



ALBANY
INTERNATIONAL AIRPORT

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ALBANY INTERNATIONAL AIRPORT TO OFFER FEAR OF FLYING CLASS

Albany, NY (August 21, 2023) - - - The Albany International Airport will host a "Fear of Flying" program designed to assist travelers overcome their fear of flying. The program will be presented by Dr. Griffan Randall, D.O., and Rick Weiss, a former U.S. Army helicopter pilot and retired Southwest Airlines 737 pilot.

According to the Cleveland Clinic Aerophobia is an extreme fear of flying. People with aerophobia might feel intense anxiety before or during a flight. This condition can interfere with your ability to travel for work or pleasure. With psychotherapy, most people can conquer their fear of flying.

Dr. Griffan Randall is in private practice in Albany, NY and has extensive experience dealing with anxiety and panic disorders and has over 10 years of clinical experience helping individuals overcome their fears and phobias. Dr. Randall specializes in psychiatry for adolescents through geriatrics. She is Board Certified by the American Board of Psychiatry and Neurology and offers not only medication management therapy, but also various individuals therapies and group therapies.

"Anxiety disorders are not uncommon," said Dr. Randall "and the fear of flying is one that can have significant negative impacts on one's quality of life. With proper interventions this anxiety is treatable and the goal of this course is to begin such treatment".

"During my 42-years of flying in the military and commercially I've seen many with difficulty overcoming their fear of flying," said Rick Wiess. "It would be my honor to help those individuals with understanding the technical aspects associated with that fear."

The fee for the program is \$125. Individuals may register for the Fear of Flying program by contacting the Airport's Office of Public Affairs at 518 242-2230. The program will be limited to 30 participants.