



# Psychotherapies for GAD and Panic Disorder

Hillary Blake, Psy.D. HSPP

# 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 have 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)

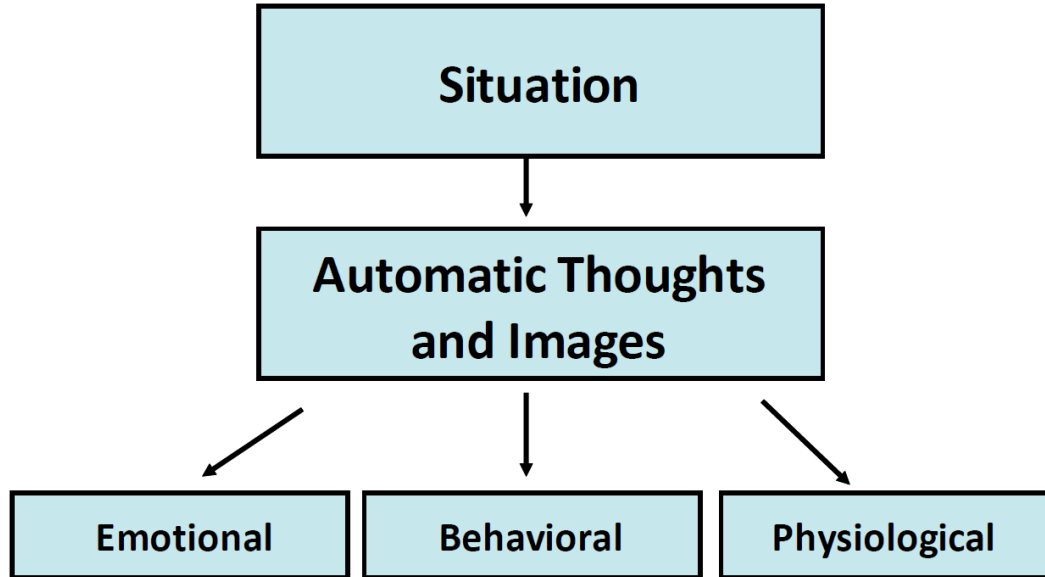


# Cognitive Behavioral Therapy

- 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



# CBT



# GAD

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



# Tracking Thoughts

Beck Institute

## 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.

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





# 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?**

