Psychotherapies for GAD and Panic Disorder

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What is GAD?

- Excessive worry and anxiety occurring more days than not for 6 months about a number of events or activities
- Difficulty controlling their worries
- Must had one of the following in children:
  - Restlessness or feeling keyed up or on edge
  - Being easily fatigued
  - Difficulty concentrating or mind going blank
  - Irritability
  - Muscle Tension
  - Sleep problems
- Causes clinical distress or impairment
What is Panic Disorder?

1. Must have 4 or more of the following:

   - Palpitations, increased heart rate
   - Sweating
   - Trembling or shaking
   - Sensations of shortness of breath
   - Feelings of choking
   - Chest pain or discomfort
   - Nausea or abdominal distress
   - Feeling dizzy, light headed, faint
   - Chills or heat sensations
   - Numbness or tingling sensations
   - Derealization or depersonalization
   - Fear of losing control or going crazy
   - Fear of dying

2. Must either have persistent worry of the attacks or their consequences or have a significant change in behavior (avoidance)
Cognitive Behavioral Therapy

- First-line approach to anxiety disorders
- In children and adolescents improves symptoms of anxiety and is maintained for up to 2 years (Ishikawa, Okajima, Matsuoka, & Sakano, 2007)
- Is efficacious for Panic Disorder – some studies suggest it’s superior to medication (Mitte, 2005)
- For GAD, improves the symptoms and reduces worry (Hanrahan, Field, Jones, & Davey, 2013)
Cognitive Behavioral Therapy

- Situation
  - Automatic Thoughts and Images
    - Emotional
    - Behavioral
    - Physiological
GAD

- Identification of emotions
- Identifying how one feels anxiety in his/her body
- Relaxation Skills
- Cognitive restructuring
- Worry time
- Exposures
- Behavioral experiments
## Tracking Thoughts

### Dysfunctional Thought Record

**Directions:** When you notice your mood getting worse, ask yourself, “What's going through my mind right now?” and as soon as possible jot down the thought or mental image in the Automatic Thought Column.

<table>
<thead>
<tr>
<th>DATE/TIME</th>
<th>SITUATION</th>
<th>AUTOMATIC THOUGHT(S)</th>
<th>EMOTION(S)</th>
<th>ALTERNATIVE RESPONSE</th>
<th>OUTCOME</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1. What actual event or stream of thoughts, or daydreams, or recollection led to the unpleasant emotion?</td>
<td>1. What thought(s) and/or image(s) went through your mind?</td>
<td>1. What emotion(s) (sad, anxious, angry, etc.) did you feel at the time?</td>
<td>1. (optional) What cognitive distortion did you make? (e.g., all-or-nothing thinking, mind-reading, catastrophizing, etc.)</td>
<td>1. How much do you now believe each automatic thought?</td>
</tr>
<tr>
<td></td>
<td>2. What (if any) distressing physical sensations did you have?</td>
<td>2. How much did you believe each one at the time?</td>
<td>2. How intense (0-100%) was the emotion?</td>
<td>2. Use questions at bottom to compose a response to the automatic thought(s).</td>
<td>2. What emotion(s) do you feel now? How intense (0-100%) is the emotion?</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>3. How much do you believe each response?</td>
<td>3. What will you do? (or did you do?)</td>
</tr>
</tbody>
</table>
Panic Disorder

- Have the patient keep a panic log
- Have the patient challenge these thoughts associated
- Panic induction
- Exposures
Mindfulness

- Being present in the moment in a nonjudgmental manner
  - Observe, describe, participate
Questions?