

PANIC DISORDER COURSE

A Group Cognitive Behavioural Therapy Program for
Panic Disorder

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Key References

Barlow, D. H. & Craske, M. G. (2006). *Mastery of Your Anxiety and Panic: Workbook* (4th ed.). Oxford University Press. <https://doi.org/10.1093/med:psych/9780195311358.001.0001>

Clark, D. M. & Salkovskis, P. M. (2009). *Cognitive Therapy for Panic Disorder: Manual for Improving Access to Psychological Therapy (IAPT) High intensity CBT therapists*. Unpublished manuscript. Oxford. Available at www.oxcadatresources.com.

The main principles presented in the following manual were primarily guided by these two key references. Most techniques deriving from these references have been substantially modified for the current protocol.

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