

Title: A brief look at the Unified Protocol for the transdiagnostic treatment of emotional disorders.

The Unified Protocol (UP) is an evidence-based treatment that cuts across diagnostic boundaries to focus on helping patients learn to experience and manage strong emotions in ways that are consistent with their long-term goals. This transdiagnostic treatment harnesses evidence-based principles of change to help patients simultaneously target the symptoms of multiple disorders and improve their quality of life. The UP, developed by Dr. David Barlow (Barlow et al., 2018), is the most widely used transdiagnostic treatment with empirical support for its use. The UP is an emotion-focused cognitive-behavioural treatment (CBT) that targets core deficits occurring across the neurotic spectrum (e.g., anxiety, depressive, and related disorders).

This introductory workshop will be a brief overview of the UP protocol (2 hours) covering key modules within the UP transdiagnostic approach to treatment. The 2-hour workshop will involve a description and demonstration of how to apply certain UP treatment modules. Educational Objectives

- a). Be able to define core temperamental characteristics and deficits in emotion regulation underlying anxiety, depressive and related disorder and conceptualize a case from the UP's transdiagnostic framework.
- b). Be able to understand how certain UP's core modules help patients presenting with comorbid emotional disorders.
- c). Be able to understand n effective and cohesive emotion exposures for patients with emotional disorders and complex comorbidities

Acquisition of the above objectives will be demonstrated by a score of 80% or greater on a post-workshop quiz.

Intended Audience: Mental health professionals of varying degrees of experience and backgrounds who have some familiarity with cognitive-behavioural approaches for treating anxiety and mood disorders.