

Current Progress in Fear of Flying Therapy

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From Barnstorming to Brainstorming

- Early aviation was not a problem for the fearful flyer as flying was in fact dangerous.**
- Increased safety and reliability has woven flying into the fabric of normal life.**
- Inability to comfortably use airplanes compromises the quality and productivity of normal life**

New Choices for the Fearful Flyer

- **First writing - Dr Bond, 1954**
- **Behavioral Treatments appear in late 1960's**
- **“Slim” Cummings leads groups in the 1970's**
- **Airlines offered programs in the 1980's**

The Boeing Report 1980

- **18% of the population over 18 was afraid to fly**
- **Another 12 % experienced high anxiety on aircraft.**
- **30% of the adult public had significant flight anxiety**

Airborne 2000

Treatment Guidelines

- **Provide information about the technical aspects of flying.**
- **Patients learn how to label their anxiety on a scale.**
- **Education provided about how fear manifests itself in the body.**
- **Patients learn how to deal with thoughts and images and contrast them with reality.**
- **Program teaches relaxation and breathing techniques.**
- **Appropriate humor is helpful.**
- **Adequate training of aviation therapists is important.**
- **Patients encouraged to take an active role in treatment.**
- **Therapists must be clear, empathic and understanding.**
- **Patients receive an escorted flight on an airplane.**

Treatment Results

- **80 to 90 % of fearful flyers report significant improvement.**
- **Compares favorably with other treatments for anxiety and depression.**
- **Positive economic impact is significant**

More Consequences