

Case18



A female client developed phobia concerning going through the series of testing's that was necessary to help her to maintain her health.

She was scared of injection (use of needle) and other related tests. Through drawing and relating the matter in a metaphorical relation, she was able to overcome her phobia.

She used the traffic signs and regulation of it. Immediately after finishing the last session, she called and made appointment for all required tests. She confirmed the process as a success.