

BOOK REVIEW

Panic Disorder. Assessment and Treatment Through a Wide-Angle Lens. F. M. Dattilio & J. A. Salas-Auvert. Phoenix, Arizona, USA: Zeig, Tucker & Co, Inc., 2000. 240 pages. ISBN 1-891944-35-5

Considering the fact that more than 280 peer-reviewed articles on panic disorder have been published since 1997, when Zuercher-White released her excellent book *A Step-By-Step Clinical Guide to Treating Panic Disorder and Agoraphobia*, an update of the literature is welcome. Synthesizing the results of such a large number of research papers (*Panic Disorder* contains more than 600 cited references) is a formidable task that students and clinicians have no time to do themselves.

As the title implies, the book deals with panic disorder from diverse clinical perspectives – psychodynamic, cognitive-behavioral, interpersonal, psychopharmacological, homeopathic, non-traditional, and combined treatments. It covers the nature and definition of panic, different theories of panic, and the diagnoses of panic disorder, including differentiating panic attacks from other medical conditions producing panic-like symptoms. There is also an excellent overview of the assessment of panic disorder, including assessment of biological, cognitive, affective, behavioral, and social factors. A very good overview of psychometric properties for 23 popular measurement instruments is given as well. Furthermore, a number of treatment strategies, including cognitive-behavioral techniques, are discussed. The book closes with an in-depth case study illustrating a combined treatment approach for panic with agoraphobia, a model of an easy-to-follow treatment plan, and a review of various self-help strategies.

If you are looking for specific cognitive-behavioral techniques described in great detail, *A Step-By-Step Clinical Guide to Treating Panic Disorder and Agoraphobia* is still the best choice. However, if it is an overview of treatment approaches to panic with an accurate and updated review of the professional literature that you want, this book is thoroughly recommended.

Reference

Zuercher-White, E. (1997). *Treating Panic Disorder and Agoraphobia: A Step-by-Step Clinical Guide.* Oakland, USA: New Harbinger Publications Inc.

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