

KCCAT

Weekend Panic Treatment Group

Our 2-day Weekend Panic Treatment Group (WPTG) is a scientifically supported intensive Cognitive Behavioral Therapy (CBT) approach to panic disorder treatment. The group is designed to introduce individuals to CBT and help them assess and gain mastery over their particular symptom presentation in a supportive group environment. WPTG is for adults ages 18 and older. Options for continuing individual treatment following the group are available for those with greater symptom levels or other anxiety diagnoses.

Registration: Please call (913) 649-8820, Extension 1 for more information and to begin the assessment process.

Schedule:

The initial evaluation is scheduled on an individual basis directly with the psychologist. The group is offered on a quarterly basis (approximately every 3 months). The following dates for the Panic treatment group are scheduled:

- Saturday, November 14, 2009: 9:00 am – 5:00 pm
- Sunday, November 15, 2009: 1:00 pm – 5:00 pm

WPTG begins with a full assessment, \$350.00, conducted by a licensed psychologist at the Kansas City Center for Anxiety Treatment (KCCAT) to determine the appropriateness of the group for each individual. The assessment includes the following:

- 90-120 minute clinical interview
- Team review of pertinent background information
- Standardized assessment battery

WPTG is conducted over a two day weekend period: \$600.00.

SATURDAY: 9am – 5pm

- Overview of WPTG
- Review CBT model
- Education – Systems of anxiety & safety behaviors
- Cognitive Restructuring- Threat Forecast Monitoring Forms
- Exposure Preparation – Review how and why it works
- Interoceptive Exposures – Review protocol and conduct exposure assessment
- In-vivo Exposures – Generate a hierarchy and review guidelines for exposures
- Homework – Interoceptive and situation exposures

SUNDAY: 1pm – 5pm

- Review completion of homework assignments
- Assess current level of motivation and functioning
- Conduct exposures to remaining hierarchy items
- Relapse prevention
- Develop individualized plan for post WPTG
- Schedule, in person, follow-up appointment
- Homework - standardized packet and continuation of exposures

One month follow-up appointment, \$50.00

- Obtain homework packet
- Complete the Panic Disorder Severity Scale
- Check progress at home and problem solve as necessary