World Conference on Fear of Flying

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Conference Programme
(Approved for CE credit for psychologists by the American Psychological Association)

Sunday, June 3

14:00    Registration opens
         999 University Street, Montreal

17:00    End of Sunday registration

Monday, June 4

8:00     Registration opens
         999 University Street, Montreal

9:30     PLENARY SESSION 1

9:30     Mr. Denis Chagnon, Captain Marc Antoine Plourde, Mr. Gilles Robichaud, Dr. Lucas van Gerwen
         Welcome & Opening Address by the Organizing Committee

9:40     Mr. Denis Chagnon
         ICAO and fear of flying

9:50     Mrs. Folasade Odutola, Director, Air Transport Bureau
         International Civil Aviation Organization - ICAO
         Opening speech by the Host

10:00    Dr. Lucas van Gerwen, Captain Marc Antoine Plourde
         A Flight Plan for the Conference

10:15    Invited speaker
         Drs. Bram Gräber, Air France-KLM Senior Vice President and Area Manager Benelux
         An airline company’s viewpoint on Fear of Flying
         Fly without fear - DVD
10:45 Invited speaker
Dr. Silvio Finkelstein, Fellow of the Aerospace Medical Association
*Contemporary Aeromedical considerations relevant to passengers: Are medications and alcohol acceptable?*

11:15 Coffee Break and Group Photo

11:30 Invited speaker
Ms. Nancy McKinley, Director Consumer & Industry Affairs
International Airline Passengers Association – IAPA
*How the travelling experience has changed for even the most seasoned traveller*

11:50 Invited speaker
Ms. Michelle Malenfant, Senior Advisor
Office of the President & Executive Vice-President
Canadian Air Transport Security Authority – CATSA
*Managing the Security-Related Aspects of Fear of Flying*

12:10 Captain Ron Nielsen
The wellbeing of passengers: What is it all about?

12:30 Mr. Frank Lavalle
*Testimonial from a former fearful flyer*

12:40 Dr. Robert Wolfger, Dr. Lucas van Gerwen
*The evolution of commercial aviation since the last World Conference (Vienna, 2000) and its implication on the passenger*

13:00 Lunch Break

14:05 PLENARY SESSION 2

14:05 Invited speaker
Mr. Chris Witkowski, Director Air Safety, Health and Security Department
Association of Flight Attendants - CWA (AFA-CWA)
*Cabin Crew and In-Flight Aircraft Security*

14:30 Invited Speaker
Mr. Steve Vodi, International Transport Workers' Federation - ITF
*Professionals protecting passengers*

15:00 Invited Speaker
Mr. Denny Dillard, President and CEO
FAST Training & Operations Group
*The Federal Flight Deck Officer Program and Aviation Crewmember Self-Defence Training Program*

15:35 Prof. Dr. Robert Bor, Elaine Iljon Foreman, MSc
*I Believe I can Fly: Fear of Flying as a Psychological Symptom*

16:00 Tea Break

16:20 PLENARY SESSION 3
16.20   BRAINSTORM AND DISCUSSION SESSION

How can airlines and airports respond to passenger anxiety and contribute to improvement

How can travel agencies and treatment facilities contribute to the reduction of fear?

Discussion guided by Dr. Lucas van Gerwen, Captain Marc Antoine Plourde, Dr. Robert Wolfger and Drs. Imke Grootenhuis

17:20   Conclusions from brainstorm and discussion session

17:30   COCKTAIL

19:00   END OF DAY 1
Tuesday, June 5

9:00    PLENARY SESSION 4
9:00    Drs. Claudia de Zeeuw, Dr. Lucas van Gerwen  
       *The obstacles of air travel for passengers*
9:20    Mr. Jiefang Huang, Legal Officer  
       International Civil Aviation Organization - ICAO  
       *Air Rage*
9:40    Dr. Jonathan Bricker  
       *Mind over travel, managing air travel stress*  
       *(5 principles of emotionally intelligent travellers)*
10:00   Mr. Martin Maurino, Manager Safety Analysis  
       International Air Transport Association – IATA  
       *Safe air travel & passenger behaviour*
10:30   Coffee Break
11:00   PLENARY SESSION 5
11:00   Dr. Carole Lieberman, M.D., M.P.H.  
       *Terrorism: Taking fear of flying to new heights*
11:20   Drs. Imke Grootenhuis  
       *Cabin crew anxiety: The recognition of avoidance behaviour as the focal point in the treatment of anxiety disorders among cabin crew members*
11:40   Dr. Michael Tomaro with a panel of Drs. Josine Arondeus, Dr. Robert Wolfger, Sascha Thomas, MSc. Elaine Iljon Foreman, MSc  
       *Current progress in treatment of fear of flying*
12:15   Lunch Break
13:30   Poster Presentations
14:00   PLENARY SESSION 6
14:00   Workshop by Dr. Carole Lieberman, M.D., M.P.H.  
       *Harnessing the power of in-flight entertainment to calm fear of flying*
14:40   Prof. Dr. Ron Doctor, Martin Seif  
       *Typologies for the Fear of Flying: Implications for Flight Personnel and Therapists*
15:00   Dr. Bryan Burke  
       *Benefits for an airline supporting a fear of flying program*
15:20   Viktor Ziegler  
       *Making Fear of Flying public*
15:40   Tea Break and Group Photo
16:00  PLENARY SESSION 7

16:00  Working towards conclusions and recommendations for an ICAO Document

Active discussion, British parliament style.
Introduction by Drs. Josine Arondeus
Guided by Dr. Lucas van Gerwen.
Concluded by Mr. Denis Chagnon, Dr. Lucas van Gerwen and
Captain Marc Antoine Plourde

17:30  END OF DAY 2
Wednesday, June 6

9:00  PARALLEL SESSIONS 1, 2 and 3

9:00  PARALLEL SESSION 1

Workshop by Dr. Michael Tomaro
*Theoretical implications of fear of flying therapy*

9:00  PARALLEL SESSION 2

Workshop with Elaine Iljon Foreman, MSc, Dr. Robert Wolfger and Drs. Josine Arondeus
*Tales of the unexpected: When therapy doesn't go according to plan
Exploring unexpected outcomes including coping strategies of unsuccessfully treated fearful flyers.*

9:00  PARALLEL SESSION 3

Workshop by Dr. Stéphane Bouchard, S. Larouche
*Using virtual reality to treat fear of flying: From theory to practice*

10:00  Coffee Break

10:20  PARALLEL SESSIONS 4, 5 and 6

10:20  PARALLEL SESSION 4: Information on anxiety

10:20  Anouk Vanden Bogaerde and Prof. Dr. Rudi De Raadt
*Cognitive vulnerability in fear of flying: the role of anxiety sensitivity*

10:40  Prof. Dr. Olvind Ekeberg B. Fauske, E. Linde and Bente Berg Hansen and Randi Hersoug
*Flight phobia among Norwegian airline passengers: Impact of 9/11*

11:00  Bettina Schindler, FSP, N. Vriends and J. Margraf
*How to become a fearful flyer?*

11:20  Mall Yams, MSc
*Passenger comfort and safety go together*

11:40  Dr. Rosana D'Orio
*Psycho consequences of air accidents related to the fear of flying*

10:20  PARALLEL SESSION 5: Medicine and physiological variables

10:20  Drs. Bert Busscher
*Using psychophysiology to evaluate and improve fear of flying therapy*

10:45  Prof. Dr. Michael Trimmel, Dr. Robert Wolfger, Margit Burger MSc
*Fear of Flying Program at Austrian Airlines: Physiological reporting and ratings*

11:10  John Joseph Murphy
*The relationship between global self-esteem and fear of flying in adults*
11:30 Drs. Galit Rosenberg
Coping with dissociative symptoms in the treatment of fear of flying. Clinical case presentation

10:20 PARALLEL SESSION 6: New approaches in fear of flying therapy VRET (Virtual Reality Exposure Therapy)

10:20 Genevieve Robillard, MSc, Dr. Stéphane Bouchard, and B.K. Wiederhold
Would virtual reality work in your clinical practice?

10:40 Dr. Andreas Muehlberger and P. Pauli
One session virtual reality exposure for treatment of fear of flying

11:00 Dr. Stephane Bouchard, Genevieve Robillard, MSc and M. Bertrand
Virtual reality treatment for aviophobia: why it doesn’t work with some patients

11:20 Jayme Albin, M.A. and Dr. Robert Reiner
Biofeedback and virtual reality for fear of flying

11:40 Les Posen, MSc
Virtual reality and Web 2.0 technologies in the Independent Practice Setting - a Pragmatic approach

12:10 Lunch Break

13:20 PARALLEL SESSIONS 7, 8 and 9

13:20 PARALLEL SESSION 7: CBT in fear of flying therapy (Cognitive Behavioural Therapy)

13:20 Alfheidun Steinthorsdottir, MSc
Cognitive-Behavioural treatment for fear of flying in Iceland

13:50 Prof. Dr. Olvind Ekeberg, E. Linde, T.L. Haugen, Randi Hersoug and Bente Berg Hansen
A cognitive-Behavioural treatment program for flight anxiety with two years follow up

14:15 Dr. Fabienne Regard
Group treatment of flying phobia

14:35 Prof. Dr. Ron Doctor
The use of EMDR for treatment of fears of flying

13:20 PARALLEL SESSION 8: New approaches in fear of flying therapy

13:20 Cristina Albuquerque, MSc, I. Monteiro, J. Mascarenhas, A. Gomes and J. Leite
A group treatment for flying phobia. TAP/UCS experiences and first results

14:00 Prof. Dr. Marie-Claude Dentan, and N. Chevrier
The use of a flight simulator for the treatment of fear of flying

14:20 Dr. Bryan Burke, J. Gaston & J. Crawford
The Sydney ‘fly without fear’ program

14:40 Dr. Rosana D'Orio
The fear of flying 800 patients mark – the path, the method: instituto condor, brazil
13:20  PARALLEL SESSION 9; Cockpit and cabin crew

13:20  Dr. Lucas van Gerwen, Drs Claudia de Zeeuw and Captain Marc Antoine Plourde
       Stress management among flight crew

13:50  Captain Ron Nielsen
       The crew's role when carry-on baggage is fear of flying

14:10  Captain Keith Godfrey
       The use of pilot training skills in the support of anxious passengers

14:40  Andrew Beniger
       Significant role of civilizations on fear of flying amongst flight deck

15:00  Tea Break

15:30  PLENARY SESSION 8

15:30  Captain Marc Antoine Plourde, Dr. Lucas van Gerwen
       Building a network for Fear of Flying therapists and treatment facilities

16:30  Closing Ceremony
       Mr. Denis Chagnon, Captain Marc Antoine Plourde and Dr. Lucas van Gerwen