When Panic Attacks—High-Speed, Drug-Free Treatment with TEAM-CBT

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Four Powerful Treatment Models for Anxiety Disorders

- Motivational Model
  - Magical Thinking
- Behavioral Model
  - Avoidance
- Hidden Emotion Model
  - Niceness
- Cognitive Model
  - Distorted Thoughts

The Cognitive Model

- You FEEL the way you THINK
- The negative thoughts that cause depression and anxiety are distorted and not valid
  - Depression and anxiety are the world’s oldest cons
- You can CHANGE the way you FEEL
Ten Cognitive Distortions

- All-or-Nothing Thinking
- Overgeneralization
- Mental Filter
- Discounting the Positive
  - Mind-Reading
  - Fortune-Telling
- Magnification and Minimization
- Emotional Reasoning
- Labeling
- Should Statements
- Blame
  - Other-Blame
  - Self-Blame

You Can CHANGE the Way You FEEL

- Woman with severe panic disorder and major depression
  - No improvement after 10 years of treatment
  - Medications had failed
  - Psychotherapy had failed
  - Terrifying panic attack during therapy session

Daily Mood Log

<table>
<thead>
<tr>
<th>Upsetting Situation: My fingers feel numb, chest feels tight, dizzy.</th>
<th>Emotions</th>
<th>Intensity</th>
<th>% of the</th>
<th>Before</th>
<th>% of the</th>
<th>After</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sad, down, depressed</td>
<td>100</td>
<td>Same</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Discouraged, hopeless</td>
<td>100</td>
<td>Same</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fast, anxious, terrified</td>
<td>100</td>
<td>Same</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Embarrassed</td>
<td>100</td>
<td>Same</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Guilty, ashamed</td>
<td>100</td>
<td>Same</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Frustrated, thwarted</td>
<td>100</td>
<td>Same</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Defective, inferior</td>
<td>100</td>
<td>Same</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hurt, angry</td>
<td>25</td>
<td>NT</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dist</th>
<th>PT</th>
<th>% of the</th>
</tr>
</thead>
<tbody>
<tr>
<td>I can't breathe properly</td>
<td>100</td>
<td>HT, HP, SS, MG</td>
</tr>
<tr>
<td>My windpipe is closing off</td>
<td>100</td>
<td>Same</td>
</tr>
<tr>
<td>If I stand up, I'll pass out</td>
<td>100</td>
<td>Same</td>
</tr>
<tr>
<td>I'm about to have a heart attack</td>
<td>100</td>
<td>Same</td>
</tr>
<tr>
<td>I'm going to die</td>
<td>100</td>
<td>Same</td>
</tr>
</tbody>
</table>
When Panic Attacks / Burns

Video Will Illustrate

- The Experimental Technique
  - A "Truth-Based" Technique
  - Patient does an experiment to test the validity of a negative thought

Daily Mood Log

Upsetting Situation: My fingers feel numb, chest feels tight, dizzy.

<table>
<thead>
<tr>
<th>Emotions</th>
<th>% of Time</th>
<th>Dist</th>
<th>PT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sad, down, depressed</td>
<td>100</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Discouraged, hopeless</td>
<td>100</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Guilty, ashamed</td>
<td>100</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Frustrated, hurt</td>
<td>100</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Defective, inferior</td>
<td>100</td>
<td>0</td>
<td>0</td>
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</table>

<table>
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<tr>
<th>NT</th>
<th>% of Time</th>
<th>Dist</th>
<th>PT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I can't breathe properly.</td>
<td>100</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>2. My windpipe is closing off.</td>
<td>100</td>
<td>same</td>
<td>0</td>
</tr>
<tr>
<td>3. If I stand up, I'll pass out.</td>
<td>100</td>
<td>same</td>
<td>0</td>
</tr>
<tr>
<td>4. I'm about to have a heart attack.</td>
<td>100</td>
<td>same</td>
<td>0</td>
</tr>
<tr>
<td>5. I'm going to die.</td>
<td>100</td>
<td>same</td>
<td>0</td>
</tr>
</tbody>
</table>
Other Applications of the Experimental Technique

- Panic Disorder / Agoraphobia
  - “I’m about to going crazy!”
- Social Anxiety
  - “My colleagues will judge me.”
- Elevator Phobia
  - “The walls will close in.”
  - “There won’t be enough oxygen.”

Other Applications (cont’d)

- Self-Defeating Beliefs
  - I must be loved to feel happy and fulfilled.
  - There’s no point in doing anything unless I do it perfectly.

Autograph Signing

- Bookstore
  - High noon: Hope to see you there!
Additional Resources

- Books for the general public
  - Feeling Good: The New Mood Therapy
  - The Feeling Good Handbook
  - When Panic Attacks
  - Feeling Good Together
- Books for therapists
  - Tools, Not Schools, of Therapy

Additional Resources (cont’d)

- www.FeelingGood.com
  - Free weekly “Feeling Good Podcasts”
    - For therapists and for the general public
    - Includes live therapy
  - Feeling Good Blog
  - Workshop announcements
Additional Resources (cont’d)

- www.FeelingGood.com
  - Free weekly training groups for therapists
  - Order forms for Dr. Burns’
    - Tools, Not Schools, of Therapy
    - Therapist’s Toolkit
    - Easy Diagnostic System

Additional Resources (cont’d)

- www.FeelingGoodInstitute.com
  - TEAM-CBT Training and Certification
  - Intensive treatment
  - Online / in-person training