

Information Handout

Professional Version | US English

Understanding My Panic



Description

Understanding My Panic illustrates how cognitive behavior therapists think about panic attacks and panic disorder. The model shows how panic attacks start with a trigger, and then describes the steps that happen to keep a panic attack going. These include feeling body sensations and (mis)interpreting what they really mean. Models like this instill hope because they show domains (thoughts, feelings, behavior, body sensations) which can be targeted to treat panic using CBT.

Instructions

This is a Psychology Tools information handout.

Suggested uses include:

- Client handout – a psychoeducation resource.
- Discussion point – to provoke a discussion and explore your client's beliefs.
- Therapist learning tool – to improve your familiarity with a psychological construct.
- Supervision tool – to develop formulations and knowledge.
- Teaching resource – a learning tool during training.

References

Clark D. M. (1986). A cognitive approach to panic. *Behaviour Research and Therapy*, 24:461–470.

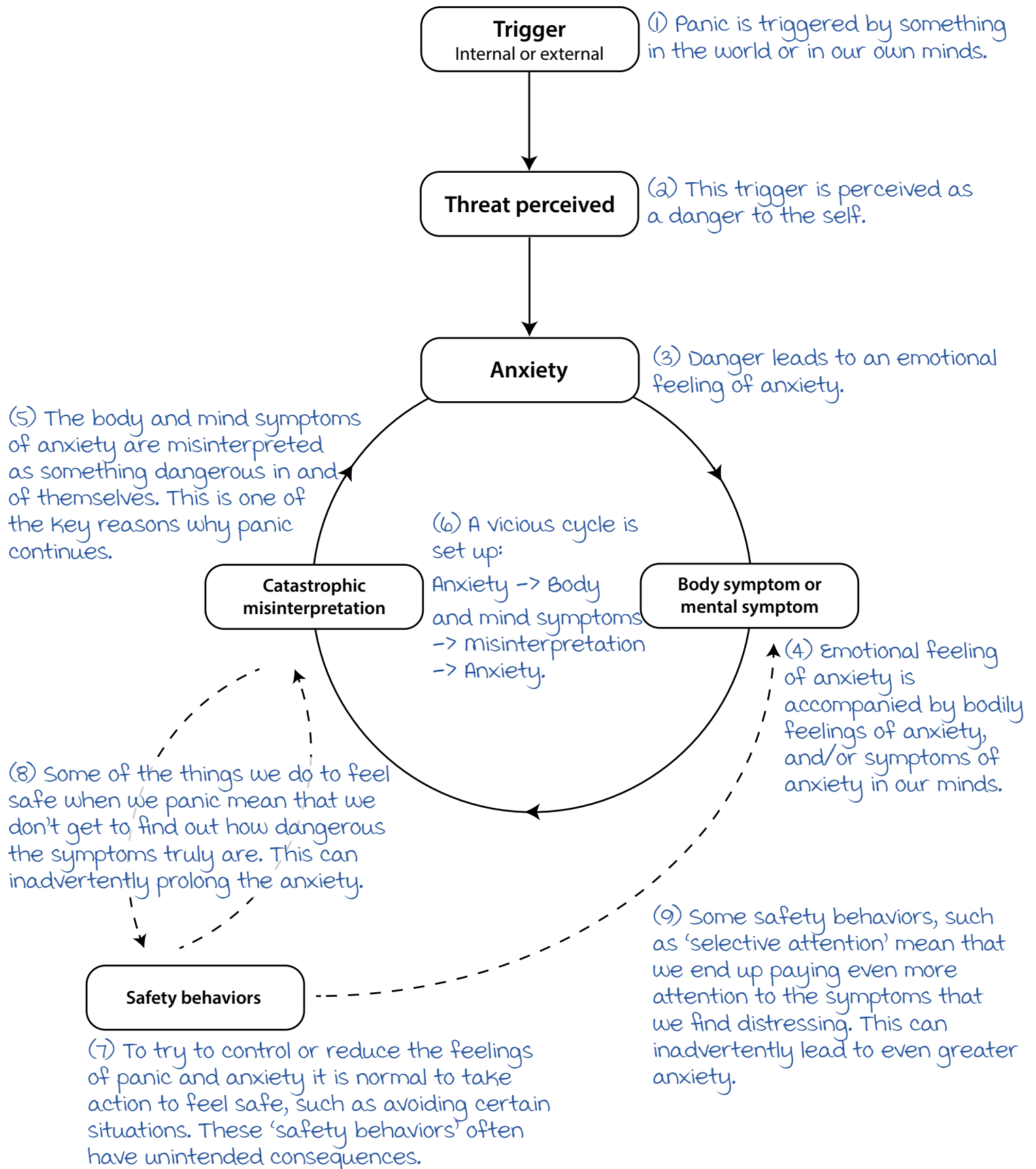
Clark, D. A. (1999). Anxiety disorders: Why they persist and how to treat them. *Behaviour Research and Therapy*, 37, S5-S27.

Wells, A. (1997). *Cognitive Therapy of Anxiety Disorders*. Chichester: Wiley.

Whalley, M. G. (2017). *Psychology tools for overcoming panic*. Psychology Tools.

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Everyone's panic is different, but it often follows a typical pattern. Have a look at the diagram below and see if you notice any parts which occur during your panic attacks.



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Resource details

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