

Cognitive Behavioral Therapy Treatment of Panic Disorder

Cognitive Strategies

- Identify Sensations and Catastrophic Misinterpretations
- Education about Anxiety Responses
- Develop Alternate Hypotheses
- Evaluate / Test Hypotheses (Thought Records)

Behavioral Strategies

- Exposure / Habituation to Sensations
- Breathing Training

Note: Research studies demonstrate roughly 80-85% success rate within 20 sessions of CBT for panic disorder.