



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

Dr. John Ludgate, PhD, is a licensed psychologist and a psychotherapist who has trained at the Center for Cognitive Therapy under Dr. Aaron Beck, the founder of Cognitive Therapy. He currently works at the CBT Center of Western North Carolina, located in Asheville, NC. He specializes in treating mood, anxiety, relationship, and relationship disorders. In addition to having an active clinical practice, he is involved in training and supervision in CBT. Dr. Ludgate has published many books, including *Maximizing Psychotherapeutic Gains and Preventing Relapse in Emotionally Distressed Clients*, *Cognitive Therapy with Inpatients: Developing a Cognitive Milieu*, *Cognitive-Behavioral Therapy and Relapse Prevention for Depression and Anxiety*, *Heal Yourself: A CBT Approach to Reducing Therapist Distress and Increasing Therapeutic Effectiveness*, *Overcoming Compassion Fatigue: A Practical Resilience Workbook* and the *CBT Couples Toolbox*. He has written numerous journal articles and book chapters in the field of Cognitive Behavior Therapy for anxiety and depression, and has presented many seminars and workshops on cognitive behavioral approaches, both nationally and internationally. He is a Founding Fellow of the Academy of Cognitive Therapy and serves on the Credentialing Committee of the Academy.

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

Handouts

Bibliography