

# Preparing You For Your Education Session: Phobias

Location: Schools' Education Centre

Duration: **Session 1:** 35 minutes, **Session 2:** 1 hour+

## Curriculum links

### AS/A2 Psychology

Individual differences and perspectives - anxiety disorders and behavioural therapies.

## Session content

Guest speaker John Clifford, a clinical hypnotherapist, talks about phobia triggers and responses.

The first session provides students with an introduction to phobias and a chance to ask questions.

In session 2, the group will listen to a case study about the 'ZSL Friendly Spider Programme'. They will then have the opportunity to take part in a hypnosis therapy demonstration and graduated exposure to an animal that commonly causes a phobic response.

## During the sessions students will:

- Sit and listen to a guest speaker
- Have opportunity to ask questions
- Take part in a hypnosis and graduated exposure.

## Using the Zoo to support this session

- Visit the Reptile House and observe both the venomous and non-venomous snakes. Make notes on the characteristics of these reptiles and suggest why they may cause phobic responses.
- Visit the Bat House (near the Lemurs and Otters). Observe the behaviour of the bat colony, taking note of their body shape, movement and lifestyle.
- Visit B.U.G.S. and locate the spiders and rats. Think about how these animals make you feel and consider why your body reacts in the way it does to these types of animal.
- Visit Tiger Territory and think about how these arguably more dangerous animals are less likely to cause a phobic response. Why do people actively like looking at tigers and why is phobia of these animals very rare?

## Suggested classroom activity (for before your visit)

- Prepare a list of questions to bring to the session to ask the speaker.
- Plan a route to take around the Zoo that takes in animals that commonly cause a phobic response.

# Phobias

## Timetable 2015 - 16

Time	Activity	Location
10.00 - 11.30	Self-guided study in the Zoo.	Suggested locations: Reptile house Bat house
11.30 - 12.00	<u>Session 1</u> Introduction to phobias and question time.	Schools' Education Centre
12.00 - 1.30	Lunch and self-guided observation time in the Zoo	Suggested locations: B.U.G.S. Butterfly Paradise
1.30 - 2.30	<u>Session 2</u> <u>Case study</u> The Friendly Spider Programme. <ul style="list-style-type: none"> <li>• triggers and responses</li> <li>• hypnosis as a therapy</li> <li>• graduated exposure to an animal</li> </ul>	Schools' Education Centre

## PHOBIAS SESSION GENERIC RISK GUIDELINES

HAZARD AND RISKS	CONTROLS
<p>Exposure to an animal that may cause a phobic response. <i>The animal used will be a non venomous, habituated snake or spider.</i></p>	<ul style="list-style-type: none"> <li>• The animal will be handled under calm controlled conditions.</li> <li>• Audience exposure to the animal is gradual and the audience fully informed of what will happen throughout.</li> <li>• The animal is handled by a professional from the 'Friendly spider programme' - a programme designed for the treatment of phobias.</li> <li>• The audience have the option to leave the room at any time before or during the session if they feel uncomfortable.</li> <li>• It is optional to touch the animals and in some cases there will be no contact with the animal.</li> <li>• Instruction is given about where to touch the animal and where not to touch it.</li> <li>• The Zoo has a first aid post and on-site first-aiders.</li> </ul>
<p>Contact with zoonoses (<i>diseases that can pass between humans and other animals</i>).</p>	<ul style="list-style-type: none"> <li>• Hand gel is available to clean hands after touching the animal.</li> <li>• Washing facilities are provided in the Education Centre.</li> </ul>
<p>Hypnosis demonstration</p>	<ul style="list-style-type: none"> <li>• Session delivered by a professional clinical hypnotherapist.</li> <li>• Audience fully informed about what to expect and what will happen throughout the session.</li> <li>• Audience given the option to opt out of the hypnosis and watch the session instead.</li> <li>• At any point a member of the audience can bring themselves out of hypnosis.</li> <li>• Audience given the opportunity to ask questions about the process.</li> </ul>
<p>Special conditions</p>	<ul style="list-style-type: none"> <li>• All students must declare any condition, disability or allergy before taking part and this condition must be made known to all staff with whom they work.</li> <li>• It is advised that the lead teacher makes a pre-visit to the Zoo to see the location of the session and the Zoo's facilities.</li> <li>• It is advised that the lead teacher takes into consideration the age and ability of the students when creating a risk assessment for this visit.</li> </ul>