Cognitive Therapy for Panic Disorder

Introduction and Content:

The cognitive model of Panic Disorder (Clark, 1986) has led to a highly effective cognitive therapy treatment, which is first line recommendation in the NICE guidelines. This workshop will highlight the core skills needed, such as the use of discussion techniques, behavioural experiments and imagery. It will clarify issues in diagnosis, formulation and treatment methods.

Learning objectives:

- To be able to accurately assess and formulate panic disorder
- To be able to implement the key clinical techniques including discussion techniques and behavioural experiments
- To understand how to use imagery and how to overcome common obstacles

Training modalities:

The workshop will include reflecting on tapes of actual sessions, experiential exercises, and the opportunity to consider one’s one cases.

Key references:

Dr Nick Grey
Sussex Partnership NHS Foundation Trust

Wednesday, 4th March 2020
Venue: University of Reading

About the presenter:

Nick Grey is a Consultant Clinical Psychologist and Clinical Research and Training Fellow at Sussex Partnership NHS Foundation Trust (SPFT) and University of Sussex. Prior to this he was Joint Clinical Director at the Centre for Anxiety Disorders and Trauma at South London and Maudsley NHS Foundation Trust. He has worked clinically across primary, secondary and tertiary care. He is a Fellow of the British Association of Behavioural and Cognitive Psychotherapies, and is an accredited CBT practitioner, supervisor and trainer.

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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