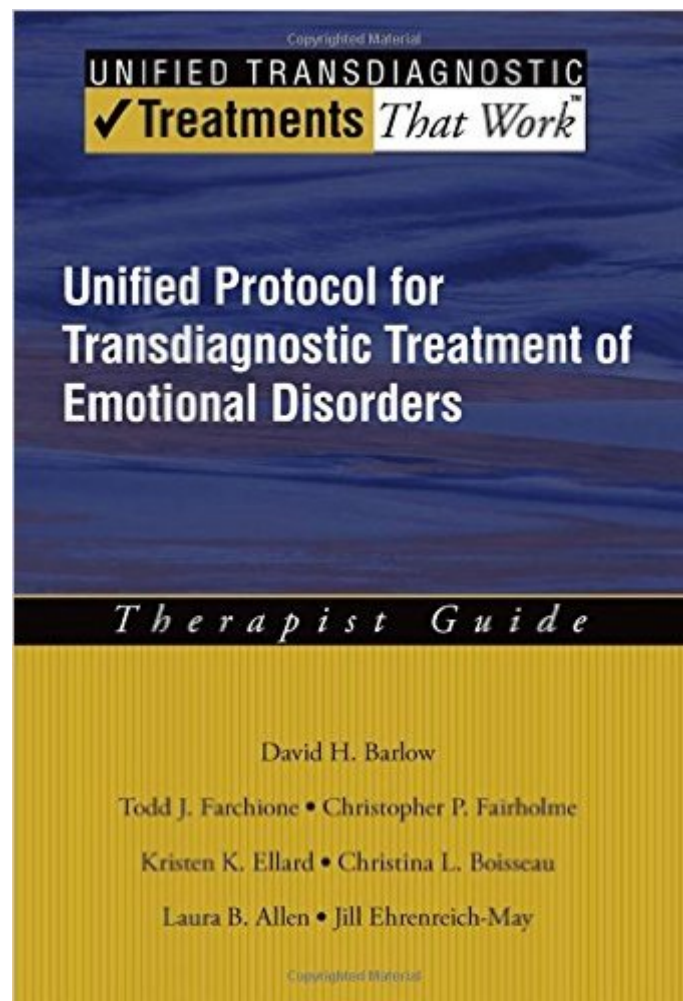


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# Unified Protocol For Transdiagnostic Treatment Of Emotional Disorders: Therapist Guide (Treatments That Work)



## Synopsis

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 Treatments That Work 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.

## Book Information

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## Customer Reviews

The Unified Protocol has been under development for several years, but now a full treatment manual exists. I last read about the method in *Clinical Handbook of Psychological Disorders, Fourth Edition: A Step-by-Step Treatment Manual* (Barlow: *Clinical Handbook of Psychological Disorders*), itself an extremely valuable assortment of empirically-validated treatments. But this new manual stands on its own, and I find that it adds enough insight and new material to make it worth buying in addition to CHPD. Since the appearance in the aforementioned book, the developers have made a few changes and enhancements. They blend in motivational interviewing concepts at the front, so as to improve retention in treatment and commitment to completing homework. They also develop the mindfulness themes more fully, alongside the emotional exposure practices. Finally, I would highly recommend using the workbook, *Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Workbook (Treatments That Work)*, because of the additional explanatory text for the client (and the treatment provider!) as well as the worksheets. I find that this manual gives me enough to use the treatment method directly with my clients. I have five currently engaged in the Unified Protocol, including one case of social phobia with alcohol dependence and one case of mixed anxiety and depression. So far my clients have been responding well, in terms of finding the treatment engaging, and completion rates of homework have been higher. This is going to become my mainstay treatment for disorders of emotion. An excellent tool for any clinician.

Not surprisingly, David Barlow has written a clear description of the treatment approach that has been tested empirically. He includes a clear rationale for this expanded CBT approach to the treatment of anxiety and depression. I have spent decades treating patients with anxiety and depression, and I found this book quite useful.

Seems to be helpful. Would be better if there were more concise chapter outlines available.

thank you

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