

Panic Stop Program



The **Panic Stop Program** is a free, 12-module, self-paced program based on the gold standard psychological therapy for Panic Disorder: Cognitive Behavioural Therapy (CBT). This program is appropriate for anyone experiencing panic symptoms (not just those with a diagnosis of Panic Disorder) and aims to help clients understand the nature of panic and learn strategies to manage panic symptoms.

There are a few ways clients may benefit from this program:

- Clients can work through the online modules independently. They will be provided with different types of resources including **information, videos, worksheets, audio files** and **homework** tasks.
- You can support the client to complete the worksheets and homework tasks as part of your clinical work.
- Clients can be supported by our Therapist Assist Program, which involves 12 weeks of therapist contact via email and optional live sessions (video or live chat). Therapists support clients to work through program content and tailor the information to their needs.
- You can use relevant activities and worksheets to use with clients in your practice.



Behavioural Interventions

Monitoring your Panic
(Module 2)

Learn to Relax
(Module 3)

Facing Panic Sensations
(Modules 7 & 8)

**Exposure in
Everyday Activities**
(Modules 9 & 10)



Cognitive Interventions

**Monitoring
your Thinking**
(Module 4)

**Correcting
Thinking Errors**
(Modules 5 & 6)



Lifestyle Interventions

From Here Onwards
(Module 12)

Module Content



Worksheet



Practice Exercise



Some clients don't notice the benefits of relaxation right away – support them by reminding them that persistence and practise is key



Exposure can be daunting. You can help your client start small, by identifying some less intimidating sensations or situations to start with.



Avoidance goes hand in hand with anxiety – support clients by gently checking in about progress and providing encouragement along the way

Module 1 - Understanding Panic

Provides psychoeducation about panic symptoms, treatments, causes, and the panic sequence.

- Introduction to the program
- Understanding the symptoms and causes of panic, the role of physical sensations, and treatments for panic

Module 2 - Monitoring your Panic

Introduces the interaction between panic symptoms, mood, thoughts, and behaviours and the role of monitoring in improving panic

- Understanding the panic cycle
- Learning to monitor thoughts, mood, bodily sensations, behaviours, and situations that trigger panic symptoms



Panic Attack Form



Daily Mood Form

Module 3 - Learn to Relax

Explores the importance of relaxation in managing panic

- Understanding the role of relaxation
- Learning to monitor muscle tension
- Practising relaxation strategies



Tension Monitoring Form



Slow and Mindful Breathing



Progressive Muscle Relaxation

Module 4 - Monitoring your Thinking

Focuses on the impact of thoughts on panic

- Understanding how negative thoughts contribute to anxiety and panic
- Learning to monitor thoughts during and between panic attacks



Thought Monitoring Form



Thought Testing Form

Modules 5 & 6 - Correcting Thinking Errors

Introduce thinking errors and strategies to challenge them



- Understanding two thinking errors: probability over-estimation and catastrophic thinking
- Learning to challenge thinking errors
- Learning to replace negative thoughts with more accurate and helpful thoughts



Thought Challenging Form

Modules 7 & 8 - Facing Panic Sensations

Introduce the rationale of exposure to panic sensations and its importance in reducing anxiety



- Identifying specific sensations associated with panic
- Learning to conduct exposure exercises to reduce anxiety towards bodily sensations
- Understanding the barriers to practising sensation exposure and learning the skills to address the difficulties



Producing Panic Sensations Form



Graded Exposure Form



Graded Exposure

Modules 9 & 10 - Exposure in Everyday Activities

Introduce the importance of everyday exposure and its importance for reducing panic attacks as well as agoraphobia and strategies to manage this



- Developing a fear hierarchy for everyday exposure
- Implementing everyday exposure activities
- Understanding and overcoming barriers to everyday exposure exercises overcoming the difficulties
- Understanding agoraphobia and steps for overcoming this



Activities Exposure Form



Dealing with Negative Thoughts



Practise Imagined Exposure



Practise Exposure in Everyday

Module 11 - Putting It Together

Summarises each of the previous modules and integrates the skills covered

- Reviewing previous modules
- Understanding how these skills come together to manage panic



Continued Sensation Exposure



Continued Everyday Activities Exposure

Module 12 - From Here Onwards

Provides psychoeducation about relapse prevention



- Noticing the stressors that trigger panic
- Learning strategies to respond to stress



Managing stress



Dealing with memories of panic