

WHAT IS PANIC?

According to the American Psychological Association one out of every 75 people suffers from disabling panic attacks. It usually appears during the teens or early adulthood, and while the exact causes are unclear, there does seem to be a connection with major life transitions that are potentially stressful such as graduating from college, getting married, the birth of a first child, and so on. There is also some evidence for a genetic predisposition; if a family member has suffered from panic disorder, you have an increased risk of suffering from it yourself, especially during a time in your life that is particularly stressful.

Common Symptoms of Panic:

- racing heartbeat
- difficulty breathing, feeling as though you 'can't get enough air'
- terror that is almost paralyzing
- dizziness, lightheadedness or nausea
- trembling, sweating, shaking
- choking, chest pains
- hot flashes, or sudden chills
- tingling in fingers or toes ('pins and needles')
- fear that you're going to go crazy or are about to die

WHAT IS H.E.L.P.?

Hypnotically Enhanced Learning Principles (HELP) is a form of psychotherapy that combines Solution Focused Hypnosis, based upon the teachings of Dr. Milton Erickson, with Cognitive Therapy.

Solution Focused Hypnosis is a non-directive hypnotic treatment modality that allows individual control over one's own trance state while enhancing opportunities for re-learning at a subconscious level. In essence, HELP employs these principles and procedures to improve the mind-body connection that has typically gone awry for individuals suffering from panic attacks.

Cognitive Therapy addresses underlying irrational beliefs that maintain troubling symptoms including panic attacks, depression, and anxiety. By objectively addressing these underlying beliefs and irrational assumptions, individuals are able to identify alternative explanations for their symptoms, and live more productive lives. HELP employs these principles to educate individuals about panic, and introduces strategies for minimizing symptoms.

The Program:

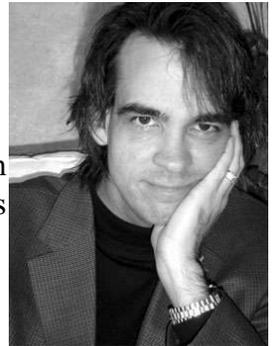
This is a ten-session group therapy experience held one to two times weekly with active participant involvement including hypnosis and group dialogue designed to minimize panic reactions. Educational brochures will be provided to all participants.

Cost: \$30.00/session

Location: Augusta Psychological Associates office in Waynesboro. Patients will be selected on a first-come, first-serve basis.

Your Facilitator:

Dr. David Reid is a Licensed Clinical Psychologist with specialized training in both Solution Focused Hypnosis and Cognitive Therapy. HELP is a systematic treatment program developed by Dr. Reid, which combines both hypnosis and cognitive therapy to effectively treat emotional disorders such as panic, anxiety, and anger management.



AUGUSTA PSYCHOLOGICAL ASSOCIATES

Starting Soon

Time: To be announced

Call and Register Now!

540.949.4202