

Clifton Practice Diploma in Medical Hypnotherapy.

Emetophobia

- 1 Define Emesis, Emetic and Anti-Emetic
- 2 State the difference between a simple specific phobia and a complex non-specific phobia with an example of each.
- 3 Is Emetophobia a simple or complex phobia?
- 4 Give 5 examples of situations that a person with Emetophobia might avoid.
- 5 Give 2 examples of situations that could be reframed from your examples in question 4.
- 6 Give 3 examples of co-morbid conditions.
- 7 People with Emetophobia may have only vomited a couple of times in their life, how does this contribute to their fear?
- 8 Give 2 examples of techniques you can use to calm a person having an anxiety attack.
- 9 In a hospital situation we experience chemotherapy induced nausea and vomiting (CINV) and anticipatory nausea and vomiting (ANV), which one of these can hypnotherapy help to alleviate?
- 10 Describe how you could help a patient who feels nauseous when they smell the meal trolley arrive.