

Bespoke Mental Health

Flexible Inspiring Evidence-based

Workshop: 6th October 2021: 9.30am-4.30pm

Cognitive Therapy for Panic Disorder



Prof. David M Clark, Professor of Experimental Psychology at the University of Oxford

Introduction

Panic disorder is a common anxiety disorder that can be highly disabling and lead patients to have multiple unnecessary physical investigations which are a major burden on health resources and unhelpful to patients. In the early days of behaviour therapy, people with repeated panic attacks were considered particularly difficult to treat. David Clark's cognitive model revolutionised the field by providing a coherent psychological account of the maintenance of the disorder which was then used to develop a specialised form of cognitive therapy that has shown good evidence for differential effectiveness. In particular, randomised controlled trials have shown that it is superior to an alternative, equally credible, behavioural treatment and to medication.

Content

The workshop will outline the Clark (1986) model and illustrate the key treatment procedures that were developed from the model. These include assessing the idiosyncratic meaning of feared bodily sensations, developing an individual model of the way in which fearful beliefs and safety behaviours interact to maintain the problem, key discussion techniques and behavioural experiments for all the common panic-related thoughts, and relevant imagery-based interventions. The techniques will be illustrated with multiple case examples, exercises and video clips. Participants will be provided with a detailed therapist manual for their future use.

Learning objectives

By the end of this event attendees will:

1. Understand the model of panic disorder including
2. Understand key treatment procedures
3. Develop an individual cognitive model for their clients of the way in which problems are maintained
4. Be able to identify appropriate therapeutic strategies and be familiar with how to apply them

Training modalities

The presenter will use a range of teaching methods: case illustrations, video clips, experiential exercises and opportunities to ask questions.

Key References

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

Clark, D.M. (1996). Panic disorder: From theory to therapy. In P.M. Salkovskis (Ed.), *Frontiers in Cognitive Therapy*. New York, NY: Guildford.

Clark, D.M. & Salkovskis, P.M. (2009). Panic Disorder: Manual for cognitive therapy for panic disorder. Available from the OxCADAT Resources website: <https://oxcadatresources.com/panic-disorder-manual/> **(You may need to register as a clinician to gain access, it is free)**

About the presenter:

Prof. David M Clark is the Professor of Experimental Psychology at the University of Oxford. He is well-known for his pioneering work on the understanding and psychological treatment of anxiety disorders: especially panic disorder, social anxiety disorder, health anxiety and PTSD. Each of the psychological treatments that he has developed figure prominently in UK (NICE) and international clinical guidelines. Recently, he has also focused on how to make effective psychological treatments much more widely available through internet delivery and through major changes in healthcare systems. He is a leading architect of the English Improving Access to Psychological Therapies (IAPT) programme. He is also a Fellow of the British Academy, the UK Academies of Medical Sciences and Social Sciences, the British Association of Behavioural Psychotherapies (BABCP), the Association for Behavioral and Cognitive Therapies (ABCT) and the Association for Psychological Science (APS).

Who should attend?

Clinicians interested in learning psychological therapy for panic disorder.

Booking this event

Booking opens soon.