

# Harry potter discussion

Psychology



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As if being on top of the largest building looking downward makes others feel uncomfortable as indicated by sweating profusely and having cold feet, scenes from the film Harry Potter and the Prisoner of Azkaban will give the audience a serious test due to the presence of all the required factors and criteria of managing their fear. When the whole class was introduced to Hippogriff named Buckbeak, a huge odd-looking fearsome bird that brought everyone in the class stand back, Harry was left in front with no choice, as if he volunteered. Awed Harry elicited fear the moment he saw the bird but successfully demonstrated an eventual conquering of it. By deep breathing, staying calm, and slowly approaching Buckbeak he showed his way of a relaxation technique till he managed to actually touch the bird and be able to fly and finally elicit his fear of it.

What Harry showed is a concrete example of systemic desensitization that is a behavioral modification in psychology that believes in the principle of gradual exposure to the object of someone's fear can actually be a therapy needed to eradicate the said fear. Moreover, Harry approached the object of his fear and controlled his anxiety level by relaxing himself that he was able to drop the fear and gained friendship with what previously frightened him (Ankrom, 2009; Johnson; Psychology 111).

Furthermore, another amusing portrayal of the desensitization is the "Boggart and the Wardrobe" scene. Professor Lupin said, "Picture what you fear the most and turn it into something funny." Standing in front of the fear and yet imagining something different, they were taught a technique in wizardry to morph what they see into something funny that contradicts fear that equals the visualization technique in facing fear in reality. By the use of this technique the mind is placed in a picture different from what is actually

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feared. Visualizing it as harmless is an integral part in the process of desensitization as a form to reach mental and physical relaxation eventually leading to the total eradication of the fear (Ankrom, 2009; Johnson; Psychology 111).

Works Cited:

Ankrom, Sheryl. " Systematic Desensitization: Using Systematic Desensitization to Conquer Your Fears." 08 June 2009. About. com. 02 Dec. 2011  
Johnson, R. F. " Azkaban" could have healing powers for kids' fears. USA Today, June 21, 2004: 7D.  
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