

### Sample Treatment Goals and Interventions for Panic Disorder and Agoraphobia

Treatment goals	Interventions
Reducing physical symptoms of anxiety/panic	Muscle and breathing relaxation training
Acquiring breathing skills	Breathing relaxation and rebreathing training
Eliminating conditioned anxiety response to physical sensations	Exposure
Stating belief that physical anxiety symptoms are not harmful	Cognitive restructuring, behavioral experiments
Engaging in all previously avoided activities	Exposure
Eliminating safety behaviors	Exposure
Modifying schemas of vulnerability and need for control (or other schemas-specify)	Cognitive restructuring, developmental analysis
Reporting that fear of future panic attacks has been reduced to less than 1 on a scale of 0-10	Cognitive restructuring, skills review, and practice
Eliminating impairment (specify-depend on impairments, this may be several goals)	Cognitive restructuring, problem-solving training, or other skills training (specify)
No panic attacks for 1 month	All of the above
Eliminating all avoidance behavior	All of the above
Scores on anxiety tests (BAI, PDSS, etc.) in normal range	All of the above
Acquiring relapse prevention skills	Reviewing and practicing techniques as necessary