



Program for Specific Phobia

Back to an independent life in one week!

The unique CALDA concept

Calda Clinic is a worldwide unique, exclusive high-private institution in the mental health sector. The success-proven CALDA concept, our international medical team and our network of highly qualified experts guarantee customised precision medicine and an individual 1:1 premium care.

WE WORK WITHOUT PSYCHOTROPIC DRUGS WHENEVER POSSIBLE.

Through our yearlong experience in the direct clinical work with international clients with different backgrounds like nobility, arts, politics, showbiz, sports, economy and science, we are aware of their specific needs. Professionally successful people with great responsibility also have great expectations.

We offer the utmost modern and state-of-the-art medicine in combination with premium hotel service and highest discretion.

About Specific Phobia

A specific phobia is an anxiety disorder involving a persistent fear of an object, place or situation disproportional to the threat or danger posed by the object of the fear. The person who has the phobia will go to great lengths to avoid the object of the fear and experience great distress if it is encountered. These irrational fears and reactions must result in interference with social and work life. There are five subtypes of specific phobia: animal, natural environment, blood-injection-injury, situational and other. Social phobia, involving fear of social situations, is a separate disorder

Symptoms

A person who has a specific phobia disorder experiences significant and persistent fear when in the presence of, or anticipating the presence of, the object of fear, which may be an object, place or situation.

The DSM-5 criteria for a specific phobia are:

- Marked and out of proportion fear within an environmental or situational context to the presence or anticipation of a specific object or situation
- Exposure to the phobic stimulus provokes an immediate anxiety response, which may take the form of a situationally bound or situationally predisposed panic attack.
- The person recognizes that the fear is out of proportion.
- The phobic situation(s) is avoided or else is endured with intense anxiety or distress.
- The avoidance, anxious anticipation or distress in the feared situation(s) interferes significantly with the person's normal routine, occupational (or academic) functioning, or social activities or relationships, or there is marked distress about having the phobia.

Impact of Specific Phobia on Daily Life

One sign that a fear is a phobia is when it limits family, social and professional lives. A person who has a specific phobia may turn down a job opportunity because it involves flying, or a meeting that is on a high floor. A fear that limits professional and social opportunities, and has a negative effect on performance, confidence and relationships could be a phobia. Twin studies suggest that genetic factors can play a role in the development of a phobia. Brain imaging shows hyperactivation of the amygdala and other areas of the brain in those with phobias.

A person can have one phobia that significantly impacts his/her quality of life. Those with multiple types of phobias with an early onset are the most likely to experience significant impacts on quality of life. Phobias can lead to other medical and mental disorders if not treated early.

Our Approach

Neuroscientists have identified abnormal hyperactivation in threat processing in those who have anxiety disorders. Cognitive behavioral therapy (CBT) has been shown to be successful in downregulating the threat response. It is the treatment of choice.

Virtual reality exposure therapy (VRET), a form of desensitization therapy, provides a way of facing one's fears in a safe but realistic environment.

The combination of both, VRET and CBT, is the most effective way to treat specific phobias.

Psychiatry and Psychotherapy

- -Diagnostic
- -Psychoeducation
- -Intense psychotherapy with confrontation in vivo and in sensu (CBT, VRET: EMDR, clinical hypnosis)
- -Anxiety management
- -Stress management

Alternative and Complementary Medicine

- -Acupressure, acupuncture
- -Alpha-Stimulation
- -Manual therapies
- -Meditation and Mindfulness
- -Yoga

A personal coach is living with the client 24/7. The therapeutical program is 6 to 8 hours/day.

Accommodation

The Gold Coast Residence (private and luxury):

- -250m²
- -WLAN, flat screen TV
- -parquet
- -marble masterbath
- -marble kitchen
- -masterbedroom 90m²
- -panoramic lake view
- -terraces
- -patio with pond
- -fireplaces

with premium full service: butler, chef, limousine service

Cost

CHF 100'000 (appr. \$ 102'000, EUR 92'000)

Not included are:

External hotel costs

Medical services through third-parties

After-treatment programs

TERMS OF PAYMENT

The non-refundable deposit is 50% of the overall costs of the treatment and is to be paid within 5 days after signing the financing contract to the account of the Calda Clinic. The final payment has to be made at least two weeks prior to the beginning of the treatment.