

# OVERCOMING PANIC DISORDER AND AGORAPHOBIA

■  
A Cognitive Restructuring  
and Exposure-Based Protocol  
for the Treatment of Panic  
and Agoraphobia

*Elke Zuercher-White, Ph. D.*



**Best Practices for Therapy**  
Empirically Based Treatment Protocols

# Overcoming Panic Disorder

**ML Morrison**



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