

Professor David Clark

University of Oxford

Wednesday, 27th March 2019

Venue: University of Reading



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Evidence-Based Psychological Treatment

Cognitive Therapy for Panic Disorder

Introduction/ Content:

Cognitive therapy for panic disorder based on the Clark (1986) model is a leading evidence based treatment that is recommended as a first line intervention in NICE Guidance. Multiple RCTs have shown that it is effective and superior to other interventions such as applied relaxation and medication. This workshop starts by describing cognitive model of panic. It then covers assessment and how to develop an individual version of the model with clients. The remainder of the workshop is a step-by-step guide to each of the treatment interventions richly illustrated with video clips. The workshop ends by viewing a full version of CT for panic.

Learning objectives:

- To be familiar with the cognitive model of panic
- To be able to develop an individual version of the model with clients
- To be familiar with the main treatment techniques

Key references:

Clark, D.M. & Salkovskis, P. (2009). Panic Disorder, *Manual for Improving Access to Psychological Therapy (IAPT) High intensity CBT therapists*

Clark, D.M. (1996) Panic disorder: from theory to therapy. In P.M. Salkovskis (Ed) Frontiers in Cognitive Therapy: The State of the Art and Beyond. pp 318-344. Guilford: New York



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About the presenter:

Professor David M Clark is the Chair of Experimental Psychology at the University of Oxford. He is well-known for his pioneering work in combining experimental psychopathology and clinical studies to develop new and effective psychological treatments for anxiety disorders. NICE currently recommends the treatments developed by David's group as first line interventions for panic disorder, social anxiety disorder and PTSD. Recently, he has focused on how to effectively disseminate treatments to the public and is one of the architects of the English Improving Access to Psychological Therapies (IAPT) Programme. Currently, the IAPT program treats around 600,000 people per year and reports clinical outcomes on almost everyone. David is the UK Government's Clinical and Informatics Advisor for the program and provides advice on the dissemination of psychological treatments to commissioners in many other countries.

He is an Honorary Fellow of the BPS & BABCP and a Fellow of the British Academy and Academy of Medical Sciences, the Association for Behavioral and Cognitive Therapies, and the Association for Psychological Science (USA). He holds Lifetime Achievement/Distinguished Scientist Awards from BPS, American Psychological Association, American Association for Behavioural and Cognitive Therapies and the Society for Science in Clinical Psychology. In 2012 he was made a Commander of the British Empire in recognition of his work in mental health.

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**Cost of 1-day workshop:
£130 including lunch**

All workshops, unless otherwise indicated are intended for a cross/mixed ability audience, and are held local to Reading

