

Flying Without Fear Center Opens at Sheremetyevo Airport

By [The Moscow Times](#)

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The Flying Without Fear Center at Sheremetyevo Airport

Russia's first Flying Without Fear Center opened this week at Sheremetyevo Airport and will offer passengers advanced psychological treatment to help them cope with fear of flying, a news report said Friday.

Located on the first floor of the newly built Terminal E the center jointly launched by Transaero and the Flying Without Fear research and treatment center will hold pre-boarding psychological aid sessions for travelers that will last 30 to 60 minutes.

Clients will be able to choose from three different levels of treatment depending on the severity of their phobia.

Consultations with professional aviation psychologists and Boeing-737 flight simulator sessions are among the treatments used.

Alexei Gervash, the founder and director of the Flying Without Fear Centre, said 96 to 98 percent of all aerophobia cases can be treated, which means more people can enjoy freedom of movement.

Head of Transaero Olga Pleshakova said the partnership will result in better safety and comfort of all passengers: about 70 percent of its flights are on long-haul routes, which means more passengers may experience panic or phobia before or during flight.

Psychologist's consultation costs 3,000 to 6,000 rubles (\$95 to \$190) per hour on average, although the center will also offer services available free of charge.

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