

Unified Protocol for Transdiagnostic Treatment of Emotional Disorders

Second Edition

WORKBOOK

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Unified Protocol for Transdiagnostic Treatment of Emotional Disorders David H. Barlow, Todd J. 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 Leading therapists and researchers have come to understand that many psychological disorders share common features and respond to common therapeutic treatments This deepened understanding of the nature of psychological disorders their causes and their symptoms has led to the development of new comprehensive treatment programs that are effective for whole classes of disorders Unified Protocol for Transdiagnostic Treatment of Emotional Disorders is one such program Designed for individuals suffering from emotional disorders including panic disorder social anxiety disorder generalized anxiety disorder posttraumatic stress disorder obsessive compulsive disorder and depression this program focuses on helping you to better understand your emotions and identify what you re doing in your responses to them that may be making things worse Throughout the course of treatment you will learn different strategies and techniques for managing your emotional experiences and the symptoms of your disorder You will learn how to monitor your feelings thoughts and behaviors confront uncomfortable emotions and learn more effective ways of coping with your experiences By proactively practicing the skills presented in this book and completing the exercises homework assignments and self assessment guizzes provided in each chapter you will address your problems in a comprehensive and effective way so you can regulate your emotional experiences and return to living a happy and functional life Unified Protocol for Transdiagnostic Treatment of Emotional Disorders David H. Barlow, Kristen K. Ellard, Christopher P. Fairholme, Todd J. Farchione, Christina L. Boisseau, Iill 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 facilatating

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 Unified Protocol for <u>Transdiagnostic Treatment of Emotional Disorders</u> David H. Barlow, Todd J. Farchione, Christopher P. Fairholme, Kristen K. Ellard, Christina L. Boisseau, Laura B. Allen, Jill T. Ehrenreich May, 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 facilatating 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 Unified Protocols for Transdiagnostic Treatment of Emotional Disorders in Adolescents Jill Ehrenreich-May, 2017 The Unified Protocols for Transdiagnostic Treatment of Emotional Disorders in Children and Adolescents suggest that there may a simple and efficient method of utilizing effective treatment strategies such as those commonly included in CBT in a manner that addresses the broad array of emotional disorder symptoms in children and adolescents The Unified Protocol for children and adolescents comprises a Therapist Guide as well as two Workbooks one for children and one for adolescents **Unified Protocol for** Transdiagnostic Treatment of Emotional Disorders David H. Barlow, 2015 This patient workbook 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 It covers the Unified Protocol UP which capitalises on the contributions made by cognitive behavioural 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

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