



# Overcoming Panic Disorder and Agoraphobia- Therapist Protocol (Best Practices for Therapy. Therapist Protocol)

*Matthew McKay PhD, Elke Zuercher-White*

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## **Overcoming Panic Disorder and Agoraphobia- Therapist Protocol (Best Practices for Therapy. Therapist Protocol)** Matthew McKay PhD, Elke Zuercher-White

A 12 to 16 session treatment for individual adults experiencing agoraphobia & panic disorder. Treatment interventions include psychoeducation, breathing retraining, cognitive restructuring, interoceptive exposure, in vivo exposure & relapse prevention. Zuercher-White is the author of END2 and AGOR. APDM is the client manual.

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