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**ASPEN
Answers**

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**FEAR OF
PUBLIC PLACES**

The term "agoraphobia" (derived from the Greek word "agora" for "marketplace") refers to the fear of open or public places. Agoraphobics may suffer symptoms of severe anxiety when they leave home and anticipate being anxious while at home. As a result, they generally avoid situations that trigger anxiety and are afraid to leave particular areas that are familiar to them. In the most severe cases, agoraphobics may be afraid to leave home out of fear of developing panic symptoms such as a racing heartbeat, difficulty breathing, and shakiness. While it is not known for certain why agoraphobia develops, some theorize that it may stem from having a panic attack in a crowded area, which creates a strong avoidance response.

Of course, if you are suffering from agoraphobia, you need to seek treatment right away. But you needn't be suffering from something so dramatic as a full-blown phobia to seek help. Depression and stress can strike anyone at any time. Our compassionate counselors understand your real difficulty -- whether it's caused by a dramatic phobia or by something as subtle as depression -- and we offer the compassion you want and the proven solutions that you need to get back to your usual healthy self. Call 608-742-5020 today for an appointment. Our address is 2639 New Pinery Rd., Suite 1. *Offering you and your family compassionate and professional advice.*

P.S. From a talking therapy perspective, agoraphobics may benefit from cognitive behavioral therapy, which helps them recognize distorted feelings about particular situations that may be causing anxiety and learn to counter the fears they evoke.

ASPEN
Family Counseling
www.aspenfamilycounseling.com