



UNDERSTANDING AUTISM PODCAST

SHOW NOTES

SEASON 1 EPISODE 14

EMETOPHOBIA



Emetophobia

Artwork by Nicole Kubilus.

emetophobia.co.uk

(website)

Emetophobia Workbook

(Child, Young Adult, Adult versions)

Asperger's Syndrome and Anxiety

(book) by Nick Dubin.

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While many of us struggle with phobias that impact our lives, emetophobia, or fear of vomiting, can be extremely debilitating. In this episode, Nicole shares her personal experience with this phobia and the strategies she used to overcome it.

EMETOPHOBIA

- How Does Autism Relate To Emetophobia? 0:00-4:55
- How Did Your Emetophobia Start? 4:55-26:02
- The Link Between Emetophobia and Resistance To Use Public Bathrooms 20:55-24:04
- What Was Your Motivation To Overcome Your Emetophobia? 26:08-34:19
- How Did Your Emetophobia Impact You As A Teacher? 34:20-44:29
- What Were Types of Therapies That You Used? 44:30-59:30
- Which Therapies Were The Most Effective? 59:30-1:09:27
- Root Causes of Phobias (And The Links To Autism) 1:09:27-1:13:22
- Takeaways From This Experience 1:13:22-1:21:00