



TREATMENTS THAT WORK
TRANSDIAGNOSTIC PROGRAMS

Unified Protocol for Transdiagnostic Treatment of Emotional Disorders

Second Edition

WORKBOOK

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Unified Protocol For Transdiagnostic Treatment Of Emotional Disorders Workbook Treatments That Work

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Farchione, Shannon Sauer-Zavala, Heather Murray Latin, Kristen K. Ellard, Jacqueline R. Bullis, Kate H. Bentley, Hannah T. Boettcher, Clair Cassiello-Robbins, 2017-11-17 Contemporary research on major emotional disorders emphasizes their commonalities rather than their differences This research continues to lend support for a unified transdiagnostic approach to treatment of these disorders that considers their commonalities and is applicable to a range of emotional problems Unified Protocol for Transdiagnostic Treatment of Emotional Disorders provides an alternative to disorder specific treatments of various emotional disorders designed to be applicable to the wide range of anxiety and other disorders with strong emotional components The Therapist Guide and accompanying client Workbook present an eight module therapy program that puts substantial emphasis on emotion focused approaches helping clients confront and experience challenging emotions while teaching them how to regulate those emotions Expanded considerably in this second edition the volume provides guidance on using the Unified Protocol UP to address problems not only with anxiety but also with depression eating disorders non suicidal self injury substance use and anger Treatment procedures have been further elucidated and more guidance is provided to practitioners on how to present key treatment concepts Chapters brand new to this updated edition introduce functional assessment and describe how to provide the UP in a group format while patient materials have been revised streamlined and made more user friendly *Unified Protocol for Transdiagnostic Treatment of Emotional Disorders* David H. Barlow, Kristen K. Ellard, Christopher P. Fairholme, Todd J. Farchione, Christina L. Boisseau, Jill T. Ehrenreich May, Laura B. Allen, 2010-12-14 Emerging conceptualizations of major emotional disorders emphasize their commonalities rather than their differences including considerable overlap in disorder phenomenology a common set of vulnerabilities to development of emotional disorders and generalization of treatment response across disorders Current research lends support for a unified transdiagnostic approach to treatment of these disorders that considers these commonalities and is applicable to a range of emotional disorders Unified Protocol for Transdiagnostic Treatment of Emotional Disorders part of the TreatmentsThatWork series of therapist manuals and patient workbooks is a radical departure from disorder specific treatments of various emotional disorders and is designed to be applicable to all anxiety and unipolar mood disorders as well as other disorders with strong emotional components such as many somatoform and dissociative disorders The Unified Protocol UP capitalizes on the contributions made by cognitive behavioral theorists by distilling and incorporating the common principles of CBT present in all evidenced based protocols for specific emotional disorders as well as drawing on the field of emotion science for insights into deficits in emotion regulation The UP contains seven modules and focuses on four core strategies becoming mindfully aware of emotional experience reappraising rigid emotion laden attributions identifying and preventing behavioral and emotional avoidance and facilitating exposure to both interoceptive and situational cues associated with emotional

experiences Unified Protocol for Transdiagnostic Treatment of Emotional Disorders will be an essential resource for all therapists and psychiatrists who implement CBT strategies as well as any clinician treating anxiety and depressive disorders

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