

## **Panic Disorder with Arrhythmias: Cognitive Behaviour Therapy**

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### **Short Communication**

#### **Abstract**

This case study aims to discuss the treatment of a 35 year old male who had undergone pacemaker implantation for atrial arrhythmias before one year. His pacemaker seemed to be functioning well and his cardiac health was extremely good. The patient had been admitted to the emergency department multiple times with complaints of dizziness, flushing of face and palpitations without any cardiac event. The patient's medical and psychological treatment continued for over a period of six months. Psychopharmacological treatment along with brief Cognitive Behavioural Treatment helped achieve the collaborative goals of reducing and eliminating physiological and psychological discomfort through a step-by-step understanding and management of core beliefs aided by behaviour experiment. Outpatient follow-up after six months showed not a single admission to the emergency department with panic symptoms. CBT thus can be used as a first line of treatment to manage Panic symptoms.

#### **Biography**

Phoram Trivedi is working at Gujarat University,India.

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