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Claustrophobia is an unpleasant and debilitating anxiety triggered by small and confined places, affecting 10% of the population.

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Ms andrea perry, integrative psychotherapist |

Andrea Perry is an independent integrative psychotherapist and former chairperson of the British Association of Dramatherapists. She trained as a dramatherapist at

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Since childhood I can remember claustrophobia being present within me. Andrea Perry states in her article of discovering her claustrophobia:

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