CBT Conceptualization of Panic Disorder

Predisposing Factors + Precipitating Events

Trigger

Automatic Thoughts

Emotion

Catastrophic Misinterpretation

↑ of Sensations

Focus on Sensations

Bodily Reactions:

Note: Once this “false alarm” has been learned, even a small sensation can immediately trigger a panic attack.
CBT Conceptualization of Panic Disorder

Predisposing Factors
- Childhood trauma,
  Thyroid dysregulation

Precipitating Events
- Family member has heart disease,
  Stress at work

Trigger:
- Irregular heart beat

Automatic Thoughts:
- “Something is wrong.”

Emotion:
- Fear

Anxiety Bodily Reactions:
- Hyperventilation, Chest Pressure,
  ↑ HR, Sweating, Tingling, Etc.

Sensations
- ↑

Focus on Sensations

Catastrophic Misinterpretation
- “I’m having a heart attack.”

Panic Attack
- Full ANS Discharge