

Overcome Your Fear of Heights

General Outline

This course is designed to help people that have a fear of heights to overcome their phobia. It must be noted that to an extent a fear of heights is healthy. When it begins to control one's life or, limits one's life-choices then it becomes a problem. This course is designed to bring your fear down to an acceptable and safe level within which you can operate normally. All activities are done with consent only and no coercion or pressure is ever applied: your achievements will be yours alone.

Course Outline

The course will break down into three phases.

Phase 1 – (Morning of day 1). A hypnotherapy-focused session indoors working at a subliminal level. For some people, this is *all* that is needed! This session will definitely help you, and help you be ready to join our hugely experienced outdoor team to take you on the remainder of the journey starting in the afternoon.

Phase 2 – (Afternoon of day 1) - out to the [Peak District](#). By this stage your unconscious mind will have made vast progress, but on a conscious level you won't be so sure. We use a system of graduated activities outside to demonstrate to you how far you have now come. This is exposure therapy.

Phase 3 – (Day 2). This phase further consolidates upon your progress and we continue to offer you opportunities to gain positive experiences at height.

[More can be learned about what we do \(and why\) here.](#)

Wet Weather Considerations

Regardless of the weather we have never had to change our plans for the first day of the course. When preparing for your time with us do come prepared however for wet and wild weather: it's always colder and wetter than you expect!

Quite possibly on the winter courses in particular, bad weather might stop us from heading outside on the second day of the course. In this event we will take you to a local climbing wall in Sheffield. (We know this might sound alarming *now*, but we promise you, will love it).

Course Location and Meeting Point

All courses will take place in and around the Hope Valley in Derbyshire in the Peak District National Park.

Course participants should meet at the [Bamford Memorial Hall, 8 Brentwood Rd, Bamford, S33 0AG](#) at 0930 on the first morning of the course (unless told otherwise). The day should finish by 1800 at the latest. Any problems on the first day please call / text Will on 07791860163.

After lunch you will travel from here to [Surprise View Car Park](#) to commence the next phase. The parking here is always busy. Please can as many of you car-share into as few cars as you can. It will really help.

On the second day we will meet at the roadside parking beneath Stanage Edge [right here](#) at 0920. The second day should easily have you done by 1600.

Food

Bring food and drinks for a packed lunch for each day. The first morning is quite a long session, so it is definitely worth having a good breakfast beforehand, and maybe worth bringing a snack for the break.

What to Wear & Equipment to Bring

Work on the basis of expectation for getting wet, sun burned and bitten by insects, and you won't go far wrong! If you have your own harness, helmet and rock shoes please do bring these along. You will walk all of about 2Km on day 2.

We can provide all the technical kit but you should bring:

- Waterproofs
- Warm layers (especially March to May)
- Loose clothing to be active in
- Trainers / walking shoes
- Thin pair of socks (for the rock shoes)
- Insect repellent (summer)

- Sun cream (summer)
- Packed lunch & snacks
- Plenty of fluids to drink
- Camera
- Day sack

If you have your own climbing shoes, feel free to bring them along.

Accommodation

If you live more than about an hour away from the Hope Valley in Derbyshire, we strongly advise that you book two nights' accommodation. Stay the night before and get a good night's rest. The more tired you are, (or late arriving to the course), the more susceptible to stress you will be.

While accommodation is not included in the price we will happily help you find something comfortable and to the liking of your budget – from campsites and barns to youth hostels and B&B's. Try and find somewhere in [Castleton](#), but failing that anywhere in the Hope Valley, Derbyshire will be local to this course; or slightly further afield, in Sheffield too. Also do look at [AirBnB](#).

Public transport:

If you're not driving, let us know and we'll help you get lifts to the start of the course.

Take the train to Hope (in the Hope Valley, Derbyshire) and from there you can walk to Castleton (2 miles), get a taxi or take the 272 bus.

Taxis will need to be pre-booked – try these numbers:

Ryders Taxis - 07805 029226
SOS Taxis - 01433 650975
Paul's Hire - 07972 583586
Penny's - 07917 710771
Nice - 07977 402060

Note – you must make arrangements to find Castleton in Derbyshire – there is more than one Castleton in the UK!

If you're travelling by train I'd recommend looking for somewhere to stay in Bamford, Hathersage or Hope: all convenient for the area and all served by train.

Once you're booked on, and about 1 week before the course, let me know that you need some help with transport and I'll see what I can arrange with other team members on your behalf: this has always worked in the past.

Consent form

Before you can join us on this course [we need you to complete this consent form](#). If you haven't done this yet, please do so now. Unless you have completed this consent form we are not insured and so won't be able to allow you to join us.

Pre-course reading

[Everything there is to know about acrophobia and a fear of heights](#) – this will give you a really good insight and background to all things to do with a fear of heights.

[Acrophobia & how we help people with a fear of heights](#) – read this to get an insight into understanding the psychology behind phobias and how we will help you through the process. Also you will see a video at the bottom of it explaining briefly Steve Peters' Chimp Paradox.

Pre-course preparation

One of the key elements of this course is to help you to understand how your fear of heights arises, what to notice when the fear begins to arise and to understand how the fear affects you physically and emotionally.

Part of the process involves asking you to remember a time when your fear significantly affected your ability to function as you would normally.

We will assess this in more detail in the classroom part of the course but it would be helpful if you would spend some time before the course getting a sense of how this fear affects you.

Our interaction with the world occurs via our senses and our memories are made up primarily by our visual, auditory and kinaesthetic recall of events. So to recall a past negative experience it's important to pay attention to these visual, auditory and kinaesthetic anchors. By doing this we can then identify the important parts of the memory that trigger the fear response.

Based on the above we would like you to do a quick check to notice how remembering such an event affects you. We will most likely use this example as a starting point to changing your response to being at height.

So what do you need to do?

Sit comfortably, close your eyes and allow your breathing to be normal
Remember an event (or two) when you experienced that fear at a high level
Briefly think about the event as if you were actually there, seeing it through your own eyes (briefly because we want the discomfort level to arise naturally and not be forced).
Walk through the event noticing what you see, hear and feel.
Pay particular attention to how you feel – this is key.
Notice changes to your breathing, tightness in your chest, sweaty palms etc
When you become aware of your discomfort give it a score between 0 and 10
0 means no discomfort, 10 means the memory affects you badly.
As soon as you have a score relax your breathing, think of something positive
Open your eyes and relax

Make a note of how you felt, including the score you gave it.

After day 1 on the course ...

Meditation and learning how to visualise being calm at height helps maintain control of how our brains think. It helps us be *proactive* before a situation, rather than *reactive*.

This is one reason why we include the hypnotherapy at the start of the course. At the end of the first day you will be sent a recording of the session. Please listen to this again, first thing on the second day before you come out and join us.

This way we are rehearsing how we might positively deal with a stressful situation *before* it occurs.

After the course

We are certain that by the end of the two days that everyone will have made progress and that everyone will have achieved something at an individual level that they thought impossible before. This is the start of a journey. Following the course we have [more challenges](#) designed especially for you that you might consider joining us for in the future!

Questions

Email me at will@will4adventure.com as when any questions arise – or call me on 07791860163.