



Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Workbook (2 edn)

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About ✓ Treatments That Work

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One of the most difficult problems confronting patients with various disorders and diseases is finding the best help available. Everyone is aware of friends or family who have sought treatment from a seemingly reputable practitioner, only to find out later from another doctor that the original diagnosis was wrong or the treatments recommended were inappropriate or perhaps even harmful. Most patients, or family members, address this problem by reading everything they can about their symptoms, seeking out information on the Internet or aggressively “asking around” to tap knowledge from friends and acquaintances. Governments and health care policymakers are also aware that people in need do not always get the best treatments—something they refer to as variability in health care practices.

Now health care systems around the world are attempting to correct this variability by introducing evidence-based practice. This simply means that it is in everyone’s interest that patients get the most up-to-date and effective care for a particular problem. Health care policymakers have also recognized that it is very useful to give consumers of health care as much information as possible, so that they can make intelligent decisions in a collaborative effort to improve physical health and mental health. This series, *Treatments That Work*, is

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designed to accomplish just that. Only the latest and most effective interventions for particular problems are described in user-friendly language. To be included in this series, each treatment program must pass the highest standards of evidence available, as determined by a scientific advisory board. Thus, when individuals suffering from these problems or their family members seek out an expert clinician who is familiar with these interventions and decides that they are appropriate, patients will have confidence they are receiving the best care available. Of course, only your health care professional can decide on the right mix of treatments for you.

The latest 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 (p. vi) and respond to common therapeutic procedures. Deepening understanding of the nature of psychological disorders reveals that many groups of related disorders share important causes, and look very similar in terms of behavioral problems and brain function. Thinking of these disorders or problems as related, or on a “spectrum,” is the approach now taken by leading therapists and researchers as well as by the authors of the *DSM-5*. This is because most people with one disorder or problem also have another problem or disorder (referred to as comorbidity). If someone has panic disorder, they may also have social anxiety as well as depression; these are all emotional disorders. If someone abuses drugs, they may also abuse alcohol or cigarettes; these are all addictive disorders. Treatment programs in this series are “unified” because they share a common, unified set of therapeutic procedures that are effective with a whole class of disorders, such as emotional disorders or addictive disorders. Treatment programs are “transdiagnostic” because they are designed to be effective with all of the disorders in that class (emotional or addictive or eating disorders) that somebody might have, rather than just one disorder. Working with one set of therapeutic principles makes it easier and more efficient for you and your therapist, and should address all of the problems you may have in a more comprehensive and effective way. This particular workbook is designed to address the range 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 disorder, and depression. The program is also designed to address closely related conditions that arise from difficulty responding to strong emotions, such as health anxiety, dissociation (feelings of unreality), alcohol or substance use, and self-injurious behavior. What all of these disorders have in common is the experience of strong emotions that is interfering with the ability to lead a fulfilling life. This program is not generally recommended for a specific phobia, if that is the only problem you are experiencing at this time. Only your healthcare professional can tell you for sure which disorders you have and which you may not have; and only your healthcare professional can decide on the most appropriate treatments for you.

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