



### **Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Therapist Guide (2 edn)**

David H. Barlow, Todd J. Farchione, Shannon Sauer-Zavala, Heather Murray Latin, Kristen K. Ellard, Jacqueline R. Bullis, Kate H. Bentley, Hannah T. Boettcher, and Clair Cassiello-Robbins

Publisher: Oxford University Press  
Print ISBN-13: 9780190685973  
DOI: 10.1093/med-psych/  
9780190685973.001.0001

Print Publication Date: Nov 2017  
Published online: Jan 2018

## About ✓ Treatments That Work

**Author(s):** David H. Barlow

Stunning developments in healthcare have taken place over the last several years, but many of our widely accepted interventions and strategies in mental health and behavioral medicine have been brought into question by research evidence as not only lacking benefit, but perhaps, inducing harm (Barlow, 2010). Other strategies have been proven effective using the best current standards of evidence, resulting in broad-based recommendations to make these practices more available to the public (McHugh & Barlow, 2010). Several recent developments are behind this revolution. First, we have arrived at a much deeper understanding of pathology, both psychological and physical, which has led to the development of new, more precisely targeted interventions. Second, our research methodologies have improved substantially, such that we have reduced threats to internal and external validity, making the outcomes more directly applicable to clinical situations. Third, governments around the world and healthcare systems and policymakers have decided that the quality of care should improve, that it should be evidence based, and that it is in the public's interest to ensure that this happens (Barlow, 2004; Institute of Medicine, 2001, 2015; McHugh & Barlow, 2010).

Of course, the major stumbling block for clinicians everywhere is the accessibility of newly developed evidence-based psychological interventions. Workshops and books can go only so far in acquainting responsible and conscientious practitioners with the latest behavioral healthcare practices and their applicability to individual patients. This series, *Treatments That Work*, is

devoted to communicating these exciting new interventions to clinicians on the frontlines of practice.

The manuals and workbooks in this series contain step-by-step detailed procedures for assessing and treating specific problems (p. vi) and diagnoses. But this series also goes beyond the books and manuals by providing ancillary materials that will approximate the supervisory process in assisting practitioners in the implementation of these procedures in their practice.

In our emerging healthcare system, the growing consensus is that evidence-based practice offers the most responsible course of action for the mental health professional. All behavioral healthcare clinicians deeply desire to provide the best possible care for their patients. In this series, our aim is to close the dissemination and information gap and make that possible.

A leading development in evidence-based treatment programs based on the most up-to-date research and clinical evaluation is found in unified, transdiagnostic interventions for disorders that share common features and respond to common therapeutic procedures. Deepening understanding of the nature of psychological disorders reveals that commonalities in etiology and latent structures among many classes of disorders supersede differences, and many disorders in a class look very similar in terms of behavioral problems and brain function. Indeed, most people with one disorder or problem typically have another problem or comorbid disorder, often from the same class of disorders. Thinking of these disorders or problems as related, or on a “spectrum,” is the approach now taken by leading therapists and by the authors of the *DSM-5*.

This volume, *Unified Protocol for Transdiagnostic Treatment of Emotional Disorders*, inaugurates a new collection of books published as part of the *Treatments That Work* series, TTW: Transdiagnostic Programs, established to reflect and respond to the growing acknowledgement in our field of the importance of the spectrum approach to mental health treatment. This book is designed to address emotional disorders. Generally, this group of disorders includes all of the anxiety and mood (depressive) disorders such as panic disorder with or without agoraphobia, social anxiety disorder, generalized anxiety disorder, post-traumatic stress disorder, obsessive-compulsive (p. vii) disorder and depression. The program is also designed to address closely related “emotional disorders” such as health anxiety, the experience of dissociation (feelings of unreality), and alcohol or substance abuse associated with substantial negative affect such as anxiety and depression. What all of these disorders have in common, based on recent research findings, is excessive or inappropriate emotional responding accompanied by a sense that one’s emotions are careening out of control.

In this fully updated and revised second edition of the *Unified Protocol*, treatment procedures have been further elucidated and more guidance is provided to practitioners on how to present key treatment concepts. Chapters brand new to this updated edition introduce functional assessment and describe how to provide the UP in a group format, while patient materials have been revised, streamlined, and made more user-friendly.

The development of the *Unified Protocol for Transdiagnostic Treatment of Emotional Disorders* began with the distillation of key principles from traditional empirically supported cognitive behavioral treatments (CBT; e.g., Barlow & Craske, 2006) integrated with advances in research on emotion regulation and dysregulation (e.g., Fairholme, Boisseau, Ellard, Ehrenreich, & Barlow, 2010). It is important to note that the UP continues to emphasize the fundamental principles of traditional CBT as applied to emotional disorders such as extinction learning, through the prevention of cognitive and behavioral avoidance strategies, behavioral, emotional and interoceptive exposure, and the encouragement of cognitive flexibility.

This program is not generally recommended for a specific phobia, if that is the sole problem unaccompanied by other emotional disorders. Other books in this series can deal more efficiently with that problem (see Craske, Antony, & Barlow, 2006).

David H. Barlow, Editor-in-Chief,

Treatments *ThatWork*

Boston, MA

## References

- Barlow, D. H. (2004). Psychological treatments. *American Psychologist*, 59, 869–878.
- Barlow, D. H. (2010). Negative effects from psychological treatments: A perspective. *American Psychologist*, 65(2), 13–20.
- Barlow D. H. & Craske, M. G. (2006). *Mastery of your anxiety and panic (4th ed): Therapist guide*. New York: Oxford University Press.
- Craske, M. G., Antony, M. M., & Barlow, D. H. (2006). *Mastering your fears and phobias (2nd ed): Therapist guide*. New York: Oxford University Press.
- Fairholme, C. P., Boisseau, C. L., Ellard, K. K., Ehrenreich, J. T., & Barlow, D. H. (2010). Emotions, emotion regulation, and psychological treatment: A unified perspective. In A. M. Kring & D. M. Sloan (Eds.), *Emotion regulation and psychopathology: A transdiagnostic approach to etiology and treatment*. (pp. 283–309). New York: Guilford Press.
- Institute of Medicine. (2001). *Crossing the quality chasm: A new health system for the 21st century*. Washington, DC: National Academy Press.
- Institute of Medicine (IOM). (2015). Psychosocial interventions for mental and substance use disorders: A framework for establishing evidence-based standards. Washington, DC: National Academies Press.
- McHugh, R. K., & Barlow, D. H. (2010). Dissemination and implementation of evidence-based psychological interventions: A review of current efforts. *American Psychologist*, 65(2), 73–84.