

Research Article

Author's Method for Eliminating Fears, Phobias and Mental Pain Based on Artificial Intelligence and Psychotechnology

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Received: August 15, 2025; Accepted: August 22, 2025; Published: August 29, 2025

Anxiety and fear as part of everyday life

- According to World Health Organization (WHO), every third person in the world suffers from anxiety disorders at some point in their life.
- The American Psychological Association (APA) claims that up to 80% of the average person's thoughts are negative everyday, and a significant portion of them are associated with fears, anxiety and doubts.

This means that during each day we spend from 1 to 3 hours on average on internal dialogues associated with mental pain and fears (including stress, anxiety, self-limitations). Mental pain and suppressed fears are the "background" hours of life.

Stanford University study (2008):

- People in a state of suppressed anxiety and fear spend on average up to 15% of their waking time on internal experiences, often unconscious.

Over 70 years of life (about 613,000 waking hours):

- ~92,000 hours (or about 10.5 years) can be spent on worries, fears, and anxiety. How much are 10 years of your life worth?

Review of Existing Methods in the World

Fears and phobias are among the most common psychoemotional disorders that significantly worsen the quality of life. According to WHO, more than 284 million people worldwide suffer from anxiety disorders, a significant portion of which are associated with phobias. Modern psychotherapeutic practice includes several key approaches to the treatment of fears and phobias, each of which has certain limitations.

Cognitive Behavioral Therapy (CBT)

CBT is considered the "gold standard" in the treatment of phobias. This approach is based on gradual exposure and retraining of the patient's reactions to the trigger. Despite its scientific validity, the method requires a long time (from several months to a year) and does not always lead to a sustainable result. Relapses and emotional exhaustion of the patient in the process are also possible.

Drug Treatment

Anxiolytics and antidepressants are used to relieve the symptoms of anxiety and panic attacks. However, they only suppress the manifestations without eliminating its cause. Long-term use of medications causes addiction, side effects and requires constant medical supervision. After discontinuing the drugs, fear often returns.

Hypno Therapy and Regressive Practices

Hypnosis can be used to work with phobias, but not all patients are susceptible to hypnotic influence. There is also a risk of increasing trauma, especially with an unprofessional approach. The scientific community has mixed opinions on the effectiveness and safety of hypnosis.

Energy and Body-oriented Practices

These methods (EFT, somatics, body therapy, etc.) are increasingly used in alternative psychotherapy. However, most of them have not undergone large-scale scientific validation and do not have standardized protocols, which limits their use in official medical practice.

Need for Innovative Approaches

Existing methods lack a solution that would simultaneously be:

- fast (eliminate fear within 1 session)
- non-invasive (without hypnosis, medications and re-experiencing trauma),
- universal (effective for any age and cultural background),
- easily scalable (for example, using AI and digital technologies).

This confirms the need to implement the patented method "METHOD FOR PSYCHOTHERAPEUTIC TREATMENT OF PHOBIA, DEVICE AND MACHINE READABLE MEDIUM FOR IMPLEMENTING THE METHOD", based on safe dialogue interaction, without hypnosis and medications, with proven 100% effectiveness in more than 3989 successful cases of eliminating fear in one session.

About Me

I am Marina Orlova, a psychologist, NLP trainer, business

profiling, lie detection and director of artificial intelligence projects, an expert in eliminating fears, phobias, mental pain in 1 session. I have patent 2822327 from 11/14/2023 from the Federal Service for Intellectual Property of the Russian Federation (Rospatent) and over the past 6 years I have conducted more than 3989 sessions in different countries of the world (the technology is patented, has a scientific basis, no side effects, no hypnosis, the result is permanent). My mission: to create a world without fears and free 10 years of background life for everyone who wants it, so that people can spend them on what is really important to them and become truly happy.

Definition of Fear

My definition:

“Fear is a negative and uncontrollable emotion or feeling that arises from a sense of imaginary or real danger, accompanying a physical reaction in the body, which in turn may pose a threat to human life.”

What is the threat? In the action or in action of a person in response to fear.

Fear Test

To determine if you have fear, you can do a simple and quick test:

1. Sit in a comfortable position and calmly think about a specific object or situation that you suspect is causing you fear (e.g. darkness, heights, public speaking).
2. Stay on this thought for exactly 1 minute, allowing your mind to fully focus on this image.
3. While thinking, pay attention to the physical sensations in your body:
 - Pain or tightness in your chest
 - Discomfort or tension in your stomach
 - Feeling a lump in your throat
 - Legs buckling, weakness
 - Heart palpitations, rapid breathing
 - Other unpleasant physical reactions
4. If you experience one or more of these reactions when thinking about the object of your fear, then you 100% have a fear associated with this situation.
5. If there is no physical reaction, but only unpleasant thoughts or negative attitudes, most likely it is not fear, but a negative belief that can be eliminated in 10 minutes using special techniques.
6. Methodology for eliminating fear.

If the test shows the presence of fear, the individual session involves eliminating fear in 1 hour (elimination of 1 fear - 1 session).

Result: after the session, when thinking about the object of fear, the person experiences a neutral physical state - there is no fear.

What Happens During the Session

We communicate painlessly, without immersion in trauma,

without hypnosis and medications. At the end of the session, the client takes the test again – thinks about the object of fear, recording a neutral state. This state is also confirmed using devices for digitizing physical reactions (pulse, breathing, etc.) and emotions (using AI).

There is a patent:

METHOD FOR PSYCHOTHERAPEUTIC TREATMENT OF PHOBIA, DEVICE AND MACHINE READABLE MEDIUM FOR IMPLEMENTING THE METHOD

Over 3989 sessions with video feedback have been conducted over 6 years, 100% successful elimination of fears, phobias and mental pain.

Technical solution:

1. Collecting patient data using AI and biometric sensors.
2. Analysis of emotional patterns, reflexes and identifying the roots of fear.
3. Creating an adaptive therapeutic session according to the patent using holographic and VR technologies, AI.
4. Conducting an individual session lasting 1 session (elimination of 1 fear - 1 session).
5. Monitoring and recording physiological and emotional changes in real time.
6. Providing feedback and generating a report for the patient on the digitalization of his condition and the absence of a reaction to the object of fear.

The list of sections of sciences and areas of psychology on which the author's method is based is given below in Appendix 1*.

Practical Results

- More than 3989 sessions conducted worldwide.
- 100% successful elimination of fears, phobias and mental pain confirmed by video reviews.
- Elimination of 1 fear in 1 session.
- Record: elimination of 78 fears in 6 hours.
- Without the use of hypnosis, medications and prolonged immersion in trauma.

Cases

Case 1

Russia. Woman, 37 years old, married, has a child.

Fear: of darkness, has slept at night all her life only with the light on. When turning off the light at night, reaction: panic attack, horror, starts to choke, lump in the throat, severe chest pain, poor health, feeling as if dying.

Request: eliminate the fear of darkness, the main thing is to sleep at night with the light off.

Session: 1 hour of painless (without immersion in trauma) conversation using my patented technology (without hypnosis and without medications).

Result: after the session, she thought for 1 minute that she was starting to fall asleep and was sleeping with the lights off, she had a neutral state recorded by herself and the devices, which meant that there was no more fear. Then she went home and was able to physically sleep peacefully with the lights off, this problem did not bother her anymore. Then she sent me a review that everything was great for her and now she was truly happy.

Review: "Now I sleep peacefully for the first time in 30 years."

Case 2

Emirates. Male, 48 years old.

Phobia: agoraphobia, has lived in a villa all his life and cannot leave the house, just thinking about the door and the street would cause him to have a sharp, severe pain in his chest and stomach, his legs would give way, he would start to choke and thought that he would die if he went out the door into the street. Previously, he had attended a huge number of sessions with psychologists from the Emirates and the USA, but he never got any results and did not trust anyone in the field of psychology anymore.

Request: to go out side and at the same time experience a neutral state.

Result: after the session, he went outside calmly and instead of a neutral state, he had a feeling of great happiness and joy, he was very grateful that he could now walk wherever and whenever he wanted.

Feedback: "I now live for real 100%, I am very happy, it's a pity about the lost 48 years, but now real life has begun. And I freely go out in to the street without the fear of dying."

Case 3

Germany, woman, 39 years old.

Fear: men (her ex-husband beat and humiliated her, after the divorce she still had a strong fear of even communicating with men, looking at them (when trying to look them in the eye or say "hello", she felt a huge pain in her chest and hatred for all men in the world and she wanted to get married again, but she could not even communicate with men, look the man in the eye and trust someone again), duration of fear before the session was 1 year.

Result: after the session she was immediately able to communicate easily, the fear was eliminated.

Feedback: "Immediately after the session I was able to easily look men in the eye and communicate, after 2 months I got married and have been very happy for 2 years now."

Case 4

India, girl, 7 years old.

Fear: ghosts. She fell on the floor day and night and choked just at the thought of a ghost. Every day, 3-5 times a day. Duration of fear: 6 years.

Request: not to be afraid of ghosts.

Result: after the session, the girl said that not only was there no fear, but also that ghosts did not exist.

Feedback from the girl: "Thank you very much, I now feel free, like other children."

Parents' feedback: "Immediately after the session and after 9 months of observation, we express our gratitude to you, she sleeps peacefully, nothing bothers her day or night, the signs of choking have stopped."

Case 5

Nepal, Man, 42 years old.

Fear: moving to another country. At the thought of moving to another country for work, he has a pain in his stomach and a lump in his throat.

Request: to have a neutral state and move calmly.

Result: after the session, when thinking about moving, a neutral state.

Feedback: "Immediately after the session, I felt free, physically moved a week later on my ticket and am now happy in another country."

Case 6

USA, woman, 34 years old.

Fear: to swim. Duration of fear is 8.5 years. When thinking about this, the woman experienced a strong heartbeat, chest pain, her hands became cold, dizziness.

Request: on the beach and in the pool, go into the water and swim.

Result: after the session, she experienced a happy joyful state when thinking about the same thing.

Feedback: "Immediately after the session, I went to the beach and was able to swim easily, and the next day in the pool, I felt great joy and freedom."

Case 7

Australia, Male, 46 years old.

Mental pain: after breaking up with his girlfriend (she married someone else and doesn't communicate with him), he experiences strong obsessive thoughts and a huge pain in his chest, he can't mentally let her go. He can't communicate with other girls, also fear of rejection, of being abandoned.

Request: neutral state, no pain. Duration of mental pain is 8 years.

Result: after the session, when he thinks about his ex-girlfriend, he has a neutral state, the pain in his chest has stopped, there is no craving for her.

Feedback: "I became free from my pain, now my state has changed to neutral and immediately after the session I was able to easily meet a girl, thank you for eliminating this pain that prevented me from living for 8 years."

What's Next?

My mission is for every person in the world to be able to become truly happy.

Today, after more than 3,989 individual sessions worldwide, I am reaching a new level through innovative technological solutions and large-scale partnership initiatives:

♦ The How to Become Happy Project

This is a gamified online platform of the new generation, where the user goes through a path of transformation with the help of an AI avatar to increase the level of happiness.

It combines:

- eliminating fears and mental pain, as well as other psychological problems,
- pumping up personal and professional skills,
- identifying what real happiness is for him and coming to it,
- passing levels in the game, there is a digitization of emotions, including happiness,
- maintaining a tracker of emotions and achievements,
- individual and group sessions with certified coaches,
- cultural and religious adaptation to the user.

The project has already received support as a tool for sustainable mental health and digital education of the future.

♦ Holographic Healing Technology

Based on the international patent:

METHOD FOR PSYCHOTHERAPEUTIC TREATMENT OF PHOBIA, DEVICE AND MACHINE READABLE MEDIUM FOR IMPLEMENTING THE METHOD,

A holographic solution is being created that allows for the elimination of fears remotely or offline, especially in children and people with limited access to care.

♦ Integration in to International Initiatives

Negotiations are underway with partners in Saudi Arabia to include the project in educational and health initiatives within the framework of Vision 2030: the formation of a happy, sustainable, mentally healthy society.

♦ Scaling and Training

An international certification program for specialists in the method is being launched -with training, a franchise and the right to use the patent in their practice. This will enable thousands of coaches, psychologists and mentors around the world to help their clients quickly and effectively.

Conclusion

We live in a world where fear rules millions of lives —it prevents us from breathing, loving, creating, being ourselves. But fear is not a death sentence. Today, thanks to a scientific approach, patented technology and more than 3989 successful sessions, it has been proven: eliminating one fear is possible in 1 session without retraumatization, hypnosis and medications. My path is not just a personal mission, it is a global project that is already transforming lives around the world: from the USA and Germany to the Emirates, India and Australia.

The project “How to Become Happy” is the next milestone. This is a space where everyone can get rid of internal limitations, go the way to personal freedom and learn to be truly happy. I invite investors, experts, doctors, coaches and partners to cooperate, to scale a solution that can change the world together.

Because happiness is not a luxury.

Happiness is a right! And it can be returned in 1 session (Figures 1-5).

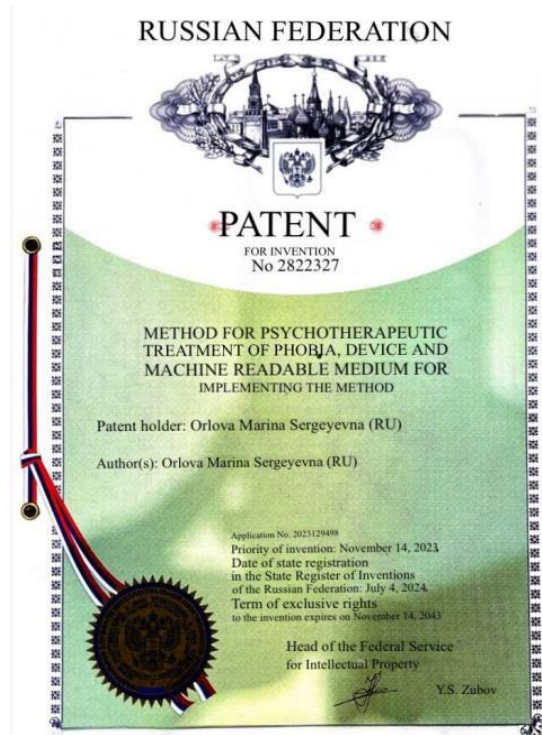


Figure 1: Patent.



Figure 2: Platform: “How to Become Happy.”

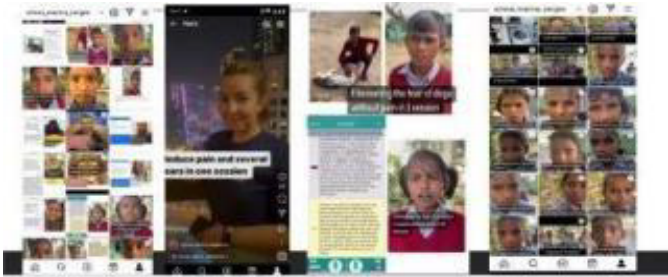


Figure 3: Reviews 3989 in different countries of the world.



Figure 4: Certificate for the AI program “Emotion Recognition”.

Emotional AI Analysis

Measurable Happiness



**AI analysis:
emotion racognition
and visualization**

Happiness is 100%
Anger: 0%
Disgust: 0%
Fear: 0%
Sadness: 0%
Surprise: 0%
Neutral: 0%

Figure 5: AI program: “Emotion recognition”.

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Citation:
Orlova M (2025) Author’s Method for Eliminating Fears, Phobias and Mental Pain Based on Artificial Intelligence and Psychotechnology. *Psychol J Res Open* Volume 7(4): 1-5.