

## “Panic No More”

“Panic No More” is a Cognitive-Behavioral Therapy program (CBT) designed specifically for patients with panic disorder. In 10 weekly sessions, clients will learn about their disorder, how to recognize signs of an attack, as well as how to control themselves in a panic situation. Repeated exposure to the client’s feared activities works to reduce the client’s fear of these activities and works to reduce or eliminate attacks all together.

## About Panic Disorder

A panic attack is a sudden feeling of intense fear or dread often accompanied with other symptoms, such as shortness of breath, dizziness, racing heart, trembling, sweating, and nausea. Panic attacks usually last from 5-10 minutes. During an attack, anxiety overrides reason and logic by gripping a person in absolute fear of something, some place, or even the unknown.

Panic disorder is characterized by having recurrent, unexpected panic attacks and apprehension, the continuous fear of having another attack. Panic disorder is often called “the fear of fear”. Panic disorder may also be accompanied by agoraphobia, the intense fear of situations where escape would be difficult in the case of a panic attack.



“Panic No More” has 4 different components:

- *Psychoeducation:*  
teaches clients about their disorder, the physiology of anxiety (“fight or flight” response), and agoraphobia. This helps the client better understand what happens during a panic attack.
- *Interoceptive Exposure and Breathing Retraining:*  
teaches clients how to better recognize and manage uncomfortable physical symptoms of panic attacks with repeated exposure to feared bodily sensations.
- *Cognitive Restructuring:*  
works by showing clients how to replace unhelpful thoughts that can lead to panic attacks with more helpful, positive thoughts. By doing this clients learn how their thought processes are related to their panic.
- *In-vivo Exposure:*  
teaches clients to address avoidance behaviors that may have developed as a function of panic with repeated exposure to feared real-world situations.

## CBT for Panic Disorder

Our “Panic No More” treatment program is the clear choice for those who wish to rid themselves of panic disorder once and for all.

CBT has shown to be the most effective type of therapy for panic, worry and phobic fear. Recent studies have shown that about 80-100% of patients report being panic free at the end of CBT treatment (Craske & Barlow, 2006. Oxford University Press). It was also found that over 80% of patients remained panic-free after 2 years of having completed a cognitive-behavioral treatment program for anxiety. (Craske, et al., 1991. Behavior Therapy).

For more information about the “Panic No More” program or to schedule an appointment, contact Dr. Joel L. Becker.



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Visit us online at

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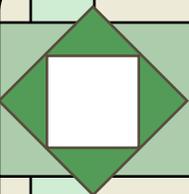
## About our Director Dr. Joel Becker



Joel L. Becker, Ph.D founded and directs Cognitive Behavior Associates and the Cognitive Behavior Therapy Institute in Beverly Hills. He received his doctorate from the University of Georgia in 1977 and over the years has studied with the pioneers in his field. Dr. Becker also founded the Boston Institute of Cognitive Behavioral Therapy in 1980 and taught at Harvard Medical School from 1977-1990. Currently, Dr. Becker is a Clinical Professor in the Department of Psychology at UCLA where he teaches and supervises doctoral candidates in psychology. He is a Diplomate and fellow of the Academy of Cognitive Therapy and he also holds an appointment as an Assistant Clinical Professor in the Department of Psychiatry and Bio-Behavioral Sciences at the Geffen School of Medicine at UCLA and is a Clinical Associate at USC.

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