

World's First Phobia Workshop to Combat Killer Clown Fears Launches This Halloween

Submitted by: Kin Communications2

Friday, 27 October 2017

- Killer clown craze returns for second year running
- Five Million Brits suffer from coulrophobia (fear of clowns)
- Harley Street Hypnotherapist offers guarantee to overcome fears

Killer clowns are back to terrorise the nation once again, but for the 12% across the UK who have coulrophobia, this time of year represents more than a one-off Halloween trick.

Clown phobia can usually be managed through simple avoidance, but with images of clowns covering the media, in light of killer clowns making a comeback, unnecessary angst could affect the five million Brits who suffer from clown induced anxiety. Even Harry Potter star Daniel Radcliffe, Johnny Depp, and P Diddy are among those affected.

Core Courage (<https://www.corecourage.co.uk/>), specialists in phobia and anxiety workshops, are launching the world's first phobia workshop (<http://www.phobiaguru.com/clownphobiaworkshop.html>) in London on 25th November, to address the common issues coulrophobes face, from mild anxiety, to full blown panic attacks.

Hosted by Adam Cox, a Harley Street hypnotherapist and founder of Phobia Guru, along with Britain Stelley, founder of Core Courage, the three hour workshop will offer a range of different therapeutic techniques such as, NLP, CBT, hypnotherapy and education to enable participants to break free of their clown phobia. The course is priced at £97, less than half the cost of a one hour session with Adam in his Harley Street practice.

Adam Cox (<http://www.phobiaguru.com/>) believes this resurgence of the 2016 killer clown craze presents the ideal opportunity for those with genuine phobias to conquer their fears for a horror free Halloween. "I'm expecting clowns to be one of the popular Halloween costumes of this year and many teenagers will use the killer clown masks to cause mayhem anonymously while trick or treating. For those that have a fear of clowns this Halloween could be a real-life nightmare."

This craze, combined with the latest adaption of Stephen King's movie 'IT', has the potential to create a new generation with a fear of clowns, just as the film 'Jaws' was responsible for many people developing galeophobia in the 1970's.

For those who thought Halloween tricks were a left behind in childhood, they are now once again facing uncontrollable anxieties as a result of pranksters returning to Britain's streets and images of clowns taking centre stage.

In the spirit of Halloween, Adam is encouraging phobia sufferers to turn the clown craze from a trick to a treat, and has even created a free audio download (<http://www.phobiaguru.com/clown.html>) specifically to help coulrophobes conquer their fears this Halloween.

Adam explained the reason for the free download. "As a Harley Street hypnotherapist, not everyone can afford to work with me to deal with their phobias and I wanted to help as many as possible. Most people with coulrophobia will just hope that the increase in images of clowns will go away and that they won't be faced with a killer clown this Halloween. To help those people deal with their phobia I created the download to offer an instant way to cope with the next few weeks when clowns will undoubtedly be in the mainstream media".

Find out more about the workshop here (<http://www.phobiaguru.com/clownphobiaworkshop.html>) . To get the free download you'll need to visit Phobia Guru (<http://www.phobiaguru.com>)

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Adam Cox is available for broadcast interviews, is available for radio ISDN interviews and can provide comment upon request. Contact danielle@kincomms.com or lewis.gunn@kincomms.com or call 02077179696.

Notes to Editor:

Adam Cox is a fully insured clinical hypnotherapist that qualified with the LCCH, is a member of the BSCH (British Society of Clinical Hypnotherapists) and listed on the GHR (General Hypnotherapist Register) and Hypnotherapy Directory. Adam has worked with celebrities and CEO's and is often featured in the UK media.

Visit Phobia Guru (<http://www.phobiaguru.com/>) for more information.

Creature Courage info:

Creature Courage is a partnership between animal educator Britain Stelley and Harley Street hypnotherapist Adam Cox who run regular workshops that use a combination of cognitive therapy, NLP and hypnotherapy with an immersive therapy option to achieve an incredibly high success rate. Britain and Adam are available for interviews upon request.