



**ASSIST TRAUMA  
CARE**

**ASSIST TRAINING**

## Treatment for hypervigilance and panic

- **Cognitive Therapy**  
Cognitive work with rationalisation and probabilities
- **Cognitive behavioural therapy**  
The behavioural model teaches that behaviour is learned and can be unlearned with practice
- **Systemic Desensitisation**  
Joseph Wolfe (1958) believed that anxiety responses can be eliminated if the person is kept calm and comfortable while being exposed gradually to whatever caused the anxiety in the first place. Over time the exposure is intensified.
- **Practice of breathing techniques and exercises**

