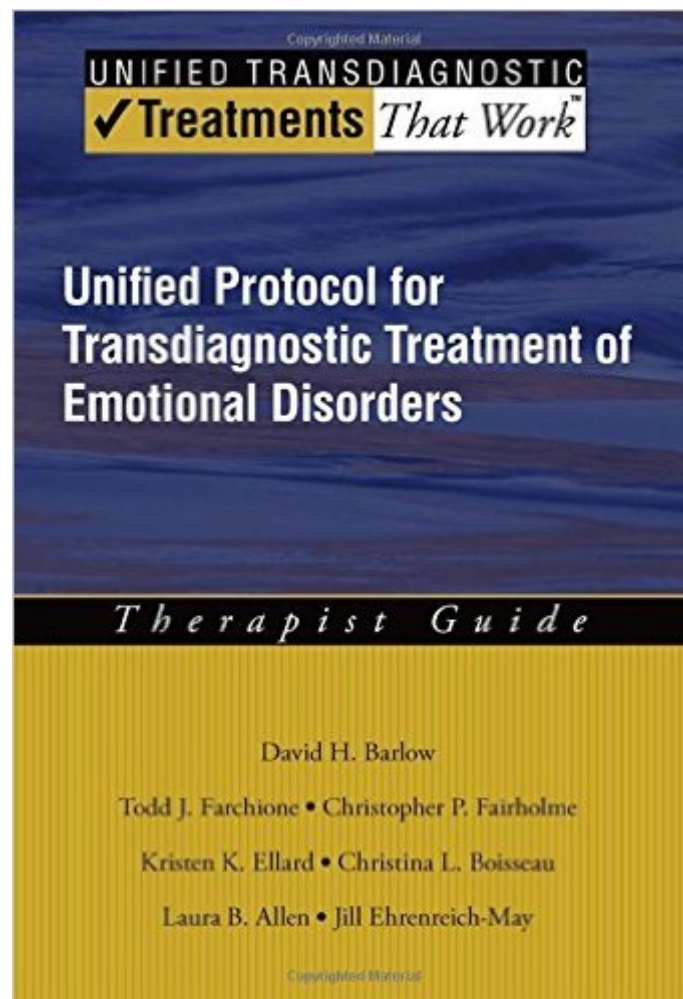


The book was found

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

Series: Treatments That Work

Paperback: 176 pages

Publisher: Oxford University Press; 1 edition (December 14, 2010)

Language: English

ISBN-10: 0199772665

ISBN-13: 978-0199772667

Product Dimensions: 9.9 x 0.3 x 6.9 inches

Shipping Weight: 14.1 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars Â Â See all reviews Â (7 customer reviews)

Best Sellers Rank: #60,595 in Books (See Top 100 in Books) #84 in Â Books > Health, Fitness & Dieting > Mental Health > Depression #96 in Â Books > Textbooks > Social Sciences > Psychology

> Clinical Psychology #97 in Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders

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

[Download to continue reading...](#)

Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Therapist Guide
(Treatments That Work) Mental Health: Personalities: Personality Disorders, Mental Disorders &

Psychotic Disorders (Bipolar, Mood Disorders, Mental Illness, Mental Disorders, Narcissist, Histrionic, Borderline Personality) Emotional Intelligence: A Practical Guide For Emotional Skills And Interpersonal Communication (Emotional Intelligence, Emotional Skills, Interpersonal Emotions, Mindfulness) Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach Therapist Guide (Treatments That Work) Managing Tourette Syndrome A Behavioral Intervention for Children and Adults Therapist Guide [Treatments That Work] by Woods, Douglas W., Piacentini, John, Chang, Susanna, Deckers [Oxford University Press, USA,2008] [Paperback] When Children Refuse School: A Cognitive-Behavioral Therapy Approach Therapist Guide (Treatments That Work) The Ultimate Herpes Cure - How to Eliminate Herpes for a Life Using Natural Cure Methods (Herpes Cure, Herpes Protocol, Herpes Cure Treatment, Herpes Treatment, Herpes Zoster, Herpes Simplex Virus) The Eating Disorders Sourcebook: A Comprehensive Guide to the Causes, Treatments, and Prevention of Eating Disorders (Sourcebooks) Prolonged Exposure Therapy for PTSD: Emotional Processing of Traumatic Experiences (Treatments That Work) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) The Body Project: Promoting Body Acceptance and Preventing Eating Disorders Facilitator Guide (Treatments That Work) Adult Incontinence: Pelvic cures - A Guide to delay incontinence onset, home remedies to improve urinary retention (Disorders that affect daily living, ... disorders, urinary disorders Book 1) Weight-Loss Apocalypse: Emotional Eating Rehab Through the hCG Protocol Articulation and Phonological Disorders: Speech Sound Disorders in Children (7th Edition) (Allyn & Bacon Communication Sciences and Disorders) Mind and Emotions: A Universal Treatment for Emotional Disorders (New Harbinger Self-Help Workbook) Tinnitus: Tinnitus Treatment Relief -Learn How To Restore Your Hearing With Natural Homemade Remedies And Treatments! (Hearing Loss Cure, Tinnitus Treatment, Stop Ear Ringing) Mastering Your Adult ADHD: A Cognitive-Behavioral Treatment Program: Workbook (Treatments That Work) Clinical Handbook of Psychological Disorders, Fifth Edition: A Step-by-Step Treatment Manual (Barlow: Clinical Handbook of Psychological Disorders) Multiple Sclerosis and (lots of) Vitamin D: My Eight-Year Treatment with The Coimbra Protocol for Autoimmune Diseases The Comprehensive Hair Loss Guide: Hair Loss Treatment and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia)