

# World Conference on Fear of Flying

[GettingMorePeopleToFly.com](http://GettingMorePeopleToFly.com)

## 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

