



HPC Registered  
BPS Chartered Counselling Psychologist  
BPS Expert Witness  
BACP Senior Accredited  
UKRCP Registered

# Debbie Smith Therapy

## Chartered Counselling Psychologist

### Panic attacks

Panic attacks are much more common than is generally recognised and affect a large proportion of the population. The main cause of a panic attack is intense anxiety. People often feel that they strike suddenly without warning. Fearing when the next attack will occur causes persistent worrying and intense anxiety between attacks.

Not everyone who has a panic attack will develop panic disorder, yet for those suffering it is important to seek help. Symptoms of panic attacks are sometimes so scary, those suffering often believe they are having a heart attack or suffering from another life threatening illness. Sufferers will also avoid situations where they fear an attack may occur, thus interfering with their everyday life.

#### Symptoms of a panic attack are:

- Pounding heart
- Weak
- Chest pains
- Trembling
- Numbness
- Sweaty
- Faint
- Nausea
- Shortness of breath
- A sense of unreality and loss of control
- A fear of going crazy

#### Treatment

Research indicates that the most effective intervention for panic and anxiety is Cognitive-Behavioural Therapy and Deborah would use this model of intervention with someone who is presenting with these symptoms.

#### How can talking to Deborah help?

By talking about your anxieties and identifying the patterns/triggers of when the panic attacks occur, you can begin to gain control over them.

Deborah can help you to understand, confront and change patterns of thinking that contribute to anxiety, then panic. Thus putting you in control of your feelings and your life.

*Your Mind Matters...*  
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