

# Phobia Programme

Phobias can cause anxiety, panic and distress. It's natural to want to avoid the thing you are afraid of. But in the long-term, that can make your phobia worse.

SilverCloud® by Amwell® is a digital therapy programme. It can help you to understand your thoughts and feelings, and how they affect what you do. By taking the *Phobia* programme, you can learn to manage your fears and improve the quality of your life.



## Knowledge and Understanding

You will learn how the emotions, thoughts, physical feelings and actions linked to your phobia are connected. Using the tools in the programme, you can figure out the factors that affect you.



## Skills and Strategies

By tuning in to your emotions and physical feelings you can start to spot patterns and triggers. You will learn practical ways to help you manage the symptoms of your phobia. As you move through the programme, you will begin to overcome your fears in small, manageable steps.



## Forging Ahead

By the end of the programme, you will have learned how to cope with anxiety and take control of your phobia. You'll know how to prevent relapses and can make a plan to continue your progress and stay well.

## Is this programme for me?

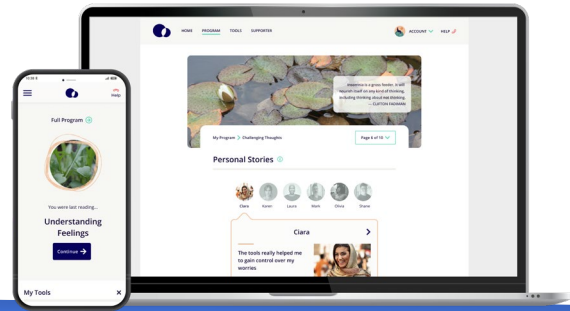
This SilverCloud programme can help you learn how to manage the symptoms of phobias.

The **Phobia** programme is easy to access on your phone, computer or tablet, wherever and whenever you need it. You can work through the programme at your own pace. For most people it takes about eight weeks to complete.

There may be days when you don't feel like using your programme. Even just taking a moment to log your mood or do a relaxation exercise can help you to keep going. The smallest actions can make a real difference to how you're feeling.

## Cognitive behaviour therapy

This programme is based on cognitive behaviour therapy, or CBT for short. CBT has been used for many years as an effective treatment for phobias. It allows you to become more aware of how you are feeling and teaches you to make changes to feel better.



"I'm just feeling a lot better about myself. I hadn't realised the impact my phobia was having on my life, but now I know that I never want to go back to that."

- Julianna, SilverCloud® user

## Modules in the **Phobia** programme:

- **Getting Started** – Find out about CBT and how it can help you to feel better.
- **Understanding Phobia** – Find out about the effects of anxiety. Start to use CBT to manage your symptoms.
- **Noticing Feelings** – Tune in to your emotions, to learn how they connect to your phobia.
- **Facing Your Fears** – Learn to face your fears, by breaking them down into small, safe steps.
- **Challenging Thoughts** – Learn how to tackle negative thinking.
- **Bringing it All Together** – Reflect on what you have learned and how you can put it into practice when challenges emerge.

## Tools and activities

The **Phobia** programme contains many helpful tools and activities including:

- **Personal stories** – Find out how other people experience phobias and how they cope with them. You'll also realise you are not alone.
- **Quizzes** – Test your knowledge and increase your understanding about phobias.
- **Relaxation and Mindfulness exercises** – Reduce tension and feel more grounded, with our podcasts.
- **Personal journal** – Keeping a journal can help you to unpick your thoughts and feelings, reduce stress and solve problems.
- **Mood Monitor** – Track your moods and see how they are affected by your lifestyle choices.

Find out more



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