

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

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1

Four Powerful Treatment Models for Anxiety Disorders

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

2

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

3

Ten Cognitive Distortions

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

You Can CHANGE the Way You FEEL

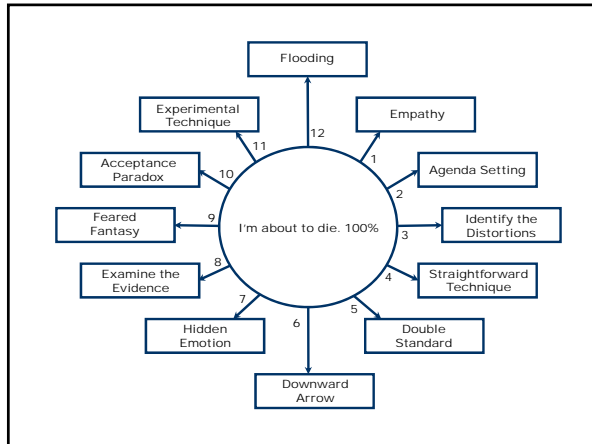
- Woman with severe panic disorder and major depression
 - No improvement after 10 years of treatment
 - Medications had failed
 - Psychotherapy had failed
 - Terrifying panic attack during therapy session

Daily Mood Log

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

Emotions			Emotions		
	% Before	% After		% Before	% After
Sad, down, depressed	100		Discouraged, hopeless	100	
Panicky, anxious, terrified	100		Embarrassed	100	
Guilty, ashamed	100		Frustrated, thwarted	100	
Defective, inferior	100		Hurt, angry	25	

NT	% Before	% After	Dist	PT	% Belief
1. I can't breathe properly.	100		MF; DP; FT; ER; MAG		
2. My windpipe is closing off.	100		same		
3. If I stand up, I'll pass out.	100		same		
4. I'm about to have a heart attack.	100		same		
5. I'm going to die.	100		same		



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.

Emotions			Emotions		
	% Before	% After		% Before	% After
Sad, down, depressed	100	0	Discouraged, hopeless	100	0
Panicky, anxious, terrified	100	0	Embarrassed	100	0
Guilty, ashamed	100	0	Frustrated, thwarted	100	0
Defective, inferior	100	0	Hurt, angry	25	0

NT	% Before	% After	Dist	PT	% Belief
1. I can't breathe properly.	100	0	MF: DP; FT: ER; MAG	1. I'm breathing well enough to do aerobics!	100
2. My windpipe is closing off.	100	0	same	2. Not really!	100
3. If I stand up, I'll pass out.	100	0	same	3. Didn't happen.	100
4. I'm about to have a heart attack.	100	0	same	4. Nope!	100
5. I'm going to die.	100	0	same	5. I can't seem to die no matter how hard I try.	100

Other Applications of the Experimental Technique

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

10

Other Applications (cont'd)

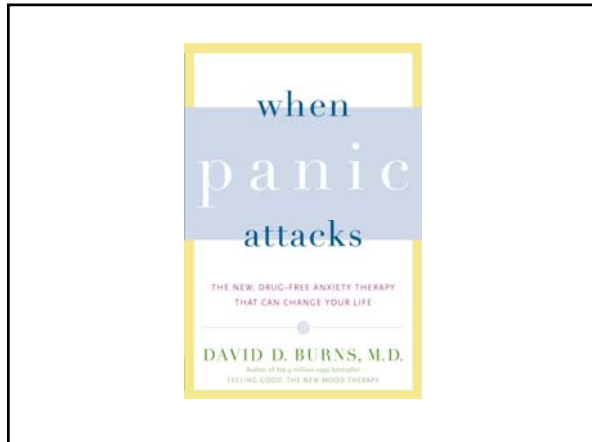
- Self-Defeating Beliefs
 - I must be loved to feel happy and fulfilled.
 - There's no point in doing anything unless I do it perfectly.

11

Autograph Signing

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

12



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*

14

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

15

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*

16

Additional Resources (cont'd)

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

17
