

# Phobias Workshop

FE

## SESSION CONTENT:

- To construct a fear-hierarchy for a “patient” suffering with a phobia of spiders
- To undergo a “desensitisation” or “flooding” process with a spider substitute (e.g. stick insect)
- Discuss how phobias and perceptions of animals might influence people’s reactions towards wildlife

## EXAM BOARD SPECIFICATION LINKS:

- Please note this session is designed for Psychology A level students who are studying phobias as part of their specification, this is NOT a treatment workshop for patients
- For animal welfare, no real spiders will be used in the session, students will meet a small, friendly animal to model the process of working with a patient

**LENGTH – 45 MINS**

**COST – £50**

**UP TO 35 PEOPLE**  
(including staff)

## PRE VISIT:

Discuss the process of how phobias could be treated in a patient.

## POST VISIT:

Find a case study of when human- wildlife conflict is driven by a fear or misconception of an animal - discuss how would students resolve this conflict in an ethical debate.



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