

PANIC DISORDER COURSE

A Group Cognitive Behavioural Therapy Program for
Panic Disorder

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Key References

Barlow, D. H. & Craske, M. G. (2006). *Mastery of Your Anxiety and Panic: Workbook* (4th ed.). Oxford University Press. <https://doi.org/10.1093/med:psych/9780195311358.001.0001>

Clark, D. M. & Salkovskis, P. M. (2009). *Cognitive Therapy for Panic Disorder: Manual for Improving Access to Psychological Therapy (IAPT) High intensity CBT therapists*. Unpublished manuscript. Oxford. Available at www.oxcadatresources.com.

The main principles presented in the following manual were primarily guided by these two key references. Most techniques deriving from these references have been substantially modified for the current protocol.

TABLE OF CONTENTS

SECTION	CONTENT	PAGE
PREFACE		ii
INTRODUCTION		iii
FAQs	Frequently Asked Questions	vi
SESSION 1	Introduction to Panic, Model, & Monitoring	I
SESSION 2	Interoceptive Exposure	20
SESSION 3	Overcoming Thoughts About Panic	35
SESSION 4	Behavioural Experiments	51
SESSION 5	Dropping Safety Behaviours & Strategy Troubleshooting	69
SESSION 6	Program Review & Self-Management Planning	87
SESSION 7	Follow-Up Session	97
APPENDIX	Frequently Used Worksheets	105