

FEAR OF FLYING CLINIC - TIMETABLE SESSION 1

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- 6.15pm - 6.30 pm Arrivals, nametags, informal introductions.
- 6.30 pm Introduction of staff - Jocelynn Gordon  
Co-ordinators: Jan Martin, Pauline Laffan, Jocelynn Gordon,  
Barbara Annison  
Bob Harvey-Hall (Australian Airlines)  
Geoff Bowen (Psychologist)  
A.W.P.A. volunteer helpers.
- 6.40 General Introduction to the Fear of Flying Clinics -  
Barbara Annison.
- 6.45 What you can expect from us: Pauline Laffan  
Qualified lecturers, all lectures to start on time,  
attention to individual needs and questions, audio tape,  
three sets of written materials in sessions 1, 2 & 9,  
and also from several of the speakers, transport during  
the sessions.
- 6.50 What we expect from you: Jan Martin  
Attendance at every session, participation at every session,  
read the handouts, practice the relaxation techniques DAILY,  
please wear your nametag each session, and most of all, have  
A POSITIVE ATTITUDE right from session 1.
- 6.55 Special Guest: Graduate of an earlier Fear of Flying Clinic,  
Introduced by Jocelynn Gordon.
- 7.10 Basic questions & answers.
- 7.15 Making a start in re-structuring your attitudes to flying:  
Geoff Bowen.
- 8.15 Supper break
- 8.35 RELAXATION EXERCISES: Introduction - Geoff Bowen
- 9.25 Reading materials & tape - brief explanation: Geoff Bowen
- 9.30 Finish.

Phobias

Ross Mitchell

FEAR OF FLYING CLINIC - Timetable Session 2

- 6.15 - 6.30 Arrivals, nametags.
- 6.30 Introduction for this session - Jocelynn Gordon
- 6.35 Commercial Aviation - brief history - Jan Martin
- 6.45 Videotape - "What makes an aeroplane fly" parts 1 & 2.
- 7.25 How an aeroplane is controlled
- 7.35 Tony Moore - T.A.A. Chief Technical Support Engineer.  
Strength & Structure of aircraft, control systems, redundancy, hydraulics, jet engines, electrical systems, design & safety testing, noises aeroplanes make.
- 8.15 Supper break
- 8.35 Ray Baker - T.A.A. Senior Training Captain  
How airline pilots are selected, training required prior to employment, medical requirements, competition for places, training & continuing testing throughout career, aircrew flight scheduling rules, aircrew team management, retirement.
- 9.20 Doug McKenzie - T.A.A. Senior Flight Engineer  
History of Flight Engineers, their usual background experience, their duties before, during & after a flight, the changing status of the position.
- 9.45 Finish

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REMINDER: For Session 3 - We start HERE at Essendon, and will travel to Tullamarine by bus for inspection of the T.A.A. Maintenance Base, and return here by 9.45pm.

FOR YOUR INFORMATION: The music on the relaxation tape is taken from "Renaissance of the Celtic Harp", Alan Stivell, Phillips 9120 138 (Record), 7102 533 (Tape).

(Equipment: Handout material, resumes, timetable, 3/4" Videotape, videorecorder, model aeroplane, slide projector, spare carousel carrier, overhead projector, TAA aeroplane models.)

Fear of Flying Clinic - Timetable Session 3

- 6.15 - 6.30 Arrivals, nametags
- 6.30 Introduction for this session - Jan Martin
- 6.35 Aircraft maintenance - training of L.A.M.E.'s, standards and accountability of maintenance crews, regular patterns of maintenance performed by airlines.  
- Bob Harvey-Hall (T.A.A. Line Maintenance Manager)
- 7.15 Transfer to coach and travel to T.A.A. maintenance base at Tullamarine airport.
- 7.40 Tour Maintenance Base.  
Maintenance scheduling, maintenance regulations - Trevor Arnott.
- 9.15 Supper
- 9.30 Return by coach to Essendon Crew Training Centre.
- 9.45 Finish.

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REMINDER: We will be going out onto the tarmac for aircraft inspection in Session 4 next week. Please bring a jacket; it is often cold.

Fear of Flying Clinic - Timetable Session 4

- 6.15 - 6.30 Arrival, collect nametags.
- 6.30 Introduction for this session - Pauline Laffan
- 6.35 The role of the Department of Aviation, I.C.A.O., the heirachy of the department, its worldwide counterparts, supervision of safety in engineering & flight standards, licencing of pilots, flying schools, charter & passenger carrying airlines, the Department's role in maintenance of standards for A.L.A.'s and airports, and radio-navigation aids, the worldwide nature of aviation safety reporting & communication.  
- Bruce Byron (Examiner of Airmen, D.O.A.)
- 7.35 Transfer to coach, travel to Tullamarine. Divide into 3 groups for aircraft inspection.
- 7.55 Inspection of aircraft (either Airbus or 727, according to availability). 3 groups: Captain in cockpit, Flight Attendant in cabin, Flight Engineer outside, underneath.  
15 minutes per area.
- 8.10 Change areas.
- 8.25 Change areas.
- 8.40 All groups re-unite in cabin for Relaxation Practice  
- Geoff Bowen.
- 9.05 Supper on plane.
- 9.20 Transfer to coach & return to Essendon.
- 9.45 Finish
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Fear of Flying Clinic - Timetable Session 5

- 6.15 - 6.30 Arrivals, nametags.
- 6.30 Introduction for this session - Barbara Annison
- 6.40 Selection and training of Flight Attendants - Jonelle Clarke
- 7.35 Special Guest - Graduate of a past clinic - Eve Hawthorne
- 7.45 Supper
- 8.05 Safety Training Procedures for airline crews - Jonelle Clarke
- 8.35 Video film - Water (ditching) training.
- 8.50 Tour of Crew Safety Training mock-up facility.
- 9.10 Relaxation exercises in the mock-up.
- 9.30 Finish.

FEAR OF FLYING CLINIC - Timetable Session 6

- 6.15 - 6.30 Arrivals, nametags.
- 6.30 Introduction for this session - Jan Martin
- 6.35 Radio Navigation Aids for Aviation - Bronwen Searle
- 7.05 Flight Simulators - Doug McKenzie
- 8.05 Supper
- 8.20 Depart Essendon of Tullamarine airport terminal building.
- 8.35 Tour B727 or Airbus (according to availability) - TAA Flight Attendant
- 9.05 Review of progress & introduction to Side 2 of tape - Geoff Bowen
- 9.20 Depart Tullamarine for Essendon.
- 9.35 Finish.

Fear of Flying Clinic - Timetable Session 7

- 6.15 - 6.30 Arrivals, nametags
- 6.30 Introduction for this session - Barbara Annison
- 6.35 Air Traffic Control & Flight Service - Rob Van den Dugen
- 7.20 Depart Essendon for Tullamarine
- 7.45 Divide into 3 groups, 25 - 30 minutes each location.
1. Area Approach Control Centre
  2. Flight Service
  3. Control Tower
- 8.15 Change Groups
- 8.45 Change Groups
- 9.15 Supper
- 9.30 Depart Tullamarine for Essendon
- 9.45 Finish.

Fear of Flying Clinic - Timetable Session 8

- 6.15 - 6.30 Arrivals, nametags.
- 6:30 Introduction for this session - Jan Martin
- 6.35 Navigation & Flight Planning, controlled airspace, cruising levels, aircraft charts & documentation, a typical flight from Melbourne to Sydney. What's in those bags pilots carry?  
- Debbie Lawrie & Bronwen Searle.
- 7.35 Supper
- 7.50 Aviation meteorology - the training of met. personnel, collection of data, presentation of data to pilots, forecasting, particular weather factors in aviation - clouds, turbulence, thunderstorms, lightning, fog, freezing levels - Gary Bradley.
- 9.05 Video film - Flight from Sydney to Melbourne.
- 9.15 Organisation for session 9 and the Graduation Flight - Barb Annison
- 9.30 Finish.
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Don't forget that this is our last night here at Essendon - meet at the Terminal building at Tullamarine - Australian Airlines Baggage Collection area for Session 9 next week.



Fear of Flying Clinic Timetable - Session 9

- 6.15 -6.30 Arrival - meet at the Australian Airlines Baggage Collection area on the Ground Floor.
- 6.30 Tour of the passenger facilities in the terminal - Neville Burns
- 6.55 Assemble in the group holding lounge.
- 7.00 Introduction for this session - Jocelyne Gordon
- 7.05 Making travel arrangements, what a travel agent can do for you, how to get the travel arrangements you want - Val Tooth
- 7.35 Special Guest - Graduate of a past clinic - Chris Butler
- 7.45 Common effects of travel by air - Jocelyne Gordon
- 8.05 What to expect on a flight to Sydney - Lionel Griffiths
- 8.15 Supper
- 8.30 Transfer to Airbus or 727 if available.
- 8.35 Graduation flight arrangements - Jan Martin
- 8.45 Behavioral Review, Group Discussion & Feedback - Geoff Bowen
- 9.45 Finish
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FEAR OF FLYING CLINIC - GRADUATION FLIGHT TIMETABLE

7.55am Arrive at Melbourne Airport.

8.00 Meet at T.A.A. Baggage Collection area, ground floor of Terminal.  
Proceed to V.I.P. room, 1st Floor. Coffee/tea provided.

8.20 Family & friends depart.

8.30 Group relaxation exercises - Geoff Bowen

9.20 Proceed to Ticket Purchase to collect airline ticket - prepaid,  
TAA Flight 414, Sydney return.

9.35 Proceed to Departure Lounge, accompanied by AWPAs helpers.  
Seat Allocation.

10.00 Depart Melbourne for Sydney - E.T.A. 11.15am.

Lunch and "Graduation Ceremony" in Sydney with members of the  
N.S.W. Branch of A.W.P.A. Fear of Flying Clinics.

3.15pm Return to Mascot airport.  
Check-in and seat allocation.

4.00 Depart Sydney for Melbourne - TAA Flight 465.

5.15 E.T.A. for arrival in Melbourne.

5.30 Proceed to V.I.P. room - final group discussion on the  
flight, general discussion about where we go from here.

6.15 Welcome by family & friends. (Ask them to wait in the TAA  
Baggage Collection where we started.)

YOU MADE IT!!! Here's to many happy, non-stressful flying hours in the future.  
Congratulations from all of us - now go home and open the champagne!