

Cognitive Behavioral Therapy for Panic Disorder & Agoraphobia

The fight or flight response is a normal biological process in which the body prepares itself to take on dangerous circumstances. At times, however, the response is activated under situations that are not life threatening. Individuals may experience these panic attacks in a variety of situations. In the context of Panic Disorder and Agoraphobia, one's fear of panic sensations and their consequences is a driving force for ongoing distress and life disruption. Attendees will learn to distinguish panic attacks that occur in context of Panic Disorder with those that occur outside of Panic Disorder. In addition, the webinar will address vulnerabilities and maintaining factors of Panic Disorder and Agoraphobia. Panic Disorder and Agoraphobia will be conceptualized from the cognitive behavioral therapy (CBT) perspective. Attendees will be educated about the appropriate treatment interventions, such as cognitive restructuring and exposure therapy. Exposure therapy will be explained, incorporating visual examples and demonstrations by the presenter.

Target Audience

Psychologists
Therapists

Social Workers
Psychiatrists
Course level: Intermediate

Counselors
Nurses

Learning Objectives

At the end of this seminar, participants will be able to:

1. Explain the physiology and evolutionary purpose of panic.
2. Differentiate panic attacks in the context of Panic Disorder vs. other disorders.
3. Identify the maintaining factors of Panic Disorder and Agoraphobia.
4. Create a CBT-based conceptualization of patients diagnosed with Panic Disorder and Agoraphobia.
5. Explain the purpose of exposure based interventions in the treatment of Panic Disorder and Agoraphobia.

Seminar Schedule

Typically begins at 10:00 AM and ends at 1:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

Outline

Begin 10 AM ET
Panic Disorder Diagnostic Criteria
Agoraphobia Diagnostic Criteria
Associated Factors
Biological Aspects
Development of Panic and Agoraphobia
Break 11:30-11:45 PM ET
CBT
Psychoeducation
Cognitive Restructuring
Preparing for exposures
Exposure hierarchy
Exposure
End 1:15 PM ET

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 3 CE's for attending once they have completed these requirements.

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The Presenter

Dr. Scott Hannan received his Ph.D. from Fordham University in 2002. He completed his internship at The Institute of Living with a focus on child and adolescent psychology. He completed his postdoctoral fellowship at the Anxiety Disorders Center of The Institute of Living. Dr. Hannan treats children, adolescents, and adults. His clinical interests include obsessive-compulsive disorder, phobias, panic disorder, posttraumatic stress disorder related to motor vehicle accidents, and the treatment of children and adolescents with anxiety disorders. Dr. Hannan has developed a specialty in the treatment of school refusal behavior. Currently, Dr. Hannan is a staff psychologist and manager of the outpatient clinic at the Anxiety Disorders Center/Center for Cognitive Behavioral Therapy at the Institute of Living. In addition to his work at the Institute of Living, Dr. Hannan works in private practice seeing individual clients and consulting with local school districts on issues related to anxiety and school refusal. Dr. Hannan has also been a featured expert on the television series Hoarders.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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