



Specific phobia treatment through cognitive-behavioral family therapy: Iranian case studies

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Western researchers have found cognitive behavioral family therapy useful for treating various psychological disorders. The present study describes cognitive behavioral family therapy for two Iranian female subjects (30 and 32 years old) diagnosed with specific phobias. Iranian therapists often focus on family systems since this orientation fits their collectivist culture. Subjects were diagnosed using psychological tests and clinical interviews based on DSM-IV-TR criteria. Results indicated that cognitive behavioral family therapy effectively treated both clients' specific phobias. One-year follow-up evaluations revealed no return of symptoms. Findings correspond with those of previous studies and reveal how cognitive behavioral family therapy can be modified to fit specific cultural needs.