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Unified Protocol for the Transdiagnostic Treatment of Emotional Disorders

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CE CREDITS **4**
ENROLLMENT LIMIT **50**

PRECONVENTION
Wednesday, August 7

8:00 a.m.-11:50 a.m.

Hyatt Regency
McCormick Place Hotel
2233 South Martin Luther King Drive

This workshop is cosponsored by Division 12, Society of Clinical Psychology.

The unified protocol for the treatment of emotional disorders (UP; Barlow et al., 2018) is a recently developed transdiagnostic, emotion-focused cognitive-behavioral treatment that targets core deficits occurring across the neurotic spectrum (e.g., anxiety, depressive, and related disorders). This intermediate workshop briefly reviews evidence supporting the development of such transdiagnostic interventions. The presenter provides a description and demonstration of how to apply core UP treatment modules, along with the similarities and differences between the UP and traditional cognitive-behavioral therapy. Audio and videotaped illustrations of core treatment interventions are presented.

This workshop is designed to help you:

1. Develop a unified, transdiagnostic case conceptualization for patients presenting with comorbid emotional disorders.
2. Apply emotion-focused treatment concepts and strategies to patients presenting with comorbid emotional disorders.
3. Create effective and cohesive emotion exposures for patients with depression and complex comorbidities.
4. Describe the research evidence supporting the UP.

ENROLLMENT IS NOW OPEN!

Visit convention.apa.org/ce
or call the CEP Office at
800-374-2721 x5991, option 3.

Fees	EARLY BIRD (4/15-5/15)	ADVANCE (5/16-6/30)	REGULAR (7/1-8/11)
MEMBERS	\$130	\$160	\$190
NONMEMBERS	\$160	\$200	\$240

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