

Be Calmed for Medical Care

Claustrophobia is a fear of small, enclosed spaces. Some people have claustrophobia symptoms when they're in any small space; others may notice the problem only when they're in a specific small space, such as inside an MRI scanner.

Fortunately, research has shown that claustrophobia can be treated very effectively, and also quickly. In fact, using cognitive-behavioral therapy (CBT), phobias such as claustrophobia can be effectively treated in as little as 2 sessions (e.g., see Öst, 1989).

If you feel uncomfortable in small, enclosed spaces, we can offer you service for medically-relevant claustrophobia through our **Be Calmed** program, which typically involves two 60-minute sessions of individual psychotherapy (including intake appointment). Specifically, we offer specialized exposure therapy through our Be Calmed program for claustrophobia that is interfering with the following medical procedures:

- [MRI scans \(virtual reality\)](#)
- [Radiation therapy for brain tumors/head and neck cancer \(virtual reality\)](#)
- [Deep brain stimulation \(DBS\) surgery \(immersive\)](#)
 - See [3D Head Frame | University of Nebraska Medical Center \(unmc.edu\)](#)
- [Continuous Positive Airway Pressure \(CPAP\) masks \(immersive\)](#)
- Other situations involving small, enclosed spaces

Patients will receive a personalized treatment plan. Services will be offered both in-person, or (for patients who are located in Nebraska at the time of services) via telehealth. (Note: if you are interested in *immersive/virtual reality* exposure therapy for medically-relevant claustrophobia, it is recommended that you come for in-person treatment).

Part or all of the **Be Calmed** program is covered by health insurance, depending on your health insurance plan – you can also receive financial counseling prior to starting our Be Calmed program (see [Financial Assistance and Counseling](#)). Our patients are welcome to come from out of state, but would have to be seen in-person to engage in exposure therapy. Hotel accommodations on Nebraska Medicine campus itself (see **Nebraska House guest lodging** @ [Staying Near Nebraska Medical Center | Nebraska Medicine](#)) or near Nebraska Medicine campus (see **Hotels** @ [Staying Near Nebraska Medical Center | Nebraska Medicine](#)) are available for multi-day stays if you travel from out-of-town.

Patients seeking treatment for medically-relevant claustrophobia can also consult with one of our psychiatrists for medication management if desired.

Please contact us if you are interested to learn more and get scheduled with one of our providers (either in-person or via telehealth):

Psychology Department, Nebraska Medicine: 402-559-5031

References:

Öst, L. (1989). One-session treatment for specific phobias. *Behaviour Research and Therapy*, 27, 1-7.