
What to Do This Week – Session 1

Therapy Handouts: 1. The Brain

The therapy we use in this series is called *cognitive-behavioral therapy*, and it helps us slow down, reduce, and eliminate our panic attacks. This therapy program can be described more fully and accurately as “peaceful and calm, comprehensive cognitive-behavioral therapy”, which includes mindfulness.

We’ll focus on the panic itself – how to peacefully, carefully, and calmly shrink it down to size, and how to eliminate the thoughts and feelings that lead to the vicious recycling of panic and anxiety. Every strategy employed will directly relate to overcoming panic and anxiety. There is no extra, superfluous material that does not relate to overcoming panic and the anxiety that surrounds it.

- Session 1 is an introduction to panic and its solution, and it contains all the terms, definitions, and explanations needed for us to build upon in later sessions. **Don’t skip this session** – it is an important session to get you started on the right foot.
- At any time, you can always go back and listen to a session again if you feel you didn’t understand it well enough. Reviewing therapy can only *help* you.
- You do not necessarily need to spend a full week reviewing session 1. After you have listened to session 1 – and feel reasonably comfortable that you understand it – AND after you have reviewed the session 1 materials in the book, continue on to session 2 to get started with your first week of therapy.

Many people, however, may want to give their brain a rest after listening to session 1, and then listen to session 1 again the next day so that all the important information in the session sinks in before beginning the new therapy in session 2.

The main therapy handouts of each session are the focus of your daily therapy practice. These handouts are clearly identified in each session’s audio and in each “*What to Do This Week*” handout.

Supplemental handouts, and any additional resources provided, might not be resources you need to review daily, but always review these resources *at least once* before proceeding to the next session. All material provided is relevant to overcoming panic and anxiety.

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What is a Panic Attack?	2:08
Common Symptoms of Panic	8:17
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Introduction to Dr. Richards	14:53
Cognitive-behavioral Therapy	21:13
The Fight or Flight Response	30:08
Common Panic Worries	37:25
The Appropriate Solution for Panic is CBT	46:27
Recycling and Symptom Shifting	51:28
Handout: The Brain	52:31
The Importance of Repetition and Reinforcement	58:17
Preview of What's to Come in Future Sessions	1:02:08