

# Fear of Flying

It allows you to carry out as many flights as necessary so the patient gets used to the anxiety they experience when seeing the environment. At the same time, exposure to all situations that can cause fear will be able to be repeated.

It will start at the patient's house, then on the way to the airport and it will end inside the airplane.

## At home

Aimed at people who need anticipatory anxiety treatment. The patient will find him/herself at home. He/she is about to leave the house and will wait for the cab to arrive.

## Go to the airport

The patient is sitting down inside the cab and is on his/her way to the terminal.

## Boarding gate

The patient is waiting by the boarding gate waiting to be called. The hostess will ask him/her for the boarding card and walk through the jet way to get to the plane.

## Plane

The patient will sit down in the plane. After the security instructions, the plane takes off, carries out the flight (with or without turbulences) and finally lands.

## Virtual Reality Environments



At home



Go to the airport



Boarding gate



Plane