

FOBIA ESPECÍFICA

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DEFINICIÓN

Es un trastorno de ansiedad que se caracteriza por la presencia de un miedo intenso y persistente a objetos o situaciones delimitadas.

Además de tratarse de un miedo extremo, es un miedo irracional que es desencadenado por la presencia o anticipación de objetos o situaciones específicos. La exposición, real o posible, provoca una respuesta inmediata de ansiedad importante.

A QUIÉN AFECTA

Un 12.5% de la población en México las padece. Aparecen en la infancia y adolescencia o adustez temprana, pero pueden ocurrir a cualquier edad. Son más frecuentes en las mujeres que en los hombres. Son comunes en los niños y suelen desaparecer con el tiempo. En adultos, generalmente inician de repente y duran más tiempo.



**LA PSICOTERAPIA ES EL
TRATAMIENTO MÁS
RECOMENDADO Y EL MÁS
UTILIZADO PARA LA FOBIA**

SÍNTOMAS

Miedo persistente e intenso por la presencia o la anticipación de un estímulo que genera fobia. • Reacción ansiosa sistemática que puede tomar la forma de un ataque de pánico frente a estímulos que generan fobia. • Reconocimiento del carácter irracional y excesivo de este miedo. • Estrategias a fin de evitar los estímulos que generan fobia.

CAUSAS

Las fobias tienen que ver con un mal manejo de emociones primarias como el miedo, la ansiedad, etc. Para el enfoque sistémico, las fobias son "construidas", mantenidas e intensificadas por nosotros mismos, en la medida en que no tenemos un manejo adecuado de las emociones.



La Ansiedad Y La Fobia

Michael Seilmaier



La Ansiedad Y La Fobia:

Fuel your quest for knowledge with is thought-provoking masterpiece, Explore **La Ansiedad Y La Fobia** . This educational ebook, conveniently sized in PDF (PDF Size: *), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons. .

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