



Panic Attack and Panic Disorder- how to recognise and respond.

A workshop for understanding and responding effectively in our client work.

More than a third of Australians will experience a panic attack (a fast increase of intense fear and physical sensations) at some stage in their lives. Most panic attacks are a 'false alarm' response to a fear stimulus that is perceived as dangerous in the absence of actual danger. Yet, to the person suffering a panic attack, the experience can feel overwhelming and even life-threatening.

For people with panic disorder (an anxiety disorder that affects almost 3% of Australians in any given Year) panic attacks and fear of experiencing another panic attack are a frequent occurrence. Moreover, panic attacks can also be part of other mental disorders, as well as some physical illnesses. Would you recognise the symptoms of a panic attack and know which strategies to use in the event of a panic attack?

This seminar will provide an understanding of panic attacks in the context of anxiety and other mental disorders, including: (1) causes of panic attacks; (2) symptoms of a panic attack; (3) diagnostic criteria for panic disorder; (4) other anxiety disorders associated with panic attacks, such as social anxiety disorder; agoraphobia, and specific phobias; (5) other mental disorders associated with panic attacks, such as posttraumatic stress disorder and some substance use disorders; (6) the lived experience of suffering a

disorder associated with panic attacks; and (7) helpful and unhelpful strategies in the event of a panic attack. Case studies and audio-visual material will be used to illustrate the lived experience.

The morning session of the seminar will focus on: causes and symptoms of a panic attack; diagnostic criteria for panic disorder; and other anxiety disorders associated with panic attacks. The afternoon session will focus on: other mental disorders associated with panic attacks; the lived experience of suffering a mental disorder associated with panic attacks, and helpful and unhelpful strategies in the event of a panic attack.

The presentation style will be interactive, encouraging participant questions and contributions. Both sessions will include case studies and audio visual material.

Learning objectives of this training:

1. Recognising key characteristics of a panic attack.
2. Distinguishing between a panic attack and panic disorder.
3. Recognising panic attacks in the context of other anxiety disorders.
4. Understanding the lived experience.
5. Learning which strategies are helpful and unhelpful in the event of a panic attack.



Renata Porzig-Drummond is a lecturer at the Australian College of Applied Psychology in Sydney, specialising in the fields of mental health and psychology. She uses an interactive presenting style that encourages participation, and focuses on the practical relevance of the topic for participants' context. Renata holds a PhD in Clinical Psychology and a BSc Psychology (Hon) from Macquarie University; a GradDip in Psychology and a BA from the University of Sydney; and a Certificate of Holistic Counselling from Nature Care College. Renata's research has focused on behaviour change and her research has been published in leading academic journals, including Behaviour Research and Therapy, Australian Social Work and Social Science & Medicine. Renata's clinical experience includes crisis counselling, psychological assessment, and working with clients with depressive and anxiety disorders, OCD and ADHD. Renata is a member of the Australian Psychological Society (APS) and the International Coaching Federation (ICF).

This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.

View our range of training topics at www.PDPseminars.com.au to choose from our in-house listings or have one of our calendar events conveniently delivered at your workplace.



ACA: Members can accrue 12 CPD points.

AASW: Members can accrue 6 CPD hours.

APS: Activities do not need to be endorsed by APS. Members can accrue 6 active hours.



ACWA: Members can accrue 6 CPD hours.

PACFA: Members can accrue 6 CPD hours.

Morning Session Causes and symptoms of a panic attack
Diagnostic criteria for panic disorder
Other anxiety disorders associated with panic attacks

Afternoon Session Other mental disorders associated with panic attacks
The lived experience
Helpful and unhelpful strategies in the event of a panic attack
Questions, evaluation and closing.

“This seminar will focus on skills in (1) recognising symptoms of a panic attack, (2) placing panic attacks in the context of anxiety and other mental disorders, (3) understanding the lived experience of having a panic attack, and (4) helpful and unhelpful strategies in the event of a panic attack.”

Renata Porzig-Drumond

How will you benefit from attending this training?

- Learn to recognise characteristics of a panic attack.
- Learn to distinguish between an isolated panic attack and a panic attack in the context of an anxiety disorder or other mental disorder.
- Understand the lived experience of having a panic attack.
- Learn about helpful and unhelpful strategies in relation to panic attacks.

Booking process:

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

We include:

- Presenter travel and accommodation costs.
- Soft copy of notes and resources and evaluation.
- Individual attendance certificates for all participants.

Contact our in-house program director **1300 887 622** or **info@PDPseminars.com.au** for information, quotation or to have a helpful chat about the needs of your team.

The presentation is designed for anyone without, or with some, prior training or experience in mental health who may encounter people with mental health issues in their professional lives. These may include: coaches; HR professionals; counsellors, psychotherapists and social workers; volunteers; community workers; and allied health professionals.

Feedback form Renata’s recent presentations:

“Renata’s enthusiasm, attention to detail, going over and beyond expectations made it an absolute pleasure.”

“Excellent course and thoroughly enjoyed it. Renata has a warm and friendly style and was professional and engaging. She clearly knows her stuff. It was great to hear real life examples as well as the video segments of this work in action.”

“The day was well paced and informative with skills and awareness I can use in my work with clients and in my own personal life. I enjoyed the interactive activities discussed and the videos.”

“Renata’s enthusiasm makes such a difference to the training. She is a very knowledgeable and positive trainer.”

“Thank you, today was very engaging, practical and informative, really clear and I will apply it to my practice.”

“Renata was very encouraging of us to ask questions and engaging with her knowledge in that way was fantastic and contributed to everyone’s learning. Just great!”

“The enthusiasm, knowledge on this subject and in general an engaging teaching ability made this an enjoyable and valuable training. Thank you!”

“Renata’s knowledge and experience is impressive! She was well prepared, approachable and helpful throughout.”