

5. By forgiving and understanding her grandmother's role as a mother and realize the actual feeling of her grandmother, she will easily break the maladaptive association.

The results of this counselling session have a positive impact to MC emotionally be able to cope her problem with her grandmother, manages her oversensitivity toward button, and her fight to her cognitive distortion. Eventhough, the counselling session couldn't get her overcome her fear/anxiety, the session helped MC to easily gained some progress to overcome it through systematic desensitization. It's because of each success on a single hierarchy gave a cummulative effect that encourage MC to deal with the fear/anxiety toward the next hierarchies. Thus, everytime MC practicing systematic desensitization prior to the next hierarchy card, MC reported a lowered anxiety scale through relaxation introduction, reinforcing positive sentences, and modeling.

Button phobia could be treated by an eclectic approach of psychotherapy (Cognitive Behavior Therapy, Classical and Operant Conditioning Therapy, such as: Systematic Desensitization, Relaxation and Modeling, and Skill Training, also counselling with psychoanalysis and client-centered approach). The result meets the client's wish (optimized), though MC had a strong association between controlled stimulus (button) and her grandmother as a figure of affection. It's because the traumatic experience MC had with her grandmother was not as complex and not related with the like of abusive experience (a really bad emotional relationship and causing too many psychological damages).

In the future, to treat case of phobic disorder with CBT, therapist need to consider client's phobia backgorund and use counselling as a therapeutic supplement which complement the whole intervention to get the optimal result.

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