

V.R. (31-year-old woman)

A 31-year-old female project participant came to the Foundation's Centre for Psychotherapy and Education, regarding her specific driving phobia. She obtained a job which required her to drive a car. Consequently, the project participant decided to start with a cognitive-behavioural therapy. The project participant's main concern was that, while driving, she would cause a car crash, hurting others or herself. Seven years ago, she experienced the first symptoms of her driving phobia and, since that time, she has avoided driving, even to the extent of being a passenger in the car.

The project participant went through 10 sessions of cognitive-behavioural psychotherapy (CBT). The CBT treatment included:

- Psychological Assessment;
- Psycho-Education;
- Exposure to driving;
- Cognitive Restructuring;
- Relaxation training.

After the treatment, the project participant was able to fulfil her individually set goals, including increased tolerance to anxiety and the ability to drive to work on a daily basis. Her time at the Foundation's Centre for Psychotherapy allowed her to keep her job.