

D.D (28-year-old woman)

An unemployed female project participant, financially dependent on her husband, came to the Centre presenting symptoms of a panic disorder. The project participant was suffering from panic attacks for four years, but was misdiagnosed by the inefficient healthcare system, until she came to the Wings of Hope. After the completion of the assessment, the psychologist started treating these panic attacks with cognitive-behavioural therapy (CBT).

The CBT treatment included:

- Exposure to Panic-Inducing Situations;
- Relaxation Treatment;
- Cognitive Interventions.

Soon after, the project participant started reporting a decrease in frequency and intensity of panic attacks. As the treatment progressed, the project participant only experienced minor anxiety and is now able to accomplish different tasks, such as using public transportation and complete different jobs, both inside and outside her home.