



PANIC DISORDER TRAINING

Presented by: Dr. Emily Malcoun, M.Div., Ph.D

This workshop provides training in evidenced-based, cognitive behavioral strategies for the treatment of panic disorder. Research underlying best practice interventions for panic symptoms will be presented.

The workshop includes:

- A review of the empirical support and rationale for the use of exposure therapy for the first line treatment of panic disorder
- Strategies for delivering evidence-based treatment interventions for these anxiety disorders
- Interactive lecture and video examples to solidify participants' comfort and skill with delivering interoceptive exposures

Training Objectives:

- ◇ Identify the DSM-5 criteria used to diagnosis panic disorder
- ◇ Learn how and when to apply 3 types of exposure interventions (interoceptive, in vivo and imaginal) to effectively treat panic disorder
- ◇ Develop the ability to explain the overall rationale for use of exposure interventions for treatment of panic disorder
- ◇ Learn how to develop an effective in vivo exposure hierarchy.
- ◇ Develop the capacity to identify and eliminate safety behaviors and avoidance maintaining panic
- ◇ Learning relapse prevention strategies for maintaining treatment gains after terminating active treatment.

WHEN:
FRIDAY
2/3/23

9:00A-12:00P

VIRTUAL

*Meeting information
will be sent before
training date*

**Registration
Required**

**Click Here, To
Register:
Panic Disorder
Registration**

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