



Social Studies Virtual Learning

Psychology

Lesson 18

April 15, 2020

Psychology:

Lesson #18: April 15

Disorders: Phobias

Learning Target: The learner will examine phobic disorders, how they can impact people's lives, and how they can overcome their phobias.

Warm Up

Watch the video clip below about funny phobias.

Funny Phobias

<https://www.youtube.com/watch?v=fWbwrO95dww>

Thinking Question:

Write down your thoughts to the topics below.

Although this is a humorous portrayal of phobias, think about how a phobia could impact the following -

- your everyday life
- social settings
- work or school

Lesson Activity

Read the text account here about phobias and how they impact people's lives.

PHOBIC DISORDER

When severe anxiety is focused on a particular object, animal, activity, or situation that seems out of proportion to the real dangers involved, it is called a phobic disorder, or **phobia**. Phobias may be classified as specific phobias, social phobias, and agoraphobia. A *specific phobia* can focus on almost anything, including high places (acrophobia), enclosed spaces (claustrophobia), and darkness (nyctophobia) (see Figure 16.6). Victims of *social phobias* fear that they will embarrass themselves in a public place or a social setting. Perhaps the most common specific fear is of speaking in public, but others include eating in public, using public restrooms, meeting strangers, and going on a first date.

Phobic individuals develop elaborate plans to avoid the situations they fear. For example, people suffering from an extreme fear of being in a public place (*agoraphobia*) may stop going to movies or shopping in large, busy stores. Some reach the point where they will not leave their houses at all because that is the only place they feel safe.

Phobias range in intensity from mild to extremely severe. Most people deal with phobias by avoiding the thing that frightens them. Thus the phobias are learned and maintained by the reinforcing effects of avoidance, which reduces anxiety but not the phobia. One form of treatment for phobias involves providing the phobic person with opportunities to experience the feared object under conditions in which he or she feels safe.

Lesson Activity

Phobias (5:55)

<https://www.youtube.com/watch?v=PCOg2G797ek>

Watch the Phobia video clip linked above and answer the questions that follow.

You may also want to refer to clips on the 'Additional Resources' slide for help with the last question, or help on treatments for dealing with phobias shown in the specific case study of a woman learning to overcome her fear of snakes.

Assignment

Write the following questions and your answers on a sheet of paper titled:
Lesson #18 April 15 - Phobias

1. Thinking Question: Although this is a humorous portrayal of phobias, think about how a phobia could impact the following -
 - your everyday life
 - social settings
 - work or school
2. Explain how phobias are learned and maintained -
3. What treatment is used to help people overcome their phobias?
4. Make a 'T' chart like the one below and refer to the video clip on Phobias.
List 2-3 phobias on the left side and list 3-4 phobias on the right side.

Phobias that you have heard of	Phobias you were not familiar with

Reflection

Thinking Exercise: After learning about some specific phobias reflect on your own fears or anxiety.

- Do you have your own mild or moderate phobias?
- Can you recall how your behaviors change when put in a situation where you are exposed to a phobia that produces fear or anxiety?

Additional Resources

Check out these links for more information on this topic.

50 Weird Phobias (4:19)

<https://www.youtube.com/watch?v=-FSxwtEAuPQ>

Weirdest Phobias People Suffer From (6:58)

<https://www.youtube.com/watch?v=9IV13gJ811c>

Snake Phobia Behavioral Therapy (11:58) a case study

<https://www.youtube.com/watch?v=zKTpecooiec>

Answers

1. Thinking Question: Although this is a humorous portrayal of phobias, think about how a phobia could impact the following -

- your everyday life
- social settings
- work or school

2. Explain how phobias are learned and maintained - People learn to avoid the thing that they fear. This reduces their anxiety, but not their fear, thus they maintain the phobia.

3. What treatment is used to help people overcome their phobias? People can become conditioned to reduce their fear and anxiety through step by step exposure or experiences allowing opportunities to experience the fear while feeling a degree of safety.

4. Phobias that you have heard of	Phobias you were not familiar with
Answers will vary, but could include Claustrophobia, arachnophobia...	Answers will vary