

CBT Techniques for Panic Disorder

1. Learning about panic attacks and panic disorder
2. Cognitive restructuring
3. Exposure therapy
4. Breath control procedures
5. Muscle relaxation
6. Grounding
7. Mindfulness training
8. Journaling
9. S.M.A.R.T. goals



Cbt Panic Attacks Explanations Disorder

S Ashworth



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