

ENROLMENT FORM

FEAR OF FLYING COURSE

STAGE 1 Psychology Session 1.5 Hour (Individual Course) or 2 Hours (Group Course)

A face-to-face consultation with our Psychologist is designed to identify the actual cause of your fear and commence your treatment process.

STAGE 2 Aviation Education 2 Hours (Individual Course) or 2.5 hours (Group Course)

This is an interactive learning session with an Airline Pilot. You will be introduced to the fundamentals of aviation, flight and the general safeguards in place in modern airline travel.

STAGE 3 Facing Your Fears 2 x 1 Hours (Individual and Group Course)

Further session/s with our Psychologist to prepare you to face your fears. You will learn Cognitive Behavioural Therapy (CBT) strategies which will challenge your thinking style and behaviour around flying.

STAGE 4 Simulator Session 1.5 Hours (Individual and Group Course)

Once you and our Psychologist are comfortable with your progress you will be introduced to the Simulator and "Flight Deck" component of the course. You can co-pilot your flight or travel as a passenger! You will always be flying with the aid of a qualified Flight Experience Instructor and the Psychologist. The simulator session will involve one of our Modules designed to target particular situations related to a Fear of Flying.

Module options include:

- The Aircraft and Cockpit Environment
- Flying Fundamentals, Take-offs and Landings
- Adverse Weather Conditions, Considerations and Precautions
- Typical Airline Sector Flight

Completing more than one simulator module and/or additional psychology sessions may be required for some individuals. Additional Simulator Sessions cost \$455 per hour for Individual Sessions or \$250 per hour for Group Sessions, and include the Psychologist and the Simulator Instructor. Additional Psychology Sessions cost \$180 per hour.

INDIVIDUAL \$1675 | GROUP 2-8 persons \$950 (per person) | EXPOSURE \$550

Name _____ D.O.B. _____

Address _____

Phone _____ Email _____

Preferred days for course _____

Credit Card (Visa or Mastercard) _____ CCV _____

Name on Card _____ Expiry _____

Signature _____ Date _____

Please enrol me in the following Flight Experience Fear of Flying Course and debit the above credit card by the nominated amount:

- Individual \$1675
- Group 2-8 persons \$950 (per person)
- Exposure \$550