Crisis intervention techniques for panic disorder

Panic disorder, agoraphobia or other anxiety disorders often result in certain thought patterns and behaviors that may hinder recovery. But, if you change your thoughts, how you react to anxiety-provoking situations will likely change too. Rational Emotive Behavior Therapy (REBT). Considered the grandfather of CBT, Ellis developed his technique to teach his patients to detect and dispute “irrational beliefs” or negative thoughts that he believed were causing their psychological problems. Panic-Focused Psychodynamic Therapy (PFPP). Panic-focused psychodynamic psychotherapy is a form of treatment for panic disorder based on certain psychoanalytic concepts. “Crisis intervention” refers to the approach or techniques used by those individuals or teams who respond to the crisis. Crisis intervention is a planned response that requires specialized roles, training, and supervision. This section has presented a brief overview of crisis. “Crisis Intervention Treatment Approaches and Techniques” and “Understanding Special Family Situations” consider specific treatment approaches and techniques and special family situations respectively, while “Termination and Follow-up Services” offers suggestions for termination and follow-up. Crisis intervention is an immediate and short-term psychological care aimed at assisting individuals in a crisis situation in order to restore equilibrium to their bio-psycho-social functioning and to minimize the potential of long-term psychological trauma. Crisis situations can be in the form of natural disasters, severe physical injury, sudden death of a loved one, and specific emotional crises as a result of drastic transitions such as divorce, children leaving home, pregnancy, family and school.