**11 MILLIONS IN THE UK SUFFER NEEDLESSLY FROM THE FEAR OF SPIDERS: THE SPIDER COURAGE EXPERIENCE OFFERS A POWERFUL , FUN AND AN AFFORDABLY QUICK SOLUTION!**

Spiders are the one animal that you can't avoid in life, so having a fear of them can be very debilitating. Thankfully, there is a solution! **Creature Courage, London's animal phobia therapy specialists** run the highly successful “ **Spider Courage Experience**” a workshop that gets people over their fear of spiders in just a few hours! The Spider Courage Experience has been featured on the media many times including the BBC, Good Morning Britain, ITV, Sky News etc. and is the only business fully endorsed by **The British Tarantula Society. The Spider Courage Experience** has also worked at **Chessington World Of Adventures**. **Creature Courage** is a collaboration between Ms Britain Stelly, founder, animal handler/educator and Adam Cox, a Harley Street **psychologist**, experienced in **psychotherapy**, **clinical hypnotherapy** and **neurolingustic programming (NLP)**.

**About Creature Courage and The Spider Courage Experience:**

**The Spider Courage Experience,** like all of **Creature Courage's therapies,** offers a holistic and a multi faceted approach to spider phobia therapy. Many therapy providers fall short of their objectives due to their limited approaches and the eventual cost of therapy can become prohibitive. Not all forms of therapy work on all people and there is no “one size fits all” solution. Different people will resonate with different types of treatments so that is why **Creature Courage** uniquely combines **cognitive therapy**, **NLP techniques**, **hypnotherapy, education**, **art therapy** and an option of **immersive therapy**, in one cost effective session to ensure a higher success rate. Hundreds of lives have been changed using this unique combination of techniques on the **Spider Courage Experience** workshops.

**The Spider Courage Experience** also has the benefit of teaching self calming skills that can be easily applied to any stressful situation one may face in life, beyond the **arachnophobia**. The power of the small group atmosphere is also highly effective in motivating people to change and to feel more supported. Not only this, but all the techniques are done in a creatively engaging way so losing your fear has never been more entertaining!

**Creature Courage** understands how frustrating and embarrassing animal **phobias** can be as phobias can’t simply be rationalized away. 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). **Creature Courage** is dedicated to helping people to achieve liberating, lasting and positive change in their lives.

**The Spider Courage Experience** runs workshops in central London and can be booked on the Creature Courage website along with other animal phobia treatments.

People can book **The Spider Courage Experience at:** www.spidercourage.com

People can find out more at: <http://www.creaturecourage.com>