Case Study 1: Panic Disorder
Due March 2nd, 2017

Instructions: Read the provided case study titled “Case Study 1 – Panic Disorder.” Write in detail as you answer the questions below, including DSM information as it pertains to the case. (Please note that although the case was written using the DSM-IV, the criteria are the same as the DSM-5.) If you reference a source besides the case study please use APA format (see syllabus for links if you require assistance). Your case study will be graded on the depth and thoroughness in which it is written as well as your evaluation of the material. Excellent work shows integration of relevant material rather than merely copying information from the readings. The Grading Rubric is provided on the next page. This case study must be emailed to Dr. V in MS Word format at am.volungis@assumption.edu by the end of the day on 3/2/17. The case study is out of a total of 50 points and accounts for 15% of your final grade.

The following questions must be answered:

***Provide a separate introduction paragraph to set up the rest of the paper.***

1. In this case of "Joe," what event(s) precipitated his panic attacks? Why is Joe's case different from most panic attacks?
2. Why do individuals first suspect a general medical condition? What are the symptoms of most panic attacks related to this medical condition?
3. Why was Dr. Geller convinced that panic disorders are "best explained by a combination of biological and cognitive factors?" In other words, explain the theory behind how panic disorder and agoraphobia develops.
4. Describe the four steps Dr. Geller decided to take to help Joe overcome his panic attacks? Do not just list the steps – Explain.
5. What other interventions might be useful when treating someone with a panic disorder?
6. Visit the American Psychological Association's website and read the brief newsletter (“Answers to Your Questions about Panic Disorder”) and identify (and explain) at least three pieces of information related to treating panic disorder: http://www.apa.org/topics/anxiety/panic-disorder.aspx. How does this information apply to Joe's case and treatment?

***Provide a separate concluding paragraph with some final thoughts.***

***Make sure you answer each question (1-6) in detail (including all parts for each question). There should be at least one paragraph (but often more) for each question.***
Grading Rubric for Case Study 1
(50 points)

1. Understanding of the material – complete response to all questions (35 points)

<table>
<thead>
<tr>
<th>Addressing the specific Questions</th>
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1. Joe’s panic attacks
2. Medical condition and panic attack symptoms
3. Panic disorder and agoraphobia development
4. Four steps from Dr. Geller to overcome panic attacks 0-10
5. Other useful techniques for panic disorder
6. Information from APA website

TOTAL: ________

2. Clarity of Ideas (9 points)

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1. Syntax – sentences agree with syntax rules and convey ideas in a clear manner
2. Clear transition between ideas
3. Structure of paragraphs – introduction of concepts followed by analysis of examples and conclusion

TOTAL: ________

3. Spelling, Grammar, Professionalism (6 points)

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<thead>
<tr>
<th>APA Format: Cover page, Times New Roman w/12-point font, double-spaced, 1-inch margins, page numbers, header</th>
<th>Inadequate (0)</th>
<th>Adequate (1)</th>
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<tr>
<td>Spelling/Grammar</td>
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<td>Avoids slang, conversational speech, colloquialisms, contractions</td>
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TOTAL: ________

GRAND TOTAL (%): ________