

## **Course: cbt for panic and health anxiety**

**Address:** <https://asadis.net/en/course/cbt-for-panic-and-health-anxiety/>

**Duration:** 3h

**Type of course:** Continuing education

**Location:** Online course

**Individual price:** \$120.00

### **Overview:**

Panic attacks frequently occur alongside other anxiety disorders or mental health conditions, including health anxiety (formerly referred to as hypochondriasis).

In this workshop, Dr. Ludgate will revisit the CBT models for panic attacks and health anxiety, offering practical, evidence-based interventions to address these profoundly impairing disorders.

Participants will gain insights into:

- The CBT model of anxiety- Understanding the perception of risk and resources- The CBT framework for panic attacks- Psychoeducation techniques- Cognitive restructuring methods- Exposure-based interventions-
- The CBT approach to health anxiety- Recognizing and reframing misinterpretations of bodily sensations-
- Strategies for reattribution and decatastrophizing

This comprehensive workshop will equip attendees with the tools needed to implement effective strategies for achieving optimal clinical outcomes and preventing relapse.

### **Learning objectives:**

1. Understand the CBT model of panic attacks
2. Implement CBT interventions for panic disorder
3. Acquire a CBT conceptual model of health anxiety
4. Implement techniques which can be used in treating health anxiety

**Learning material:**

A theoretical course illustrated with clinical examples. This course is composed of videos of 5 to 15 minutes each. The PowerPoint of the course to download.

**Audience:** This course is intended for mental health professionals.

**The expert**

Dr. John Ludgate is a licensed psychologist and Founding Fellow of the Academy of Cognitive Therapy, where he serves on the Credentialing Committee. He received his clinical training directly under Dr. Aaron Beck, the founder of Cognitive Therapy, at the Center for Cognitive Therapy. With over 30 years of clinical practice, Dr. Ludgate specializes in treating mood disorders, anxiety disorders, and relationship problems at the CBT Center of Western North Carolina in Asheville. He maintains an active clinical practice while providing advanced training and supervision in Cognitive Behavioral Therapy to mental health professionals nationally and internationally. Dr. Ludgate has authored numerous influential books in the field, including CBT Couples Toolbox, Maximizing Psychotherapeutic Gains and Preventing Relapse in Emotionally Distressed Clients, Cognitive Therapy with Inpatients: Developing a Cognitive Milieu, Overcoming Compassion Fatigue: A Practical Resilience Workbook, and Heal Yourself: A CBT Approach to Reducing Therapist Distress and Increasing Therapeutic Effectiveness. He has published extensively in peer-reviewed journals and contributed chapters to major cognitive behavioral therapy texts. His presentations and workshops on CBT approaches to anxiety, depression, and relationship problems have reached audiences across North America, Europe, and Asia. His work focuses on translating evidence-based research into practical clinical applications that therapists can immediately implement in their practice.

**Syllabus**

PowerPoint

Presentation

Overview of CBT for Anxiety

CBT Model of Anxiety

Additional Important Dimensions of Anxiety

CBT for Panic Disorder

Criteria and incidence

Cognitive Themes in Panic

CBT Model of Panic Attacks

CBT Assessment Panic Disorder

Evidence Base

CBT for Panic Disorder

Re-Attribution-Generating Alternatives

CBT for Panic Cont.

Exposure Methods

CBT for Health Anxiety

Illness Anxiety Disorder- Prevalence

Health Anxiety-Illness Anxiety Disorder

Differential Diagnosis

CBT Model- factors which maintain health anxiety

CBT Model of Health Anxiety

CBT Assessment

Engaging the Client

Targets for CBT Where Health Anxiety is Present

Re-Attribution-Generating Alternatives and De-Catastrophizing in HA

Dysfunctional Assumptions to Identify and Challenge

Conclusion

Bibliography

Additional Resources

Handouts

**Evaluation:**

To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.

In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.

These evaluations are not graded and are intended primarily to support your professional reflection.

**Access timeline:** Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

**Accessibility support:** This training is offered as a pre-recorded video format, without subtitles. If you have a disability, we can provide an adapted alternative (technical assistance for viewing or individual supervision). For any request, please contact our disability coordinator at the following address: [contact@asadis.net](mailto:contact@asadis.net)

**Questions?** Feel free to contact us at [contact@asadis.net](mailto:contact@asadis.net)