



INFO SHEET

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What is Panic?

Panic is a sudden, intense feeling of fear or anxiety that can be triggered by a perceived threat, such as a stressful event or a phobia. Panic attacks can be accompanied by physical symptoms, emotional symptoms and thinking changes.

Here are some common panic symptoms:

- Rapid heart rate or palpitations
- Sweating
- Trembling or shaking
- Shortness of breath or feeling like you can't breathe
- Chest pain or discomfort
- Nausea or abdominal distress
- Feeling dizzy, lightheaded, or faint
- Chills or hot flashes
- Numbness or tingling sensations
- Feeling detached from oneself or reality
- Fear of losing control or going crazy
- Fear of dying
- Sense of impending doom or danger

While it is normal to experience anxiety or fear in certain situations, panic attacks can be overwhelming and interfere with daily life. Panic disorder is a type of anxiety disorder in which individuals experience frequent panic attacks and may develop a fear of having future panic attacks. It is good to know that there are some very effective therapies.

How can the Centre for Clinical Psychology help with Panic?

The Centre for Clinical Psychology is a mental health clinic that offers evidence-based treatments for a range of mental health issues, including panic disorder. The Centre's therapists are highly trained and experienced in using a variety of therapies to help clients manage their symptoms.

At the Centre for Clinical Psychology, clients with panic disorder work with their therapist to identify triggers for panic attacks, develop coping strategies for managing symptoms, and address underlying issues that may be contributing to their anxiety.

Therapists at the Centre use Cognitive Behavioural Therapy (CBT) for panic disorder, as this has an extensive evidence-base. Long term studies show over 80% remittance rates (Craske et al. 1991).

If you or someone you know is struggling with panic attacks or panic disorder, the Centre for Clinical Psychology can help. To book an appointment, call the clinic on 03 9077 0122 or visit their website at <https://ccp.net.au/booking/> to book online. The Centre's team of experienced therapists is here to support you on your journey to managing panic and living a fulfilling life.

References

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