**Millions In The UK Suffer Needlessly From The Fear Of Spiders**

Fortunately a unique and powerful solution is here in the form of the Spider Courage Experience

A refreshing and effective approach to help sufferers o f arachnophobia (fear of spiders) that affects millions in the UK is available from the 17th of September, St Giles London WC2H 8LG, 12:45 to 17:00 just a two minute walk from Tottenham Court Road tube station.

London's new and unique animal phobia therapy specialists, 'Creature Courage' are proud to announce the introduction of their first small group therapy session: “The Spider Courage Experience” just in time for the autumn, when we see more spiders in our homes due to their mating season.

The Spider Courage Experience offers a holistic and multi faceted approach to spider phobia therapy. Different people will resonate with different types of treatments so Creature Courage uniquely combines cognitive therapy, NLP techniques, hypnotherapy, education and an option of immersive therapy into one cost effective session to ensure a high success rate. This is a joint collaboration between Ms Britain Stelly, founder, animal handler and tarantula breeder and Michael A. Cox, a Harley Street psychologist and hypnotherapist. The goal is to cure people of their spider fear in just a few hours.

“When Britain came to me with the idea, I thought it was a great way to help people powerfully overcome their fears and take control,"  Michael Cox reports. "I understand how phobias can be very embarrassing and debilitating having overcome one of my own. Now I have helped other people overcome theirs for years. With the right support phobias can be cured very quickly, so this idea was perfect!"

The fear of spiders is one of the most common phobias in the world. Arachnophobia is said to affect around 11 million people in the UK (Anthony Devlin/PA) and 10-12% of the people in the United States (Adler, 2010).

Britain Stelly, founder of Creature Courage said:{{“Fear is a terrible thing to dictate your life, I understand that feeling and want to see others liberated.}} Working with Michael, I have every confidence that we can make a big impact on whomever might come along and the positive results we have seen thus far have been incredibly rewarding. Plus our therapy has the benefit of teaching self-calming techniques that can be easily applied to any stressful situation one may face in life.

“This therapy is also fun so really a win-win for those wishing to eradicate this debilitating phobia.”

And lives are all ready being dramatically changed. Talia McNeill from London who did the Spider Courage therapy this summer is thrilled with the results: "The course has definitely changed my everyday life. It gave me a lot more freedom. I'm even actually planning to visit countries with big spiders that I wouldn't have considered before!

If you would like to know more visit the [Spider Courage Experience|http://www.spidercourage.com] or call [0800 970 4417](http://creaturecourage.com/). Email info@creaturecourage.com

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