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