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specific phobia treatment through Cognitive-Behavioural Family Therapy. This study was conducted on two subjects (30 and 32 age) who had specific phobias. The results indicated that family has an important role in product, maintenance and treatment of specific phobias, and family therapy based on cognitive-behavioural approach is a suitable method for specific phobia treatment.

RESEARCH

Specific Phobia Treatment through Cognitive-Behavioural Family Therapy: Iranian Case Study

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Abstract

Specific Phobia is one of the anxiety disorders. The main feature of specific phobia is a marked and persistent fear from specific object or situation. The people with specific phobia avoid the phobic situation. This disorder influence on academic and occupational functions. Many researches have confirmed the effect of family therapy based on Cognitive-Behavioural approach on anxiety disorders specially to specific phobia, because individuals with specific phobias have most of their interactions with family members. The main **purpose** of the present research was to study the effectiveness of family therapy based on a cognitive-behavioural approach on specific phobia treatment. The **method** of the present study is by case study. Two subjects (30 and 32 age) was selected. Data were obtained by clinical interview, DSM-IV-TR criteria and psychological tests. The **results** indicated that the family has an important role in product, maintenance and treatment of specific phobias, and family therapy based on cognitive-behavioural approach is a suitable method for specific phobia treatment. It was **discussed**, whether these findings are corresponded with early finding field or not. This research was supported by a grant from the University of Tehran.

Key words: Specific phobia, anxiety disorders, family therapy, cognitive-behavioural approach.

**Spezifische Phobia Behandlung Durch Kognitive-Verhaltens Familien Therapie:
Eine Fallstudie Vom Iran**

Zusammenfassung:

Die spezifische Phobie ist eine Angststörung. Das Hauptmerkmal der spezifischen Phobie ist eine bemerkbare und andauernde Angst vor bestimmten Objekten und Situationen. Leute mit einer spezifischen Phobie, weichen der phobischen Situation aus. Diese Störung beeinflusst die akademische und berufliche Funktion. Viele Forschungen bestätigen den Effekt von Familientherapie, auf der Basis von Kognitiver Verhaltenstherapie, mit Angststörungen, speziell für spezifische Phobien, da Individuen mit spezifischen Phobien die meiste Interaktion mit ihren Familienmitgliedern haben. Der Hauptzweck dieser Forschung ist, die Effektivität der Familientherapie, basierend auf Kognitiver Verhaltenstherapie, als Behandlung bei