

For instance, part of Marisa's treatment might be riding on an elevator, though she might start slowly by just watching other people get on an elevator or just stepping inside with the doors open.

Depending on the kid and how severe her phobia is, treatment can take weeks, months, or longer. In the meantime, the important thing to remember is that phobias can be treated, and kids can learn to deal with them and feel more in control of their lives.

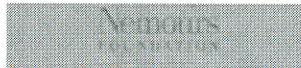
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