

W02-01 - THE COGNITIVE AND BEHAVIORAL MODELS OF ANXIETY DISORDERS

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The key features of CBT are collaborative empiricism, structuring techniques, a psychoeducational emphasis, pragmatic methods of work and homeworks. Comprehensive cognitive-behavioral-biological sociocultural models are used in the group cognitive behavioral therapy with patients suffering with anxiety disorders. Cognitive processes modulate the effects of the external environment like stressful life events, interpersonal conflicts, traumatic memories etc. on the central nervous system substrate for emotion and behavior. Dysfunctional cognitions can be produced by both psychological and biological influences and vice versa. Cognitive behavioral intervention can change the emotional, behavioral and also biological processes. Because environmental, cognitive, behavioral, emotional and biological processes should be conceptualized as a part of the same system, it is valuable to search for ways of integrating or combining cognitive and biological interventions to enhance treatment outcome. The CBT models of panic disorder, social phobia, GAD, agoraphobia, health anxiety, and depression are described and way how educate patients in groups about these models will be elaborate during the workshop. **Supported:** By the project IGA, MZ CR NT 11047-4/2010.