

1. Record Nr.	UNINA9910816377303321
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Titolo	Anxiety at 35,000 Feet : An Introduction to Clinical Aerospace Psychology // by Robert Bor
Pubbl/distr/stampa	Boca Raton, FL : , : Routledge, , [2018] ©2004
ISBN	0-429-91087-8 0-429-47187-4 0-429-89664-6 1-283-24890-5 9786613248909 1-84940-421-6
Edizione	[First edition.]
Descrizione fisica	1 online resource (129 p.)
Collana	Forensic psychotherapy monograph series
Disciplina	155.965
Soggetti	Aviation psychology Fear of flying
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. 95-102) and index.
Nota di contenuto	COVER; SERIES FOREWORD; ABOUT THE AUTHORS; FOREWORD; 1 Towards the development of clinical aerospace psychology; 2 Understanding passenger behaviour; 3 The mental health of pilots; 4 The psychodynamics of travel phobia: a contribution to clinical aerospace psychology; 5 Clinical aerospace psychology in the future: a dialogue; REFERENCES; INDEX
Sommario/riassunto	Fear of flying is a growing problem among both passengers and airline crews. Recent terrorist attacks have heightened the levels of anxiety and fear when boarding a plane. In this volume, one of Britain's leading aviation psychologists explores passenger behaviour when faced with anxiety towards flying, the mental health of pilots and the possible treatments for people suffering from fear of flying. Includes contributions from Brett Kahr.