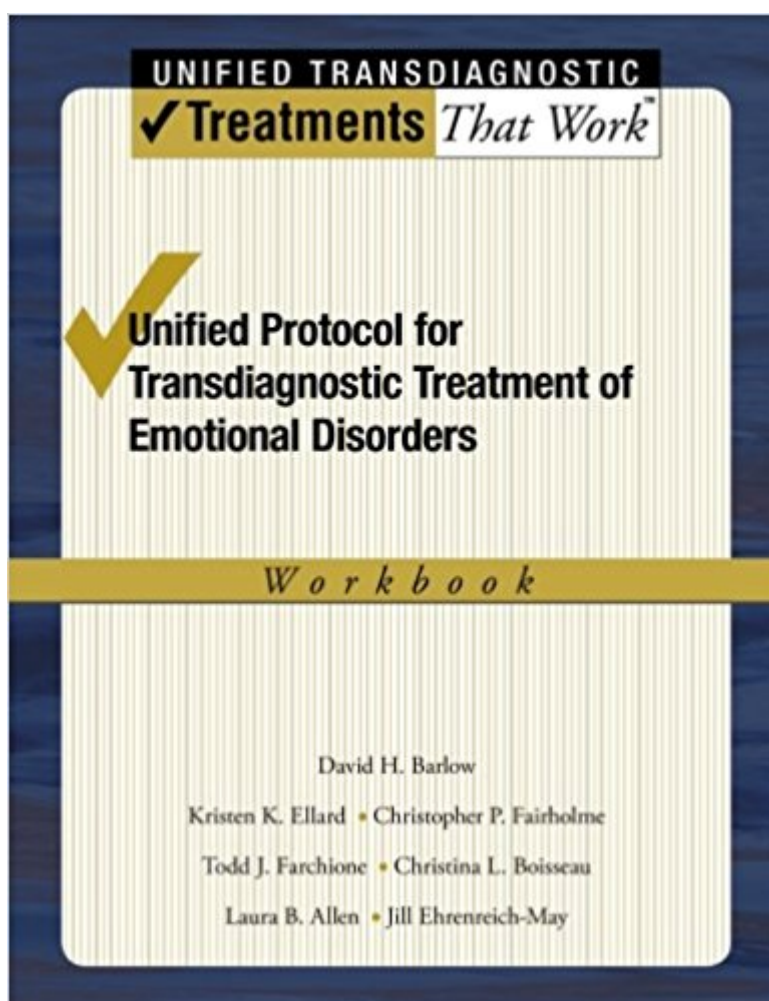


The book was found

Unified Protocol For Transdiagnostic Treatment Of Emotional Disorders: Workbook (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

"A truly important book. This new approach to the treatment of the emotion-based disorders specifies in a lucid and accessible way a coherent group of strategies and procedures for addressing the processes that maintain these disorders. Strongly recommended."--Christopher G. Fairburn, M.D., Professor of Psychiatry, University of Oxford "With admirable grace, David Barlow's Unified Protocol segues through a series of evidence-based change techniques. Discussions of motivational interviewing, cognitive flexibility, and empathy are especially lucid. Hats off to the authorship team! Thanks for leading us into a new era of evidence-based practice."--Bonnie Spring, Ph.D., Department of Preventive Medicine, Northwestern University "The unified protocol distills the core strategies emerging from the cognitive and behavioral interventions into a common set of principles that can be applied broadly to treat a diverse array of emotional and psychological disorders. The approach has great merit and represents a valuable advance in the field of clinical interventions."--Steven D. Hollon, Ph.D., Professor of Psychology, Vanderbilt University "In addressing the two problems of comorbidity and transdiagnostic symptoms, David Barlow and his colleagues have developed a treatment program with wide applicability in everyday clinical practice--important for all mental health professionals."--Richard J. McNally, Ph.D., Department of Psychology, Harvard University "The therapist guide and patient workbook provide an important step-by-step resource for therapists, as well as education and concrete treatment strategies for patients themselves."--Suzanne Bennett Johnson, Ph.D., Distinguished Research Professor, Florida State University College of Medicine

David H. Barlow, Ph.D. is a Professor of Psychology and Psychiatry, Founder and Director Emeritus of the Center for Anxiety and Related Disorders at Boston University. He is the editor for the Treatments That Work series of therapist manuals and patient workbooks, as well as the editor of The Oxford Handbook of Clinical Psychology. Kristen K. Ellard, Ph.D. is a Clinical Fellow, Massachusetts General Hospital / Harvard Medical School. Christopher P. Fairholme, Ph.D. completed his training in clinical psychology at Boston University and is a Post-Doctoral Research Fellow at Stanford University. Todd J. Farchione, Ph.D. is a Research Assistant Professor in the Department of Psychology, and Center for Anxiety and Related Disorders at Boston University. Christina L. Boisseau, Ph.D. is an Assistant Professor (Research) at Brown Medical

School in the Department of Psychiatry and Human Behavior. Laura B. Allen, Ph.D. (now Laura A. Payne) is currently a Clinical Instructor in Pediatrics at the David Geffen School of Medicine at UCLA. Jill Ehrenreich-May, Ph.D. is an Associate Professor and Director, Child and Adolescent Mood and Anxiety Treatment Program, University of Miami.

Excellent, promising resource for working on managing emotional disorders within the Unified Protocol framework. Very informative. My only critique is that I feel like most consumers might feel a bit lost in accessing the terminology around Chapter 9. I would recommend this most highly as a resource for those who have some familiarity with CBT treatment concepts and want to explore the Unified Protocol approach (Or are in such therapy) rather than as a stand alone self-help text. The ability to apply these emotion-centered techniques across a wide range of disorders is a compelling, elegant re-envisioning of CBT.

Great basic information for all types of anxiety and depression. Up to date and easy to read. I really liked the focus on emotional avoidance as a key to maintaining anxiety and straight forward instructions for breaking free from this.

Years of empirical work by Barlow and others culminate to this very timely protocol. Similar CBT components across emotional disorders in a structured, time-limited fashion. Love it!!

This is the book that was specifically requested by our service provider.

all good

Needs to be worded to meet the needs of mental health patients. Sometimes simplifying the language helps to make the concept easier to grasp.

perfect and on time , thanks

Good book.

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Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Workbook (Treatments That Work) Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Therapist Guide

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