

Panic Attack Treatment Plan

Patient information	
Name:	Date of birth:
Gender:	
Contact information:	
Medical history:	
Treatment overview	
Date:	
Summary:	
Assessment and diagnosis	
Psychiatric evaluation:	
Frequency of panic attacks:	
Intensity of symptoms:	
Nature of panic attacks:	
Functional impairments:	

Treatment modalities

Psychotherapy:

CBT components:

- Psychoeducation
- Cognitive restructuring
- Exposure therapy
- Breathing retraining

Pharmacotherapy:

- SSRIs
- SNRIs
- Benzodiazepines

Treatment planning

Goals:

Treatments to follow:

Criteria for successful treatment plan:

- Reduced frequency
- Reduced intensity
- Improved functioning
- Enhanced quality of life

Monitoring and follow-up

Progress monitoring tools:

PDSS

CGI scale

Check-in frequency:

Treatment adjustments:

Additional notes**Healthcare professional information**

Name:

License ID number:

Signature:

Date of assessment: