

Overcoming

*** *PANIC ATTACKS!* ***

& Agoraphobia

12 Week CBT Treatment Program

Panic attacks involve a **rapid surge of very intense, frightening sensations** that appear suddenly and often seem to "come out of the blue". Symptoms may include any of the following:

- Racing or pounding heartbeat
- Difficulty breathing
- Sweating, hot flushes (or chills)
- Feelings of "unreality /disassociation"
- The urge to avoid situations where panic has occurred or you fear it might occur
- Chest pains
- Dizziness, lightheadedness, nausea
- Numbness or tingling sensations
- Trembling or shaking
- Fear of dying, passing out, going crazy or losing control
- Terror - a sense that something awful is about to happen

Numerous research studies have now demonstrated that most people (70-80 %) treated with a **specific Cognitive-Behavioral (CBT) treatment program** can recover from panic disorder in as few as 12 structured therapy sessions. CBT is highly effective, and **does not require use of medications**. **CBT can also be used along with medication**, and has been found to help reduce risk of relapse after treatment is completed.

Description: The treatment group will provide clear **education about panic** attacks and the intense cycle of physiological and cognitive (frightening thought) symptoms, and will teach **specific techniques to cope with and recover from panic and agoraphobia**. You will have opportunity to participate in a program that has helped many people fully recover from panic and regain a sense of confidence and freedom from the fears. The group will include 5 - 8 members.

Leader: **James L. Shenk, Ph.D.**, (PSY 11550)
Diplomate, The Academy of Cognitive Therapy (academyofct.org)

Where: **The Cognitive Therapy Institute, APC**
3262 Holiday Ct. Suite 220, La Jolla, CA 92037 (UTC area, near I-5 & La Jolla Village Dr.)

When: **Call (858) 450-1101** to schedule an individual assessment (*\$225) required prior to start of group.

Fee: **\$80 per session** (90-minute sessions)
(*Most insurance plans will reimburse to you a portion of the fees.)

For More Information: Call (858) 450-1101
The Cognitive Therapy Institute
www.cognitivetherapysandiego.com