FearFighter

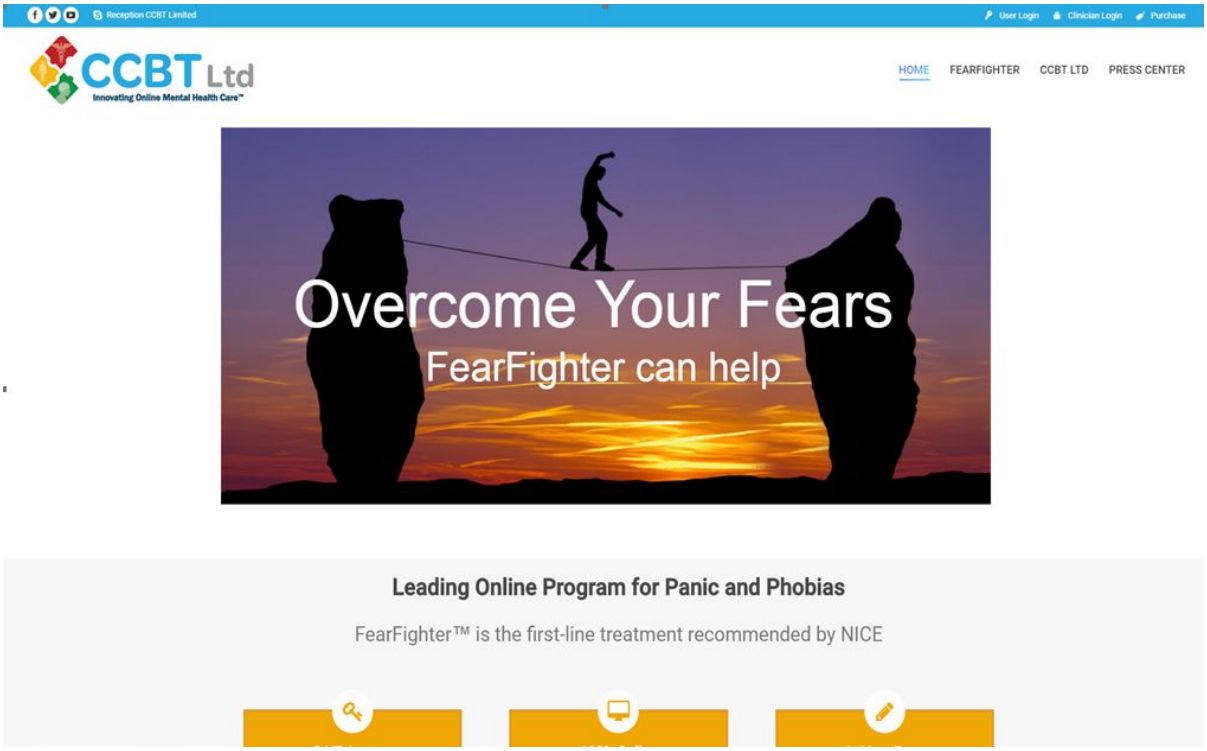
FearFighter ™ je spletna stran, ki ponuja tečaje za samopomoč posameznikom, ki se v svojem življenju soočajo z napadi panike in različnimi fobijami. Program je oblikovan na spoznanjih in metodah kognitivno-vedenjske terapije in iči uporabnika prepoznavati in preokvirjati misli. Tečaj traja 7 dni po 50 minut.

Področje: fobije

Ciljne skupine	Teme	Vrsta dobre prakse	Jezik
• Odrasli	• Anksioznost • Drugo	• Terapija	• Velika Britanija

Opis

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.



Jezik, v katerem je praksa dostopna v originalu

English

Država

UK

Povezava

http://fearfighter.cbtprogram.com/

(access date: 07/04/2017)

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Vsebine spletne strani ne odražajo uradnih stališč Evropske komisije, ampak stališča avtorjev v projektnem partnerstvu. Zato Komisija za vsebinski del ne prevzema odgovornosti, prav tako ne odgovarja za kakršnokoli uporabo teh podatkov brez dovoljenja njenih avtorjev.

https://www.ecounselling4youth.eu/project/