

THE PHOBIA CLINIC · CLEAR PATH THERAPIES

Free Yourself *from Fear.*

Specialist EMDR-based treatment for phobias — with many people finding relief in as few as **1–3 sessions.** Fast, gentle and lasting.

THE PHOBIA CLINIC
HEXHAM, NORTHUMBERLAND

A phobia can feel overwhelming — but it doesn't have to be permanent. Using **EMDR, a proven, evidence-based technique,** many phobias can be resolved in as few as **1–3 sessions** — gently, effectively and for the long term.

WHY THE PHOBIA CLINIC WORKS

Fast Results
Many phobias eased in as few as 1–3 sessions

Proven EMDR Approach
Targets the root of the fear, not just the symptoms

Experienced Practitioner
EMDR therapist & registered mental health nurse

Lasting Relief
Freedom that holds — not just a short-term fix

COMMON PHOBIAS & WHAT TO EXPECT

Phobias we can help with

- Flying & air travel
- Heights
- Spiders, insects & animals
- Needles, injections & blood
- Driving & motorways
- Enclosed or crowded spaces
- Dental & medical visits
- … and many other specific fears

What to expect

- **Free initial telephone consultation** — no pressure, no commitment
- A calm, supportive and confidential space
- An approach tailored to you and your specific fear
- Sessions in-person, online or by telephone
- Most phobias resolved quickly & gently
- Practical tools to help you feel back in control
- Real client testimonials on our website

Ready to leave fear behind? *Your path forward starts here.*

FREE INITIAL TELEPHONE CONSULTATION · NO COMMITMENT REQUIRED

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Book a Free Call