



### **Dr. Marilyn L Barton**

**B.Ap.Sc (Psych), Grad. Dip. (Couns),  
D. Psych (Clinical), Dip. Clin. Hypnosis;  
Bachelor of Dementia Care**

Applecross Psychological Services proudly offers our clients hypnotherapy in conjunction with our usual Cognitive-Behavioural (CBT) and other therapies to help you conquer your fear of flying! Psychological literature indicates that, with CBT, hypnotherapy is an effective aid in helping you to fight your fear and travel peacefully.

Inside, you will find information on hypnosis, how we use it and how you can prepare for your session with Dr. Marilyn Barton.



**APPLECROSS  
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## *Scared of Flying?*

*HYPNOTHERAPY  
CAN HELP!*



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## 'I've tried to get over it. What's so good about hypnotherapy?'

How many ways have you tried to get over your fear of flying? None of these are the perfect method; each has their failures and successes. Some people conquer their fear without any outside help whereas others need lots of support and guidance. To fail when you are trying to get over your fear, or to ask for help, is not a sign of weakness.

Hypnosis, like any other method, has its limitations. Integral to success in conquering fear is a positive attitude. The decision to change and persevere in changing your behaviours ultimately depends on you. Furthermore, research has shown that hypnotherapy is the most effective when you believe that it will have the effect you desire.

### How Does It Work?

Contemporary clinical hypnotists do not use a swinging watch. They tend to use hypnotherapy in conjunction with established therapies such as cognitive-behavioural therapy (CBT), to enhance the effectiveness of these treatments. CBT focuses on changing the thoughts and behaviours to overcome a problem. Psychological research suggests that using hypnotherapy along with CBT can enhance the effectiveness of treatments for fear of flying.

## What Can I Do To Prepare For Hypnotherapy?

First, it is important to think about your reasons for wanting to get over your fear of flying. It is hard to persevere with a task that you do not see as making your life better or strive towards a goal that you're not really interested in. Perhaps you would like to be able to get on a plane without feeling the panic rise in your throat. Maybe you would like a relaxing holiday with your partner, or to see snow or lost cities that you simply can't see in Perth. It could be that your job requires you to travel and you can't put it off any longer. Before coming to therapy, it is important to think about these things. That way, you can judge for yourself whether therapy has helped you meet your goals.

Second, call Applecross Psychological Services (Monday - Thursday, 9am - 5pm) to book a hypnotherapy session.

## Who is Dr. Marilyn Barton?

Dr. Marilyn Barton established Applecross Psychological Services ten years ago to care for the mental health and well being of patients in the southern corridor of Perth. She is an experienced clinical psychologist, who has been counselling children, young adults, parents, families for the last 25 years. Along with her tertiary education, including a PhD, Dr. Barton also possesses a Diploma of Clinical Hypnosis. She is also a member of the Australian Psychological Society's College of Clinical Psychologists.

## How Do I See Dr. Marilyn Barton?

- Appointments can be made via phone or email. You can meet with us or even SKYPE or FaceTime us from the comfort of your own home.
- Monday - Thursday, 9am - 5pm.
- Appointments are 50 minutes long.

