to become happier and healthier and changing the therapy process into an enjoyable transition from where you are now to where you want to be.  The mission statement of the bWell Clinic is to create a more authentic happiness and quality of life in all of our clients and to show them how to tap into their own potential, now and in the future. To equip the client with skills and techniques that can be used in a practical sense in everyday life.  Our solution focused therapy works excellently with a psychodynamic methodology and we look forward to meeting and helping you, Allison  **A bit about me**  I am from Malahide, I am very grateful to be near trees, the castle, the beach and playground (not for me!). Sometimes a good walk to blow away the cobwebs down by the breezy beach and having a laugh are a great antidote to the good life.  I am very lucky to have three sisters and super parents. Myself and Thomas can’t quite believe that we will celebrate our ten year wedding anniversary this year. We live and breathe our three gorgeous girls with lots of love and many sleepless nights!  I love Psychology, I love how research can be applied to your daily life to make it one of great worth and purpose to you. We live in a time of so many great minds and thinkers and with unprecedented access to these people I feel there is so much opportunity within our grasp. I have always been fascinated by people and how they think, and this has only increased with being lucky enough to share in people’s deeply personal therapeutic journey. I thank all my clients for what they have shared with me, and I am humbled by the strength of the human spirit every day.  It is with great pleasure that we extend a warm welcome to you on you on your personal journey  Location    The bWell Clinic is located at No 12 St James Terrace, Malahide in a beautifully restored listed Georgian building in the heart of Malahide Village.  The clinic is parallel to Malahide Tennis Club. We are literally a few steps from Malahide Estuary which gives an immediate feeling of calm and relaxation that is reflected in the spacious and beautiful therapy room.  It is part of the bWell Clinic’s ethos to provide therapy in a deeply therapeutic space. Where you feel safe, nurtured and minded.  Directions  On arriving into Malahide Village, drive through the lights at the cross roads and head in the direction of the Grand Hotel. You will pass a road called Townyard Lane on your left. James Terrace is the next left and looks onto the tennis club. The Garda station is the first building on James Terrace, we are the last house looking towards the water. There is pay and display parking on the terrace.  Malahide is served by the 42, 32a, 102 and 230 bus routes and is also on the Dart and Intercity Train Service. It is a five minute walk from Malahide train station. |
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| |  | | --- | | **Agoraphobia** | |  | | *Definition of Agoraphobia*  An abnormal and persistent fear of public places or open areas, especially those from which escape could be difficult or help not immediately accessible. Persons with agoraphobia frequently also have panic disorder.   The term agoraphobia has been widely misunderstood. Its literal definition suggests a fear of ‘open spaces’ agoraphobia is a condition which develops when a person begins to avoid spaces or situations associated with the potential for anxiety provocation.  Typical phobic situations might include: | |  | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Driving | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Shopping | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Crowded places | | | | | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Travelling | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Standing in line | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Being alone | | | | | |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Meetings | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Social gathering | | | |  | | --- | |  | | | |  | |  | | A person experiencing agoraphobia may fear having: | |  | |  | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Anxiety attacks | | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Losing control | | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Embarrassing him/herself in such situations | | |  | | This anxiety leads to the following behaviour: | |  | | |  |  | | --- | --- | | **1.** | Avoidance of these types of situations: | | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif        Being alone outside of the home and or town | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif        Travelling in a car, bus, or airplane | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif        Being in a crowded area | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif        Being on a bridge | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif        Shopping centres | |  | | |  |  | | --- | --- | | **2.** | Endurance of such situations under great stress i.e., a panic attack | | |  | |  | | |  |  | | --- | --- | | **3.** | Requiring another person's company when in said situations. | | |  | | |  |  | | --- | --- | | **4.** | Life with agoraphobia can be seriously impacted by their condition. Functioning can be severely impinged. Some are | | |  | |  | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif        Unable to work and travel even short distances | |  | |  | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif        May need to rely heavily on other family members, who must do the shopping and run               all the household errands, as well as | |  | |  | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif        Accompany the affected person on rare excursions outside the "safety zone." People             with this disorder may become house-bound for years, with resulting impairment of social             and interpersonal relationships. Thus the person with agoraphobia typically leads a life of             extreme dependency as well as great discomfort. | |  | | **Agoraphobia Symptoms** | |  | |  | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Fear of being alone | | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Fear of losing control in a public place | | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Fear of being in places where escape might be difficult | | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Becoming house bound for prolonged periods | | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Feelings of detachment or estrangement from others | | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Feelings of helplessness | | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Dependence upon others | | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Feeling that the body is unreal | | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Feeling that the environment is unreal | | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Anxiety or panic attack (acute severe anxiety) | | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Unusual temper or agitation with trembling or twitching | | |  | | **Additional symptoms that may occur:** | |  | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Light-headedness, near fainting | | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Dizziness | | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Excessive sweating | | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Skin flushing | | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Breathing difficulty | | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Chest pain | | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Impaired vision | | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Heartbeat sensations | | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Nausea and vomiting | | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Numbness and tingling | | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Abdominal distress that occurs when upset | | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Confused or disordered thoughts | | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Intense fear of going crazy | | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Intense fear of dying | | **Causes** |  | |  | | | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Genetics | | | | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Brain and biochemical abnormalities | | | | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Cognitive factors | | | | |  | | | | **Treatment** | | | |  | | | |  | | | | Solution focused therapy which will build the clients confidence which teaches a new way of responding to the old fears and anxieties.   Creating ‘in-vivo’ real-life exposure at an unconscious level – imaging the ideal outcome Strategies and homework to test how the therapy is working in real-life between sessions | | | | | |  | | --- | |  | | |  | |  | | |  |  | | --- | --- | | |  | | --- | |  | | | Agoraphobia Treatment, Anxiety Disorder Treatment, Anxiety Treatments | | |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Be in control of irrational fears and phobias | | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Learn how to respond in a more effective way | | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Stop phobias ruling your life | | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | Experience freedom and break old habits of fear | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | | **LIST OF SOME COMMON PHOBIAS** | |  | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | [**A-H of Common Phobias**](http://www.bwell.ie/bwell/Main/Phobias_A-H.htm) | | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | [**I-Z of Common Phobias**](http://www.bwell.ie/bwell/Main/Phobias_I-Z.htm) | | |  | | |  |  | | --- | --- | | http://www.bwell.ie/bwell/Images/bulletPhobias_w15.gif | [**Diagnosis of Phobias**](http://www.bwell.ie/bwell/Main/Diagnosis_Phobias.htm) | | | | |  | | |  |  |  |  | | --- | --- | --- | --- | | |  | | --- | |  | |  | |  | | | |

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| |  | | --- | | **Social Phobias** | | *Social Anxiety is the third largest mental health care problem in the world today.*  **Definition of Social phobia**  Social phobia is defined by DSM-IV-TR as an anxiety disorder characterized by a strong and persistent fear of social or performance situations in which the patient might feel embarrassment or humiliation. Generalized social phobia refers to a fear of most social interactions combined with fear of most performance situations, such as speaking in public or eating in a restaurant. Persons who are afraid of only one type of performance situation or afraid of only a few rather than most social situations may be described as having non-generalized, circumscribed, or specific social phobia. | |  | | **Symptoms and signs of social phobia:** | |  | | |  |  | | --- | --- | | **›** | Blushing | | | |  |  | | --- | --- | | **›** | Sweating | | | |  |  | | --- | --- | | **›** | Trembling | | | |  |  | | --- | --- | | **›** | Rapid heartbeat | | | |  |  | | --- | --- | | **›** | Muscle tension | | | |  |  | | --- | --- | | **›** | Nausea or other stomach discomfort | | | |  |  | | --- | --- | | **›** | Light-headedness | | | |  |  | | --- | --- | | **›** | and other symptoms of anxiety | | |  | | **Social phobia can be lead to:** | |  | | |  |  | | --- | --- | | **›** | Difficulty in sustaining employment | | | |  |  | | --- | --- | | **›** | Social and family relationships | | | |  |  | | --- | --- | | **›** | Can lead to a very poor quality of life | | | |  |  | | --- | --- | | **›** | The emotional toll of the disease is great | | | |  |  | | --- | --- | | **›** | Difficulty in gaining full educational and fulfilling professional goals | | | |  |  | | --- | --- | | **›** | Can be financially dependent | | | |  |  | | --- | --- | | **›** | High incidence of use of alcohol and drugs to reduce anxiety | | | |  |  | | --- | --- | | **›** | In extreme cases, a person may begin to avoid all social situations and become housebound. | | |  | | **Description  In some young people social phobia can:** | |  | | |  |  | | --- | --- | | **›** | Develop from a long-term history of shyness or social inhibition | | | |  |  | | --- | --- | | **›** | Move to a new school or similar developmental challenge | | | |  |  | | --- | --- | | **›** | In adults, a change of occupation or job promotion, e.g. new role is to include public speaking which was not present before the job change or promotion | | | |  |  | | --- | --- | | **›** | The onset of social phobia may be insidious, which means that it gets worse by slow degrees. | | | |  |  | | --- | --- | | **›** | About half of all patients, however, experience a sudden onset of social phobia following a particularly humiliating or frightening experience. | | | |  |  | | --- | --- | | **›** | The onset of social phobia almost always occurs in childhood or the mid-teens; onset after age 25 is unusual. | | | |  |  | | --- | --- | | **›** | The disorder is often a lifelong problem, although its severity may diminish in adult life. | | | |  |  | | --- | --- | | **›** | Social phobia is of major concern to society as a whole for two reasons. One reason is the disorder's very high rate of co-morbidity with such other mental health problems as major depression and substance abuse. | | | |  |  | | --- | --- | | **›** | The second reason is the loss to the larger society of the potential and talents. | | |  | |  | |  | | |  | | --- | |  | |  | |  | | **Symptoms** | |  | | The symptoms of social phobia are somewhat different in children and adults, in that the early onset of social phobia typically means that children with the disorder fail to achieve at their predicted level, whereas adults and adolescents show declines from previously achieved levels of functioning.  **SYMPTOMS IN CHILDREN:** Symptoms of social phobia in children frequently include | |  | | |  |  | | --- | --- | | **›** | Tantrums | | | |  |  | | --- | --- | | **›** | Crying | | | |  |  | | --- | --- | | **›** | Freezing | | | |  |  | | --- | --- | | **›** | Clinging to parents or other familiar people | | | |  |  | | --- | --- | | **›** | Social inhibition that can lead to refusing to talk to others (mutism) | | |  | | **SYMPTOMS IN ADULTS:** | |  | | |  |  | | --- | --- | | **›** | Blushing, sweating, nausea, diarrhoea, dry mouth, tremors, and other physical indications of anxiety | | | |  |  | | --- | --- | | **›** | Difficulties with self-assertion | | | |  |  | | --- | --- | | **›** | Extreme sensitivity to criticism, rejection, or negative evaluations | | | |  |  | | --- | --- | | **›** | Intense preoccupation with the reactions and responses of others | | | |  |  | | --- | --- | | **›** | Heightened fears of being embarrassed or humiliated | | | |  |  | | --- | --- | | **›** | Avoidance of the feared situation(s) and anticipatory anxiety | | |  | | **Treatments**  At the clinic we will teach you how to change your reactions to situations that evoke Social phobic reactions and reduce the anxiety by social functioning skills, CBT, positive Psychology and Mp3’s to help calm down the nervous system. Reframing feelings of fear and fear of embarrassment to recognizing how you can be in control even when you are feeling uncomfortable. | |  | |  | |  | |  | |  | | |  |  | | --- | --- | | |  | | --- | |  | | | |

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| **Phobias** |
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| bWell Clinic treats a wide variety of clients with phobias from the usual ones to personal phobias which are very specific. The results are excellent and the response from clients is that they feel back in control which is completely liberating. |
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| **A phobia is defined as a persistent, irrational fear of a specific object, activity, or situation that leads to a compelling desire to avoid it.** |
|  |
| Fear is a very debilitating, frustrating and upsetting feeling. You may feel embarrassed by how you are reacting and realise that it is irrational and it may be even more frustrating because in other areas of your life you are in control.  We understand at the bWell Clinic that the idea of been made come in contact with your worst fear, well, would be your worst fear. We use evidence based strategies that facilitate reducing your fear, from a nice safe distance whereby you feel comfortable even discussing it. Our aim is to go from fear to a neutral response. |
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| **Public Speaking** |
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| Public speaking has been stated as being more feared than death. Learn how to perceive this fear into as an opportunity to overcome the fear. Change negative past pubic speaking experiences into achievable challenges that you can feel proud of: |
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| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Feel focused, calm, and in control | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Change the physical stress sensations of dry mouth, sweating, rapid heart palpitations to a useful state. | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Mentally prepare with Positive Psychology techniques that will prepare you in a constructive way | |
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(do we need these, or are they good to get google to pick the site up?)

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| A-Z of Common Phobias |
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| The bWell Clinic can help the following: |
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| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Ablutophobia | | | |  | | --- | | Fear of washing, bathing, or cleaning | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Achluophobia | | | |  | | --- | | Fear of darkness | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Acrophobia | | | |  | | --- | | Fear of heights | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Agateophobia | | | |  | | --- | | Fear of insanity or becoming insane | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Agoraphobia | | | |  | | --- | | Fear of open spaces or crowds | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Agyrophobia | | | |  | | --- | | Fear of streets or crossing the street | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Aichmophobia | | | |  | | --- | | Fear of needles or pointed objects | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Altophobia | | | |  | | --- | | Fear of dust | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Androphobia | | | |  | | --- | | Fear of men | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Anginophobia | | | |  | | --- | | Fear of angina or choking | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Anthropophobia | | | |  | | --- | | Fear of people or society | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Anuptaphobia | | | |  | | --- | | Fear of staying single | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Apiphobia | | | |  | | --- | | Fear of bees | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Arachnophobia | | | |  | | --- | | Fear of spiders | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Asthenophobia | | | |  | | --- | | Fear of fainting or weakness | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Astraphobia | | | |  | | --- | | Fear of thunder and lightening | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Astrophobia | | | |  | | --- | | Fear of stars and celestial space | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Ataxophobia | | | |  | | --- | | Fear of fainting or weakness | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Asthenophobia | | | |  | | --- | | Fear of disorder or untidiness | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Atelophobia | | | |  | | --- | | Fear of imperfection | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Atychiphobia | | | |  | | --- | | Fear of failure | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Autophobia | | | |  | | --- | | Fear of being alone | |  | | |
| B |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Bacteriophobia | | | |  | | --- | | Fear of bacteria | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Basiphobia | | | |  | | --- | | Fear of inability to stand or falling | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Bathmophobia | | | |  | | --- | | Fear of stairs or steep slopes | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Bathophobia | | | |  | | --- | | Fear of depth | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Batophobia | | | |  | | --- | | Fear of heights or high buildings | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Bogyphobia | | | |  | | --- | | Fear of bogies or the bogeyman | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Bromidrophobia | | | |  | | --- | | Fear of bodily odour or bodily smell | |  | | |
| C |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Cacophobia | | | |  | | --- | | Fear of ugliness or things that are ugly | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Cainophobia | | | |  | | --- | | Fear of newness or novelty | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Cancerophobia | | | |  | | --- | | Fear of cancer | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Cardiophobia | | | |  | | --- | | Fear of the heart | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Catagelophobia | | | |  | | --- | | Fear of being ridiculed | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Chemophobia | | | |  | | --- | | Fear of chemicals or working with chemicals | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Cherophobia | | | |  | | --- | | Fear of gaiety | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Cholerophobia | | | |  | | --- | | Fear of anger or Cholera | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Chorophobia | | | |  | | --- | | Fear of dancing | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Chrematophobia | | | |  | | --- | | Fear of money | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Chromophobia | | | |  | | --- | | Fear of colours | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Chronomentrophobia | | | |  | | --- | | Fear of clocks | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Chronophobia | | | |  | | --- | | Fear of time | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Claustrophobia | | | |  | | --- | | Fear of confined spaces | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Cleisiophobia | | | |  | | --- | | Fear of being locked in an enclosed place | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Cleithrophobia | | | |  | | --- | | Fear of being enclosed | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Climacophobia | | | |  | | --- | | Fear of stairs, climbing stairs, or falling down stairs | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Clinophobia | | | |  | | --- | | Fear of going to bed | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Coimetrophobia | | | |  | | --- | | Fear of cemeteries | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Coitophobia | | | |  | | --- | | Fear of coitus, sex, or sexual intercourse | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Coprastasophobia | | | |  | | --- | | Fear of constipation | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Coprophobia | | | |  | | --- | | Fear of faeces and faecal matter | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Coulrophobia | | | |  | | --- | | Fear of clowns | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Cynophobia | | | |  | | --- | | Fear of dogs | |  | | |
| D |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Daemonophobia | | | |  | | --- | | Fear of demons | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Decidophobia | | | |  | | --- | | Fear of making decisions | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Defecaloesiophobia | | | |  | | --- | | Fear of painful bowels movements | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Deipnophobia | | | |  | | --- | | Fear of dining or dinner conversation | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Dentophobia | | | |  | | --- | | Fear of Fear of dentists | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Doraphobia | | | |  | | --- | | Fear of fur or skins of animals | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Doxophobia | | | |  | | --- | | Fear of expressing opinions or of receiving praise | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Driving Phobia | | | |  | | --- | | Fear of driving a motorised vehicle | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Dromophobia | | | |  | | --- | | Fear of crossing streets | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Dystychiphobia | | | |  | | --- | | Fear of accidents | |  | | |
| E-F |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Ecclesiophobia | | | |  | | --- | | Fear of churches | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Elurophobia | | | |  | | --- | | Fear of cats | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Emetophobia | | | |  | | --- | | Fear of vomiting or throwing up | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Enissophobia | | | |  | | --- | | Fear of having committed an unpardonable sin or criticism | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Ereuthphobia | | | |  | | --- | | Fear of red lights, blushing, or the colour red | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Ergophobia | | | |  | | --- | | Fear of work | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Fear of Success | | | |  | | --- | | Fear of success, achievement or moving forward in life | |  | | |
| G |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Gamophobia | | | |  | | --- | | Fear of marriage | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Gephydrophobia | | | |  | | --- | | Fear of crossing bridges | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Gerascophobia | | | |  | | --- | | Fear of growing old or old people | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Glossophobia | | | |  | | --- | | Fear of speaking in public | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Graphophobia | | | |  | | --- | | Fear of writing or handwriting | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Gynophobia | | | |  | | --- | | Fear of women | |  | | |
| H |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Hadephobia | | | |  | | --- | | Fear of hell | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Harpaxophobia | | | |  | | --- | | Fear of being robbed | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Hedonophobia | | | |  | | --- | | Fear of feeling pleasure | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Hemophobia | | | |  | | --- | | Fear of blood | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Herpetophobia | | | |  | | --- | | Fear of reptiles | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Hierophobia | | | |  | | --- | | Fear of priests or sacred things | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Hydrophobia | | | |  | | --- | | Fear of water | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Hypegiaphobia | | | |  | | --- | | Fear of responsibility | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Hypnophobia | | | |  | | --- | | Fear of sleep or being hypnotized | |  | | |
| A-Z of Common Phobias |
|  |
| The bWell Clinic can help the following: |
|  |
| I-L |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Iatrophobia | | | |  | | --- | | Fear of doctors or going to the doctor | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Illyngophobia | | | |  | | --- | | Fear of vertigo or feeling dizzy when looking down | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Iophobia | | | |  | | --- | | Fear of poison | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Kenophobia | | | |  | | --- | | Fear of voids or empty spaces | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Lockiophobia | | | |  | | --- | | Fear of childbirth | | |
|  |
| M |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Maniaphobia | | | |  | | --- | | Fear of insanity | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Metathesiophobia | | | |  | | --- | | Fear of changes | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Microphobia | | | |  | | --- | | Fear of small things | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Murophobia | | | |  | | --- | | Fear of mice | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Mysophobia | | | |  | | --- | | Fear of dirt and germs | |  | | |
| N-O |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Necrophobia | | | |  | | --- | | Fear of death or dead things | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Noctiphobia | | | |  | | --- | | Fear of the night | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Nosocomephobia | | | |  | | --- | | Fear of hospitals | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Obesophobia | | | |  | | --- | | Fear of gaining weight | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Ophidiophobia | | | |  | | --- | | Fear of snakes | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Ornithophobia | | | |  | | --- | | Fear of Birds | |  | | |
| P |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Panophobia | | | |  | | --- | | Fear of everything | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Paraskavedekatriaphobia | | | |  | | --- | | Fear of Friday the 13th | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Pathophobia | | | |  | | --- | | Fear of disease | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Pediophobia | | | |  | | --- | | Fear of dolls | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Pedophobia | | | |  | | --- | | Fear of children | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Phagophobia | | | |  | | --- | | Fear of swallowing or eating | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Pharmacophobia | | | |  | | --- | | Fear of taking medicine or drugs | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Philophobia | | | |  | | --- | | Fear of love | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Phobophobia | | | |  | | --- | | Fear of phobias | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Phonophobia | | | |  | | --- | | Fear of noises or voices or one's own voice; on telephones | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Phronemophobia | | | |  | | --- | | Fear of thinking | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Plutophobia | | | |  | | --- | | Fear of wealth | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Podophobia | | | |  | | --- | | Fear of feet | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Pteromerhanophobia | | | |  | | --- | | Fear of flying | | |
|  |
| **Allison worked with Sharron on TVAM's Fear of flying to help combat her fears and change her experience of flying.** |
|  |
| [Click here](http://bwell.go2.ie/bwell/Main/Testamonial-Flying.htm) to read Sharron's husbands testimonial letter |
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| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Pteronophobia | | | |  | | --- | | Fear of being tickled by feathers | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Pupaphobia | | | |  | | --- | | Fear of puppets | |  | | |
| R-S |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Rhytiphobia | | | |  | | --- | | Fear of getting wrinkles | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Scolionophobia | | | |  | | --- | | Fear of school | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Scriptophobia | | | |  | | --- | | Fear of writing in public | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Selachophobia | | | |  | | --- | | Fear of sharks | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Sitiophobia | | | |  | | --- | | Fear of food or eating | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Social Phobia | | | |  | | --- | | Fear of social situations | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Sociophobia | | | |  | | --- | | Fear of social evaluation | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Somniphobia | | | |  | | --- | | Fear of sleep | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Soteriophobia | | | |  | | --- | | Fear of dependence on others | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Spheksophobia | | | |  | | --- | | Fear of wasps | |  | | |
| T-U |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Technophobia | | | |  | | --- | | Fear of technology | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Theatrophobia | | | |  | | --- | | Fear of theatres | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Theophobia | | | |  | | --- | | Fear of gods or religion | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Thermophobia | | | |  | | --- | | Fear of heat | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Tomophobia | | | |  | | --- | | Fear of surgery or surgical operations | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Tonitrophobia | | | |  | | --- | | Fear of thunder | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Topophobia | | | |  | | --- | | Fear of certain places or situations | | |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Toxicophobia | | | |  | | --- | | Fear of poison or being accidentally poisoned | |  | | |
| V-Z |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Venustraphobia | | | |  | | --- | | Fear of beautiful women | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Xenophobia | | | |  | | --- | | Fear of strangers or foreigners | | |
| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | ›› | Zoophobia | | | |  | | --- | | Fear of animals | | |

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| Media Articles related to phobias |
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| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  | | --- | | MP3 on Phobias - Spin 103.8 | | |  | | --- | | [Click here to listen](http://bwell.go2.ie/bwell/Files/Part%20One%20-%20Phobias.mp3) | | |  | | --- | |  | | |
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| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  | | --- | | Irish Independent Article by Conor Feehan | | |  | | --- | | [Click here to view](http://bwell.go2.ie/bwell/Main/media-Irish-Indep-Article-Conor-Feehan.htm) | | |  | | --- | |  | | |
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| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  | | --- | | 98FM The Inbox Paul Connolly and Alison O’Reilly | | |  | | --- | | [Click here to view/listen](http://bwell.go2.ie/bwell/Main/media_98fm.htm) | | |  | | --- | |  | | |
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| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  | | --- | | Newstalk 106, Culture  Shock with  Fionn Davenport | | |  | | --- | | [Click here to view/listen](http://bwell.go2.ie/bwell/Main/media_newstalk.htm) | | |  | | --- | |  | | |
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| |  |  |  |  | | --- | --- | --- | --- | | |  | | --- | | TV3’s Ireland AM Fear Factor Series | | |  | | --- | | [Click here to view](http://bwell.go2.ie/bwell/Main/media_tv3.htm) | | |

(All these work except no video for the last one – although you may have th

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| **Relationships** |
| Relationships are a fundamental aspect of being a human being, they can bring immense pleasure but also have the propensity for immense pain. We are social beings and have a fundamental and evolutionary need to connect deeply. For real love to be experienced though we must ‘let go’ and ‘allow in’ vulnerability. This can be a very scary prospect, the real act of intimacy, of letting people in, being present and engaged in the relationship and showing your ‘real’ self, warts and all. Questions and fears arise ‘am I good enough’, ‘will they like me if they know the real me’ along with past relationships and destructive patterns can be a daunting task for us all.  Risk plays a huge part in attaining happiness and a wonderful piece of research by Robert Biwas-Diener looked at what ‘happy people do differently’ <http://bit.ly/2iJOgQm> and found that people who took risk were the happiest. It was this state of being curious, and uncertain about how it would turn out that linked in with experiencing more happiness. I think it makes a lot of sense in the context of relationships. The risk of really opening up has huge reward but also the potential to not work.  There is so much information, often misguided about how to be a better communicator, lover or listener. We certainly never received a manual on the art of love and relationships. The nitty gritty of ‘how to’ deal with conflict or ‘how to’ communicate in a way that we feel heard and understood. We did learn though, for better or worse from the relationship our parents, our family role and previous relationships; psychodynamics patterns, beliefs and concepts of ourselves and our world that are integral to understanding yourself and your partner. Therapy can be a safe place to talk and understand these Psychodynamic roles and how and what your background brings to your relationship.  I am passionate about research and there is such wonderful evidence based research about how to have a better relationship and marriage. These are the skills that we bring to the therapy table, or couch! As a Psychologist and not an umpire I want couples therapy to be based on practical, respectful ideas and concepts that you as a couple will feel heard, understood and prepared to catch your old reactive patterns of shutting down or lashing out to practical ways you can grow as a couple together. Love like happiness really needs to be nurtured and minded. We can’t take love or each other for granted. Love and science are a good partners to nurture and grow a warm, connected relationship. |
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| We can help with:     * Evidence based practices based on empirical research on all relationships. * Communication strategies that will strengthen your relationship * Understanding what damages your relationship and are negatively predictors of divorce * Learning what makes a marriage or relationship good and ‘how to’ apply it * Intimacy Issues – connection, communication, sex * Learning how to listening * Understanding gender differences in relationships * Self-awareness and learning from the past * Emotional build-up of anger, resentment, hurt, loss * Affairs * Separation * Divorce * Blended families * Parenting concerns * Co-Parenting   We have many different relationships in our lives. Relationships are between your family, your parents, your children, intimate relationships, marriage, friendship and work. Loneliness in and out of relationships is a very common and difficult experience.    We hope to offer a calm, reflective perspective and space to help you feel centred in your most important relationships. |
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| **Depression** |
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| I was lucky to hear Psychologist Dorothy Rowe speak about depression and the way she described it as a ‘prison’ really struck a chord with me. That awful feeling of being stuck, trapped, enmeshed, alone and imprisoned in your mind. Our ethos on depression is to help you to identify and change negative depression spirals. To defeat rumination which is so strongly related with depression.    It can be normal to feel down sometimes, this is not depression. We can help you through difficult episodes, equipping you with tools and techniques that can improve the quality of your life. We monitor and assess your thought processes and help you see how you can change destructive thought processes into constructive thoughts and emotions.  We also really listen to those key words, and moments of sadness, loss and despair. We nurture with compassion focused therapy to heal, process and allow you to be. We incorporate mindfulness based cognitive therapy to recognise the frustrations of where you are, how you feel and the often distressing gap to where you want to be. Compassion, self-soothing techniques and emotion focused therapy are evidence based and soothing.  The DSM (Diagnostic Statistical Manual) is a Psychological manual classifies depression as.   (DSM-IV) Classification of Major Depressive Disorder |
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| **Classification:** |
| Symptoms cause clinically significant stress or impairment in social, occupational, or other important areas of functioning |
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| **Duration of symptoms:** |
| Most of the day, nearly every day for at least two weeks. |
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| **Severity:** |
| Five or more of the following symptoms at least one symptoms is either depressed or loss of interest or pleasure: |
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| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletSmoking_w15.gif | Depressed mood | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletSmoking_w15.gif | Loss of interest | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletSmoking_w15.gif | Significant weight loss or gain or decrease or increase in appetite. | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletSmoking_w15.gif | Insomnia or hypersomnia | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletSmoking_w15.gif | Psychomotor agitation | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletSmoking_w15.gif | Fatigue or loss of energy | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletSmoking_w15.gif | Feelings of worthlessness or excessive or inappropriate guilt | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletSmoking_w15.gif | Diminished ability to think or concentrate, or indecisiveness | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletSmoking_w15.gif | Recurrent thoughts of death, recurrent suicidal ideation without specific plan, or suicidal attempt or a specific plan | |
|  |
| Episodes of depression can arise as a result of losing a job, marital and relationship problems, prolonged anxiety and many other issues presented by life. The bWell Clinic works from a strengths based model to help you on your journey to reconnect to hope and to renew a sense of personal autonomy and purpose within your life.  Depression is a serious illness and we do not interfere with any specified medication prescribed by your Doctor. |
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| [Click here to view how Allison looks at ways to avoid negativity impacting on your life.](http://www.tv3.ie/ireland_am_article.php?article=54578&locID=1.65.74.151) |
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| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  | | --- | |  | |  | | |  | | --- | | Depression can seriously disrupt the quality of your life and have detrimental effects on your personal, family and professional life as well as loss of appetite, loss of energy, apathy, lack of sleep and in general feeling very low | | | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  | | --- | |  | |  | | |  | | --- | | Episodes of depression can arise as a result of losing a job, marital and relationship problems, prolonged anxiety and many other issues we at the bWell team can help you put some lightness back into your life. | | | |  | | |  | | --- | | Problem Solving Treatment for Depression | | |

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| **Anorexia nervosa** |
| At the bWell Clinic we have seen the ravaging effects of eating disorders on young women and men. We hope to offer a practical light and plan of action to people suffering from the various types of eating disorders.   Building the clients’ awareness of the destructive nature of the disease and re-forming the self-concept and self and body image that is constructive to leading a healthy physical, emotional and Psychological state of being. Small steps to progress and help the client see the ‘perceived’ self and real self.  Eating Disorders are a very serious and prevalent problem in our society today affecting both genders from as young as seven to late adulthood. With new worrying statistics showing mothers and women over 35 as a risk group. The manifestation of eating disorders is an outward expression of an individual experiencing immense internal emotional and psychological pain and confusion. For the sufferer it may appear that food and the controlling behaviours are the main concern for the individual but the serious and sometimes fatal behaviours has lead anorexia nervosa to be rated as the highest form of death and suicide in mental health problems.   **‘Anorexia is thought to have the highest mortality rate of any psychiatric disorder, with approximately 10% of those who are diagnosed with the disorder eventually dying due to related causes. The suicide rate of people with anorexia is also higher than that of the general population and is thought to be the major cause of death for those with the condition.’**  **Birmingham CL, Su J, Hlynsky JA, Goldner EM, Gao M. (2005) The mortality rate from anorexia nervosa. International Journal of Eating Disorders, 38 (2), 143-6.**  It is important for duty of care to the client to take a multi-disciplinary approach to Anorexia and we collaborate with your GP and Psychiatrist. |
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| Anorexia nervosa is a Psychiatric diagnosis that describes an eating disorder characterized by low body weight and body image distortion with an obsessive fear of gaining weight. Individuals with anorexia often control body weight by voluntary starvation, purging, vomiting, excessive exercise, or other weight control measures, such as diet pills and or laxatives. It primarily affects adolescent females, however approximately 10% of people with the diagnosis are male and this is a growing and worrying trend. Anorexia nervosa is a complex condition, involving psychological, neurobiological, and sociological components. |
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| Diagnosis and clinical features of Anorexia Nervosa |
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| The most commonly used criteria for diagnosing anorexia nervosa are from the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders (DSM-IV-TR)  To be diagnosed as having anorexia nervosa, according to the DSM-IV-TR, a person must display: |
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| |  |  | | --- | --- | | **1.** | Refusal to maintain body weight at or above a minimally normal weight for age and height (e.g., weight loss leading to maintenance of body weight less than 85% of that expected; or failure to make expected weight gain during period of growth, leading to body weight less than 85% of that expected). | |
| |  |  | | --- | --- | | **2.** | Intense fear of gaining weight or becoming obese. | |
| |  |  | | --- | --- | | **3.** | Disturbance in the way in which one's body weight or shape is experienced, undue influence of body weight or shape on self-evaluation, or denial of the seriousness of the current low body weight. | |
| |  |  | | --- | --- | | **4.** | In women who have had their first menstrual period but have not yet gone through menopause (post-menarcheal, premenopausal females), the absence of at least three consecutive menstrual cycles (amenorrhea). | |
| |  |  | | --- | --- | | **5.** | Or other eating related disorders. | |
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| Furthermore, the DSM-IV-TR specifies two subtypes: |
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| **Restricting Type:** during the current episode of anorexia nervosa, the person has not regularly engaged in binge eating or purging behaviour (that is, self-induced vomiting, over-exercise or the misuse of laxatives, diuretics, or enemas) |
|  |
| **Binge-Eating Type or Purging Type:** during the current episode of anorexia nervosa, the person has regularly engaged in binge-eating OR purging behaviour (that is, self-induced vomiting, over-exercise or the misuse of laxatives, diuretics, or enemas). |
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| Physical |
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| Anorexia nervosa can put a serious strain on many of the body's organs and physiological resources particularly on the: |
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| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Structure and function of the heart and cardiovascular system. | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Typically there can be a disturbed electrolyte balance | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Particularly low levels of phosphate, which has been linked to heart failure, muscle weakness, immune dysfunction, and ultimately death. | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Those who develop anorexia pre-adulthood may suffer stunted growth and subsequent low levels of essential hormones (including sex hormones) and chronically increased cortisol levels. | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Osteoporosis can also develop as a result of anorexia in 38-50% of cases | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Poor nutrition leads to the retarded growth of essential bone structure and low bone mineral density. | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Anorexia does not harm everyone in the same way. For example, evidence suggests that the results of the disease in adolescents may differ from those in adults. | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Changes in brain structure and function are early signs of the condition. | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Enlargement of the ventricles of the brain is thought to be associated with starvation, and is partially reversed when normal weight is regained. | |
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| Other effects may include the following: |
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| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Extreme weight loss | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Body mass index less than 17.5 in adults, or 85% of expected weight in children | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Stunted growth | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Endocrine disorder, leading to cessation of periods in girls | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Decreased libido; impotence in males | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Starvation symptoms, such as reduced metabolism, slow heart rate (bradycardia), hypotension, hypothermia and anaemia | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Abnormalities of mineral and electrolyte levels in the body | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Thinning of the hair | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Growth of lanugo hair over the body | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Constantly feeling "cold" | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Zinc deficiency | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Reduction in white blood cell count | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Reduced immune system function | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Pallid complexion and sunken eyes | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Creaking joints and bones | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Collection of fluid in ankles during the day and around eyes during the night | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Tooth decay | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Constipation | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Dry skin | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Dry or chapped lips | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Poor circulation, resulting in common attacks of 'pins and needles' and purple extremities | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | In cases of extreme weight loss, there can be nerve deterioration, leading to difficulty in moving the feet | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Headaches | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Brittle fingernails | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Bruising easily | |
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|  |
| Psychological |
|  |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Distorted body image | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Poor insight | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Self-evaluation largely, or even exclusively, in terms of their shape and weight | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Pre-occupation or obsessive thoughts about food and weight | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Perfectionism | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Obsessive compulsive disorder (OCD) | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Belief that control over food/body is synonymous with being in control of one's life | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Refusal to accept that one's weight is dangerously low even when it could be deadly | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Refusal to accept that one's weight is normal, or healthy | |
|  |
|  |
| Emotional |
|  |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Low self-esteem and self-efficacy | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Intense fear about becoming overweight | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Clinical depression or chronically low mood | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Mood swings | |
|  |
|  |
| Interpersonal and social |
|  |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Withdrawal from previous friendships and other peer-relationships | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Deterioration in relationships with the family | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Denial of basic needs, such as food and sleep | |
|  |
|  |
| Behavioural |
|  |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Excessive exercise, food restriction | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Secretive about eating or exercise behaviour | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Fainting | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Self-harm, substance abuse or suicide attempts | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Very sensitive to references about body weight | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Aggressive when forced to eat "forbidden" foods | |
|  |
|  |
| **Some signs and Symptoms to be aware of:**  Anorexia |
|  |
| |  |  | | --- | --- | | **1.** | Dramatic weight loss in a relatively short period of time. | |
| |  |  | | --- | --- | | **2.** | Wearing big or baggy clothes to hide body shape | |
| |  |  | | --- | --- | | **3.** | Obsession with weight and complaining of weight problems | |
| |  |  | | --- | --- | | **4.** | Obsession with calories and fat content of foods | |
| |  |  | | --- | --- | | **5.** | Obsession with continuous exercise | |
| |  |  | | --- | --- | | **6.** | Frequent trips to the bathroom immediately following meals | |
| |  |  | | --- | --- | | **7.** | Visible food restriction and self-starvation. | |
| |  |  | | --- | --- | | **8.** | Visible bingeing and/or purging. | |
| |  |  | | --- | --- | | **9.** | Use or hiding use of diet pills, laxatives, or enemas. | |
| |  |  | | --- | --- | | **10.** | Isolation Fear of eating around and with others. | |
| |  |  | | --- | --- | | **11.** | Shifting the food around on the plate | |
| |  |  | | --- | --- | | **12.** | Hiding food in strange places | |
| |  |  | | --- | --- | | **13.** | Flushing uneaten food down the toilet | |
| |  |  | | --- | --- | | **14.** | Vague or secretive eating patterns | |
| |  |  | | --- | --- | | **15.** | Keeping a "food diary" or lists food and/or exercise | |
| |  |  | | --- | --- | | **16.** | Pre-occupied thoughts of food, weight and cooking | |
| |  |  | | --- | --- | | **17.** | Visiting websites that promote unhealthy ways to lose weight | |
| |  |  | | --- | --- | | **18.** | Reading books about weight loss and eating disorders | |
| |  |  | | --- | --- | | **19.** | Self-defeating statements after food consumption | |
| |  |  | | --- | --- | | **20.** | Hair loss. Pale or "grey" appearance to the skin | |
| |  |  | | --- | --- | | **21.** | Dizziness and headaches | |
| |  |  | | --- | --- | | **22.** | Frequent sore throats and/or swollen glands. | |
| |  |  | | --- | --- | | **23.** | Low self-esteem. Feeling worthless | |
| |  |  | | --- | --- | | **24.** | Need for acceptance and approval from others | |
| |  |  | | --- | --- | | **25.** | Complaints of often feeling cold | |
| |  |  | | --- | --- | | **26.** | Low blood pressure | |
| |  |  | | --- | --- | | **27.** | Loss of menstrual cycle | |
| |  |  | | --- | --- | | **28.** | Constipation or incontinence | |
| |  |  | | --- | --- | | **29.** | Bruised or calluses knuckles | |
| |  |  | | --- | --- | | **30.** | Bloodshot or bleeding in the eyes | |
| |  |  | | --- | --- | | **31.** | Light bruising under the eyes and on the cheeks | |
| |  |  | | --- | --- | | **32.** | Perfectionist personality | |
| |  |  | | --- | --- | | **33.** | Loss of sexual desire or promiscuous relations | |
| |  |  | | --- | --- | | **34.** | Mood swings. Depression. Fatigue | |
| |  |  | | --- | --- | | **35.** | Insomnia. Poor sleeping habits | |
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|  |
| What can you do? |
|  |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | It is up to the individual who is experiencing an Eating Disorder to take responsibility for their behaviour. | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | As a carer you can support but the change must come from the individual with the eating disorder. | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Compassion. | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Listen. | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Understand that the eating disorder is communicating the pain help the person articulate how they feel in a healthier way. | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Get professional therapeutic help. | |

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| **Bulimia nervosa** |
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| Bulimia nervosa mostly known as bulimia is an eating disorder in which you engage in recurrent binge eating followed by feelings of guilt, depression, and self-condemnation. The sufferer will then engage in compensatory behaviours to make up for the excessive eating, which are referred to as “purging”.  **Purging can take the form of:** |
|  |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Vomiting | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Fasting | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Laxatives | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Enemas | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Diuretics | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Other medications | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Over-exercising | |
|  |
|  |
| Eating disorders not otherwise specified (EDNOS) involves disordered eating patterns. EDNOS is described in the DSM-IV-TR as a "category [of] disorders of eating that do not meet the criteria for any specific eating disorder". DSM-IV-TR Diagnostic Criteria – EDNOS  The list above is in no way representative of what a sufferer feels or experiences living with the illness. It is important to note that you can still suffer from Bulimia even if one of the below signs are not present. In other words, if you think you have Bulimia, it's dangerous to read the diagnostic criteria and think "I don't have one of the symptoms, so I must not be Bulimic".  **Recurrent episodes of binge eating. An episode of binge eating is characterized by both of the following:** |
|  |
|  |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Eating, in a discrete period of time (e.g., within any 2-hour period), an amount of food that is definitely larger than most people would eat during a similar period of time and under similar circumstances. | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | A sense of lack of control over eating during the episode (e.g., a feeling that one cannot stop eating or control what or how much one is eating) | |
| |  |  | | --- | --- | | **1.** | Recurrent inappropriate compensatory behaviour in order to prevent weight gain, such as self-induced vomiting; misuse of laxatives, diuretics, enemas, or other medications; fasting; or excessive exercise. | |
| |  |  | | --- | --- | | **2.** | The binge eating and inappropriate compensatory behaviours both occur, on average, at least twice a week for 3 months. | |
| |  |  | | --- | --- | | **3.** | Self-evaluation is unduly influenced by body shape and weight. | |
| |  |  | | --- | --- | | **4.** | The disturbance does not occur exclusively during episodes of Anorexia Nervosa. | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | **Purging Type:** during the current episode of Bulimia Nervosa, the person has regularly engaged in self-induced vomiting or the misuse of laxatives, diuretics, or enemas | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | **Non-purging Type:** during the current episode of Bulimia Nervosa, the person has used other inappropriate compensatory behaviours, such as fasting or excessive exercise, but has not regularly engaged in self-induced vomiting or the misuse of laxatives, diuretics, or enemas | |
|  |
|  |
| **Some signs and Symptoms to be aware of:**  Bulimia |
|  |
| |  |  | | --- | --- | | **1.** | Dramatic weight loss in a relatively short period of time. | |
| |  |  | | --- | --- | | **2.** | Wearing big or baggy clothes to hide body shape | |
| |  |  | | --- | --- | | **3.** | Obsession with weight and complaining of weight problems | |
| |  |  | | --- | --- | | **4.** | Obsession with calories and fat content of foods | |
| |  |  | | --- | --- | | **5.** | Obsession with continuous exercise | |
| |  |  | | --- | --- | | **6.** | Frequent trips to the bathroom immediately following meals | |
| |  |  | | --- | --- | | **7.** | Visible food restriction and self-starvation. | |
| |  |  | | --- | --- | | **8.** | Visible bingeing and/or purging. | |
| |  |  | | --- | --- | | **9.** | Use or hiding use of diet pills, laxatives, or enemas. | |
| |  |  | | --- | --- | | **10.** | Isolation Fear of eating around and with others. | |
| |  |  | | --- | --- | | **11.** | Shifting the food around on the plate | |
| |  |  | | --- | --- | | **12.** | Hiding food in strange places | |
| |  |  | | --- | --- | | **13.** | Flushing uneaten food down the toilet | |
| |  |  | | --- | --- | | **14.** | Vague or secretive eating patterns | |
| |  |  | | --- | --- | | **15.** | Keeping a "food diary" or lists food and/or exercise | |
| |  |  | | --- | --- | | **16.** | Pre-occupied thoughts of food, weight and cooking | |
| |  |  | | --- | --- | | **17.** | Visiting websites that promote unhealthy ways to lose weight | |
| |  |  | | --- | --- | | **18.** | Reading books about weight loss and eating disorders | |
| |  |  | | --- | --- | | **19.** | Self-defeating statements after food consumption | |
| |  |  | | --- | --- | | **20.** | Hair loss. Pale or "grey" appearance to the skin | |
| |  |  | | --- | --- | | **21.** | Dizziness and headaches | |
| |  |  | | --- | --- | | **22.** | Frequent sore throats and/or swollen glands. | |
| |  |  | | --- | --- | | **23.** | Low self-esteem. Feeling worthless | |
| |  |  | | --- | --- | | **24.** | Need for acceptance and approval from others | |
| |  |  | | --- | --- | | **25.** | Complaints of often feeling cold | |
| |  |  | | --- | --- | | **26.** | Low blood pressure | |
| |  |  | | --- | --- | | **27.** | Loss of menstrual cycle | |
| |  |  | | --- | --- | | **28.** | Constipation or incontinence | |
| |  |  | | --- | --- | | **29.** | Bruised or calluses knuckles | |
| |  |  | | --- | --- | | **30.** | Bloodshot or bleeding in the eyes | |
| |  |  | | --- | --- | | **31.** | Light bruising under the eyes and on the cheeks | |
| |  |  | | --- | --- | | **32.** | Perfectionist personality | |
| |  |  | | --- | --- | | **33.** | Loss of sexual desire or promiscuous relations | |
| |  |  | | --- | --- | | **34.** | Mood swings. Depression. Fatigue | |
| |  |  | | --- | --- | | **35.** | Insomnia. Poor sleeping habits | |
|  |
|  |
| Compulsive Overeating / Binge Eating Disorder |
|  |
| |  |  | | --- | --- | | **1.** | Fear of not being able to control eating, and while eating, not being able to stop. | |
| |  |  | | --- | --- | | **2.** | Isolation. Fear of eating around and with others. | |
| |  |  | | --- | --- | | **3.** | Chronic dieting on a variety of popular diet plans. | |
| |  |  | | --- | --- | | **4.** | Holding the belief that life will be better if they can lose weight. | |
| |  |  | | --- | --- | | **5.** | Hiding food in strange places (closets, cabinets, suitcases, under the bed) to eat at a later time. | |
| |  |  | | --- | --- | | **6.** | Vague or secretive eating patterns. | |
| |  |  | | --- | --- | | **7.** | Self-defeating statements after food consumption. | |
| |  |  | | --- | --- | | **8.** | Blames failure in social and professional community on weight | |
| |  |  | | --- | --- | | **9.** | Holding the belief that food is their only friend. | |
| |  |  | | --- | --- | | **10.** | Frequently out of breath after relatively light activities. | |
| |  |  | | --- | --- | | **11.** | Excessive sweating and shortness of breath. | |
| |  |  | | --- | --- | | **12.** | High blood pressure and/or cholesterol. | |
| |  |  | | --- | --- | | **13.** | Leg and joint pain. | |
| |  |  | | --- | --- | | **14.** | Weight gain. | |
| |  |  | | --- | --- | | **15.** | Decreased mobility due to weight gain. | |
| |  |  | | --- | --- | | **16.** | Loss of sexual desire or promiscuous relations. | |
| |  |  | | --- | --- | | **17.** | Mood swings. Depression. Fatigue. | |
| |  |  | | --- | --- | | **18.** | Insomnia. Poor Sleeping Habits. | |
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| --- |
| **Self-esteem** |
|  |
| Self-esteem reflects a person's overall evaluation or appraisal of her or his own worth.  The relationship that you have with yourself affects every thought and every decision that you have. It affects how you experience life and even how you ‘hear’ and perceive situations. If you have low self-esteem often you perceive situations, conversations from a negative filter often feeling attacked or like it’s a personal insult. This can make life very hard. |
|  |
|  |
| Self-esteem encompasses three aspects of your own **beliefs, emotions and behaviours**: |
|  |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | **Beliefs:** ‘I am competent/incompetent’ | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | **Emotions:** triumph/despair or pride/shame | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | **Behaviour may reflect self-esteem:** assertiveness/timidity, confidence/caution | |
|  |
| Self-esteem can apply specifically to a particular dimension "I believe I am a good at drawing, and feel proud of that in particular" or have global extent, "I believe I am a good person, and feel proud of myself in general". |
|  |
| Self-esteem can include our own sense of: |
|  |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Self-worth | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Self-regard | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Self-respect | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Self-love | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Self-integrity | |
|  |
| Self-esteem is distinct from self-confidence and self-efficacy, which involve beliefs about ability and future performance. |
| Definition of Self-Esteem |
|  |
| Nathaniel Branden in 1969 briefly defined self-esteem as: ‘the experience of being competent to cope with the basic challenges of life and being worthy of happiness". |
|  |
|  |
| **Branden’s (1969) description of self-esteem includes the following primary properties:** |
|  |
| |  |  | | --- | --- | | **1.** | Self-esteem as a basic human need, ‘it makes an essential contribution to the life process", "…is indispensable to normal and healthy self-development, and has a value for survival." | |
| |  |  | | --- | --- | | **2.** | Self-esteem as an automatic and inevitable consequence of the sum of individuals' choices in using their consciousness | |
| |  |  | | --- | --- | | **3.** | Something experienced as a part of, or background to, all of the individuals thoughts, feelings and actions. | |
|  |
|  |
| High self-esteem correlates highly with self-reported happiness. |
|  |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Therapy can help learning self-compassion and self-acceptance | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Perceive yourself in a true and balanced way | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Increase your self-esteem | |  | Challenging negative self-talk and building a realistic self-belief | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Recovery from criticism and build resilience | |

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| Stress |
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| We can define stress as a normal physiological response of the body to situations or stimulus which are perceived as 'dangerous' to the body. Stress can affect anyone and everyone at some point of time in their life. When it occurs frequently it affects health - both physical and mental. |
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|  |
| Eustress |
|  |
| Eustress is healthy for you. It keeps you excited about life. It is basically a desirable form of stress which is healthful and gives a feeling of contentment. |
|  |
|  |
| **Some of the examples of Eustress are:** |
|  |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Thrill experienced jumping into the cold sea | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Excitement of buying your first home | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Accomplishing a personal challenge | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Joy experienced on a roller-coaster ride | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Happiness felt when you feel totally contented | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Excitement of being in love | |
|  |
|  |
| Stress is |
|  |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Stress is the uncomfortable gap between how we would like our life to be and how it actually is. | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Stress is the uncomfortable gap between how we would like our life to be and how it actually is. | |
|  |
|  |
| Stress Triggers |
|  |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Internal | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | External | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Hidden | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Obvious | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Automatic | |
|  |
|  |
| Stages of Stress |
|  |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Alarm Stage | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Resistance Stage | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Exhaustion Stage | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Initial phase | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Burnout | |
|  |
|  |
| Wellbeing Strategies |
|  |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Exercise - 3 x’s per week | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Yoga | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Good Sleep Routine | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Rest | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Play | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Stretching | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Intention to be happy | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Change Internal Dialogue | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Go outside into nature | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Develop support | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Diet – 3 meals per day, or 6 smaller meals | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Reduce stimulants | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Laugh | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Time out every-day! | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Challenge yourself | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Go see a therapist | |
|  |
|  |
| Food Glorious Food |
|  |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | You are what you eat. | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Eat 3 good meals or 6 smaller ones | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Prepare your own food | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Do a weekly shop – Plan | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Eat out as a treat | |
|  |
|  |
| Bring Stress to a **H A L T S** |
|  |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | **H**unger | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | **A**nger | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | **L**onely | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | **T**ired | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | **S**cared | |
|  |
|  |
| Stress is one of the major factors that lead to: |
|  |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Cardiovascular disease | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Obesity | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Gastric Ulcers | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Irritable Bowel Syndrome | |
| |  |  | | --- | --- | | http://bwell.go2.ie/bwell/Images/bulletGeneral_w15.gif | Weight gain or loss | |