



## Panic Management

### Course aims

A six week course aimed at helping people with symptoms of panic disorder primarily through psychoeducation about anxiety and panic, and using graded exposure techniques.

### What will the course cover?

Session 1: Cognitive Behavioural Therapy, fears and feared situations, anxiety and physical symptoms, panic attacks and the panic cycle, getting the most out of the course.

Session 2: Why panic disorder persists, rational versus emotional brain, role of avoidance and safety behaviours, exposure and habituation therapy.

Session 3: Overcoming difficulties with exposure, staying motivated, panic diary.

Session 4: Panic diary learning, welcoming anxiety technique, info for friends and family, breathing exercises.

Session 5: Unhelpful thinking patterns, identifying thoughts, thought challenging.

Session 6: Understanding progress, managing setbacks, relapse prevention, maintaining progress.

### This course is offered by

Bristol Wellbeing Therapies

### How to book onto this course

To request a place on this course complete our online form. Please state that you are interested in a panic management course and specify when and where you could attend. We are only able to accept referrals from people who are registered with a Bristol GP surgery.

Once we have received your form we will contact you by email or post. We will use the information you provide to help us decide if a course is a good choice for you. If we're unsure we may invite you to speak to one of our team. Please be aware that this process may take several days.

Please note that your place on the course is not confirmed until you hear from us with the details.