



## Conquering Pedaphobia: A Case Study of Counselling Interventions

Aina Razlin Mohammad Roose\*

Universiti Malaysia Sarawak, 94300 Kota Samarahan, Sarawak, Malaysia

### ABSTRACT

This paper presents a case study of a 22-year-old female client who came for counselling sessions for the purpose of overcoming her pedaphobia. Symptoms, such as, dizziness, nausea, arousal, sweating palm and body shaking were noticed to be visible not only by the presence of a real child, but also by pictures, stories and imaginations of infants. Systematic desensitization technique, a form of Exposure Therapy, was applied to treat the client. It involved relaxation and breathing techniques, and supported by the application of live modelling guided participation. Along with the interventions, Rational Emotive Behaviour Therapy techniques were also applied, such as, thought recording, irrational thoughts identification and disputation, Rational Emotive Imagery (REI), coping self-statement, and forceful self-statement. By the end of the therapy, the client reported to have experienced a decline in the occurrences of symptoms and demonstrated the ability to overcome her phobia.

*Keywords:* phobia; pedaphobia; systematic desensitization; counselling intervention; rational emotive behaviour therapy

### INTRODUCTION

Fear can be described as an unpleasant and distressing emotion which we usually experience when we believe that we are at risk. This emotion exists for survival purposes as it helps us to steer away from danger by activating our fight and flight responses. However, the fact that it can also be set off by false beliefs and imaginations,

our daily activities and quality of life might be affected even when there is no real danger.

A phobia is a type of fear based on a misdiagnosis of a threat and a persistent irrational aversion to phobic stimulus, which causes the sufferer to feel compelled to avoid at all costs (Furness-Smith, 2014). The earliest reference to phobia was by Hippocrates in fourth century. The term of 'phobia' was coined after a Greek God known as Phobus. Phobus was believed to

### ARTICLE INFO

E-mail address:  
mrazlin@unimas.my (Aina Razlin Mohammad Roose)

\*Corresponding author

ISSN: 2462-1153

© Faculty of Cognitive Sciences and Human Development, Universiti Malaysia Sarawak (UNIMAS)