

Activity 2.1

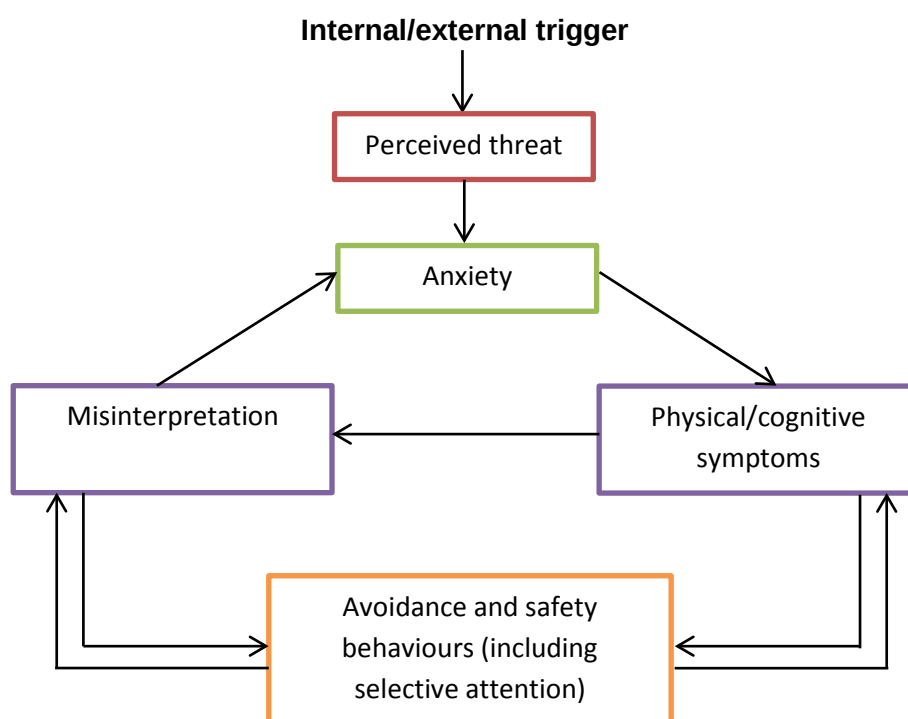
A Cognitive Behavioural Formulation for Panic Disorder

This activity should be attempted with the help and advice of your instructor or teacher. It consists of four stages:

1. a description of the cognitive theoretical model of panic disorder in which the formulation is to be attempted (see Chapter 6),
2. a template for the formulation interview that a clinician would undertake to gain the information required,
3. a template formulation diagram to be completed following the interview, and
4. an illustrative interview that you can use to gather the information required to complete the formulation diagram

All these examples are taken from Wells (2006)

Part 1 The Cognitive Model of Panic Disorder



Part 2 The Template Panic Disorder Formulation Interview

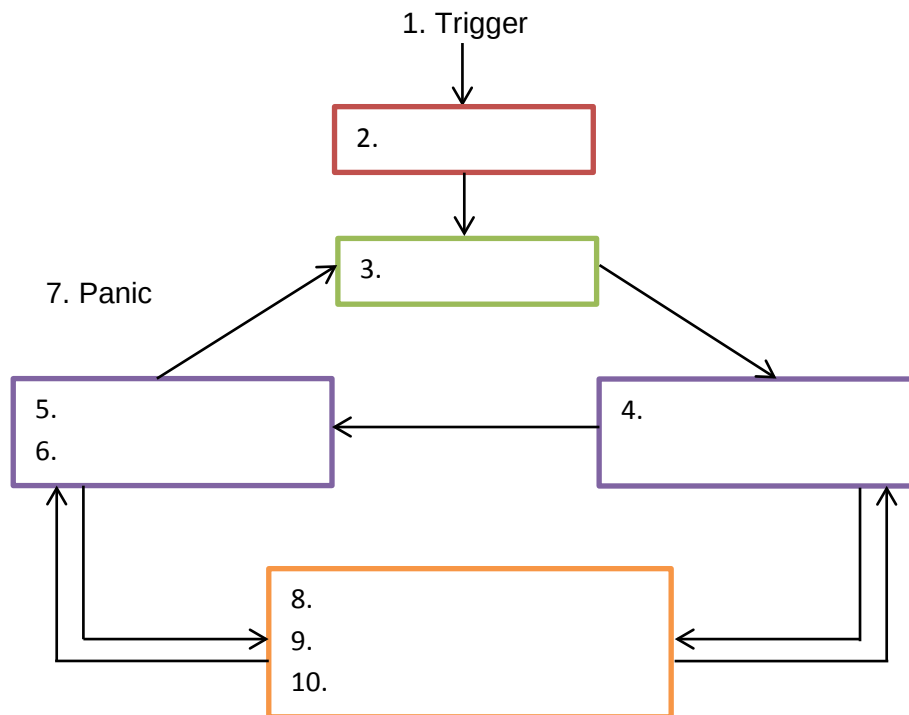
Introduction: I'm going to ask you about a recent typical panic attack so that we may begin to map out what happened. When was your most recent panic attack?

1. Thinking about just before you panicked: what was the very first thing that you noticed that indicated that you might panic. Was it a thought, a sensation, or an emotion?
(Answer = thought, go to Q3; Answer = sensation, go to Q2; Answer = emotion, if anxiety go to Q4 and if other emotion ask: 'When you had that emotion what sensations did you have?' Then proceed with Q2)
2. When you noticed that sensation, what thought went through your mind?
3. When you noticed that thought, how did that make you feel emotionally?

4. When you noticed that emotion, what sensations did you have?
5. When you had those sensations, what thought went through your mind?
6. How much did you believe [insert catastrophic thought] at that time?
7. What happened to your anxiety when you thought that?
8. Did you do anything to prevent [insert catastrophic thought]? What was that?
9. Did you do anything to lower anxiety? What was that?
10. Since you have developed panic do you focus attention on your body/thoughts? In what way?

Part 3 The Template Formulation Diagram

Try to fill this in with the appropriate details once you have read the illustrative interview in Part 4.



Part 4 An Illustrative Interview

- Clinician:* Thinking about just before you panicked. What was the very first thing that you noticed that indicated that you might panic? Was it a thought, a sensation or an emotion?
- Client:* It was an emotion, frustration.
- Clinician:* When you had that emotion what sensations did you have?
- Client:* I felt dizzy; vertigo I suppose you'd call it.
- Clinician:* When you noticed that sensation what thought went through your mind?
- Client:* I thought it's going to bring it on.
- Clinician:* When you had that thought how did that make you feel emotionally?
- Client:* I felt scared and anxious.
- Clinician:* When you noticed that emotion what sensations did you have?
- Client:* I got the lot: dizziness, choking, chest tight, sweating, nausea.
- Clinician:* When you had those sensations what thought went through your mind?
- Client:* I thought I was dying of a heart attack or something.

Clinician: How much did you believe you were having a heart attack on a scale of zero to 100 per cent?

Client: I was convinced: 70 per cent.

Clinician: What happened to your anxiety when you thought that?

Client: I panicked very quickly.

Clinician: Did you do anything to prevent a heart attack?

Client: Yes, I had a drink of alcohol and tried to calm down. I also took an aspirin.

Clinician: How did you try to calm down?

Client: I took deep breaths and tried to slow my pulse down.

Clinician: Since you developed panic do you focus more attention on your body/thoughts?

Client: I take my pulse and try to listen to my heart beating when I'm falling asleep.