

Reflection Exercise: Developing a Panic Formulation

The following questions refer to the "Developing a Panic Formulation" CCI Clinical Demonstration video, which can be viewed at: https://www.youtube.com/c/CentreforClinicalInterventions

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	estions on the first page have been designed for early career clinicians/students. More experienced ns may wish to look at the questions on the second page.
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1.	In your own words, briefly summarise the panic model as discussed in the video, with particular focus on explaining what maintains panic disorder. (Based on Clark's [1986] cognitive model of panic)
2.	Why might developing a shared formulation (and through this process, providing psychoeducation about panic attacks) be important when working with clients with Panic Disorder?
3.	Identify a potential challenge you might encounter when developing a panic formulation with a client. Consider ways that you would attempt to address this challenge.



For more experienced clinicians

1.	Identify a recent or current client with Panic Disorder (or who experiences panic attacks). a) Map out a formulation for this client based on the panic model presented in the video.
	b) What information was easy to identify from the client? Were there any areas that were more difficult to elicit or to identify? What do you think contributed to this difficulty?
2.	Why might developing a shared formulation (and through this process, providing psychoeducation) be important when working with clients with Panic Disorder?
3.	Have you encountered any previous (or recent) challenges when developing a panic formulation with a client? If yes, identify an example - reflect on how you managed it and whether you would do anything differently now.