

# Making Peace With Panic: A Mindful Approach to Understanding and Treating Panic

Over 28% of adults will have a panic attack in their lifetime. Many will experience repeated attacks, which can lead to struggles to hold down a job, maintain friendships, or even carry out basic chores, like shopping for groceries. When we think of panic, we often think of panic disorder. However, individuals with PTSD, depression, social anxiety, substance use disorder, generalized anxiety, and specific phobias frequently grapple with both episodic and chronic panic attacks.

This training will delve into the problems of panic. What is it and why is it so important to treat? Then we'll explore anxiety sensitivity theory, a compelling explanation for why some people develop panic attacks. Next, using the ironic process theory (Wegner, 1997), we'll learn how attempts to suppress panic symptoms actually cause the very thing panic sufferers are desperately trying to avoid. We will then turn to understanding how mindfulness can break panic's vicious cycle. After we study the fundamental elements of mindfulness and their connection to panic, we will delve into helping patients use mindfulness to ameliorate panic and start living life again.

**Target Audience**  
Psychologists      Social Workers      Counselors  
Therapists      Psychiatrists      Nurses  
Course level: Intermediate

## Learning Objectives

At the end of this seminar, participants will be able to:

1. Describe what a panic attack is and why panic is important to treat
2. Explain what anxiety sensitivity is and how it explains why some people have panic attacks
3. Describe what Ironic Process is and how it can explain panic
4. Describe the three main components of mindfulness
5. Explain how to use mindfulness to help clients cope with panic attacks

## Seminar Schedule

Typically begins at 10:00 AM and ends at 1:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

## Outline

Begin 10 AM ET  
Is panic that much of a problem?  
What is a panic attack?  
DSM-5 definition and symptom list of a panic attack and panic disorder  
Having panic attacks without panic disorder  
Medical conditions that look like panic  
Anxiety sensitivity  
A theory of how anxiety sensitivity leads to panic  
Evidence for anxiety sensitivity as predictor or panic  
Ironic Process  
How ironic process relates to panic  
Evidence that ironic process contributes to panic  
Break 11:30-11:45 AM ET  
The three components of mindfulness: paying attention, nonjudgment, nonstriving.  
Paying attention  
Nonjudgment  
Nonstriving  
How to treat panic  
Meditation  
Challenges for panic survivors learning meditation  
Teaching mindfulness with everyday activities  
Diaphragmatic breathing done mindfully  
Treating anticipation and rumination of panic survivors  
Enhancing exposure therapy  
Building a hierarchy  
Using mindfulness during exposure  
End 1:15 PM ET

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

### Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 3 CE's for attending once they have completed these requirements.

PSYCHOLOGISTS: tzkseminars is approved by the American Psychological Association to sponsor continuing education for psychologists. tzkseminars maintains responsibility for this program and its content.

SOCIAL WORKERS: tzkseminars (Provider # 1242) is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. tzkseminars maintains responsibility for this course. ACE provider approval period: 3/28/2022 to 3/28/2025. Social workers completing this course receive 3 general continuing education credits.

COUNSELORS: tzkseminars has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6621. Programs that do not qualify for NBCC credit are clearly identified. tzkseminars is solely responsible for all aspects of the programs.

tzkseminars is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0024.

tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed creative arts therapists #0001.

tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists #0003.

tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors #0004.

tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed psychoanalysts #0002.

tzkseminars is recognized by the New York State Education Department's State Board for Psychologists as an approved provider of continuing education for licensed psychologists #PSY-003.

tzkseminars is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

## The Presenter

Jason Drwal, Ph.D. is a licensed psychologist and a staff member of the Iowa City VA Hospital. He has helped hundreds of patients who suffer from panic disorder and PTSD using mindfulness. He is a member of the hospital's APA accredited internship program and he offers numerous trainings on everything from evidence-based therapies for PTSD to smoking cessation. Outside of his role as a therapist, he is a freelancer who has written for local and national publications on mental health issues and he runs the therapist blog [www.privatepracticecentral.com](http://www.privatepracticecentral.com).

### General Information

The TZKseminars educational planning committee members and this seminar's presenter have no relationship with any ineligible companies—those whose primary business is producing, marketing, selling, reselling, or distributing healthcare products used by or on patients.

Individuals with a disability or special need can go to [tzkseminar.com](http://tzkseminar.com) to the Contact page to request accommodations.

This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

To cancel a registration, go to the Contact page. You will be charged \$30 for any cancelled registration.

If you would like to file a grievance, go to [tzkseminars.com](http://tzkseminars.com) and read our Grievance Policy. Then, you can file a grievance on our Contact page. You can also send a written grievance to:

tzkseminars, LLC  
2110 South Eagle Road  
P.O. Box 310  
Newtown, Pa. 18940

