FearFighter

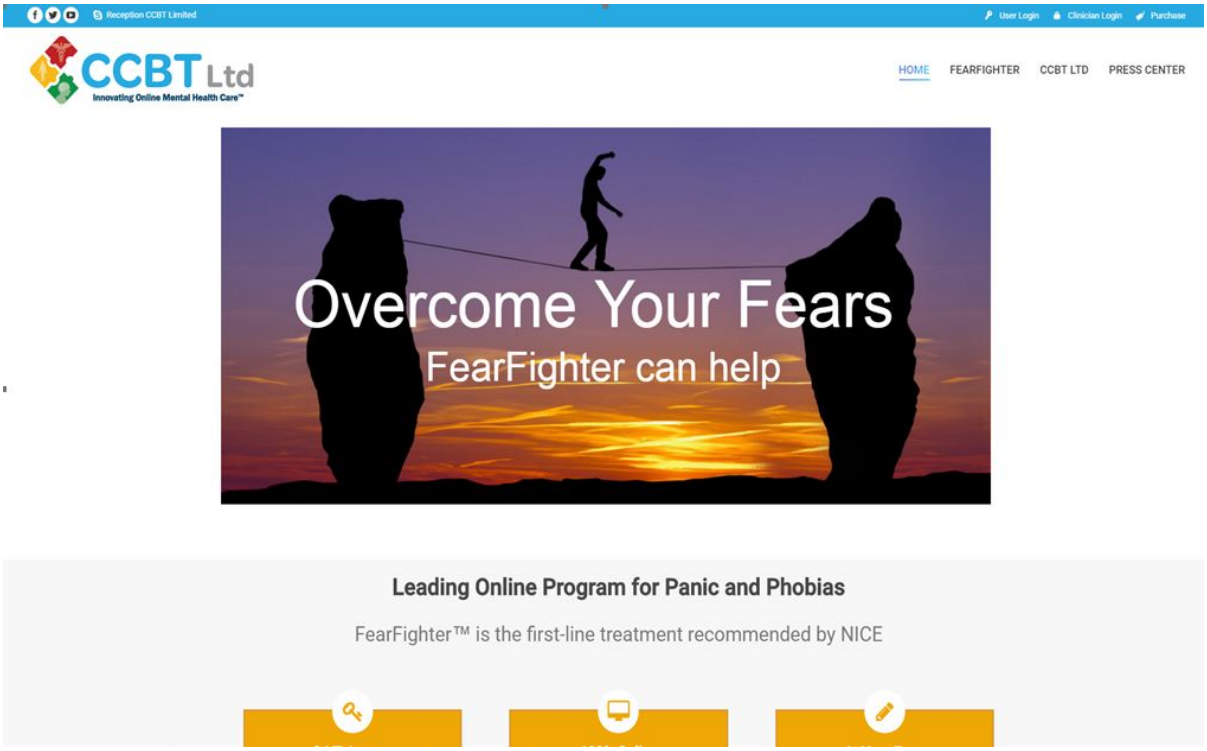
FearFighter is an online program for people who suffer from panic and phobia. It is founded on the evidence based approach known as Cognitive Behavioural Therapy. The therapy consists of 9 steps and between them, there are activities to complete which help to build on topics covered in sessions and are essential to make progress. The program teaches users the relationship between thoughts, feelings, physical sensations and behaviours.

Additional topic: Phobia

Target Groups	Topics	Type of Best Practice	Country
• Adults	• Anxiety • Other topics	• Therapy	• UK

Description

FearFighter is an online program for panic and phobia. It teaches users how to confront and change their thoughts and challenge avoidance behaviour that characterise panic and phobia. At the end of each step users can print out worksheets for activities, monitor progress and receive emails with further tips. Most sessions last about 50 minutes. The current recommended treatment regime is one session weekly. FearFighter is supported by evidence-based research and consists of 9 steps: getting started, where users get an introduction to Cognitive Behavioural Therapy and learn about different phobia categories; how to beat fear, where users learn the different sensation of anxiety and common safety behaviours; anxiety management, where users are introduced to techniques of anxiety management; challenging thoughts, where participants learn about thinking errors and overgeneralisation; core beliefs, where users develop alternative, more helpful core beliefs; exposure and SMART goals; exposure and rehearsal, where users practice anxiety management techniques and control physical sensations; continuing exposure, where participants review their exposure therapy experience and finally maintaining gains, where treatment goals are reviewed and users learn to deal with set-backs.



Original language

English

Country

UK

Link

http://fearfighter.cbtprogram.com/

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