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**Course essentials**

**Course title : Phobia**

**Short description**

This course breaks down the causes behind the phobia, their symptoms and types helping others understand how to treat this syndrom, the mindset and the psychological strength as well we need to prevent and overcome the intensity of this mental disease : the concept of exposure exclusively

By the end of this course, learners will be able to :

- 1- Define the scientific explanation of phobia
- 2- Risk factors for phobia
- 3- Discussing 2 types of phobia
- 4- Treatment of the 2 types of phobia
- 5- Comorbidities with phobia

**Curriculum outline**

**Module 1 : Scientific explanation of phobia**

Lesson 1.1 : Definition and phobia symptoms

Lesson 1.2 : Theory of phobia

**Module 2 : Risk factors for phobia**

Lesson 2.1 : psychological factors

Lesson 2.2 : Biological factors

Lesson 2.3 : Social factors

Lesson 2.4 : Some examples of phobia

### **Module 3 : Discussing social phobia**

Lesson 3.1 : Causes of social phobia

Lesson 3.2 : Social phobia symptoms

Lesson 3.3 : Treating social phobia

### **Module 4 : Discussing aerophobia**

Lesson 4.1: Causes of aerophobia

Lesson 4.2 : Aerophobia symptoms

Lesson 4.3 : Treating aerophobia

### **Module 5 : Comorbidities of phobia**

Lesson 5.1 : Comorbidities with social phobia

Lesson 5.2 : Comorbidities with aerophobia

Lesson 5.3 : Panic attack disorder