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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 syndrome, the mindset and the psychological strength as well as 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