Bonnie Zucker, PhD
Clinical Psychologist, Assistant Training Director
UCLA Counseling and Psychological Services

“Early Intervention for Subclinical Panic Disorder”

Panic disorder can be a debilitating condition, affecting approximately nine million Americans a year. In addition to being associated with significant psychological distress and decreased quality of life, it is also a very costly disorder, both at the individual and societal levels. While effective cognitive behavioral interventions have been developed for panic disorder, it is estimated that approximately 30% of those treated with CBT are treatment refractory. In addition, it could take years for many affected individuals to receive the appropriate treatment. Research in the realm of panic disorder prevention is in its nascent stages. This talk will focus on a promising cognitive behavioral preventative intervention developed by the author, which can halt the development of full-blown panic disorder in individuals with subclinical symptoms. Moreover, the intervention can be delivered in a single 45 minute session. This intervention will also be used as a demonstration of bridging the gap between research and clinical practice, with the ultimate goal of dissemination. Finally, the talk will emphasize the importance of teaching evidenced-based interventions to trainees in clinical science programs.
We encourage you all to participate in deciding our new ADCT. It should be fun.

**February 3rd:**
Robert Chernoff, PhD  
Director of Psychology Training, Clinical Psychologist  
Didi Hirsch Mental Health Services

**February 10th:**
Jennifer Montesi, PhD  
Visiting Faculty, Clinical Psychologist  
Antioch University Los Angeles

**February 24th:**
Lauren Shapiro  
Doctoral Candidate  
University of Southern California

**March 3rd:**
Lisa Christensen, PhD  
Staff Psychologist  
UCLA Counseling and Psychological Services

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**Students Please Help Applicants Find Housing During Their Visits**

This year the Admissions Interview Day is Friday February 7th. In addition, we will have a number of applicants visiting either in the weeks before or after that day. Please consider volunteering to house a student during their visits. Many of you benefited from the generosity of advanced students. Housing a student is a huge benefit to the applicant and the program. Thank you.