Worksheet 5.1: UP Case Conceptualization Worksheet

UP Case Formulation		Patient:
	PRESENTING PROBLEMS:	
	STRONG UNCOMFORTABLE EMOTIONS:	AVERSIVE REACTIONS:
		,
	AVOIDANT COPING	
	SITUATIONAL AVOIDANCE/ESCAPE:	
	SUBTLE BEHAVIORAL AVOIDANCE:	
	COGNITIVE AVOIDANCE:	
	SAFETY SIGNALS:	
	TREATMENT PLAN: FOCUS / APPLICA	ATION OF CORE MODULES
	MODULE 3:	
	MODULE 4:	
	MODULE 5:	
	MODULE 6:	
	MODULE 7:	

David H. Barlow, Todd J. Farchione, Shannon Sauer-Zavala, Heather Murray Latin, Kristen K. Ellard, Jacqueline R. Bullis, Kate H. Bentley, Hannah T. Boettcher, Clair Cassiello-Robbins Unified Protocol for Transdiagnostic Treatment of Emotional Disorders.

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