

# Outline

## Controversial issues in diagnosis

- History of mental health disorders classification
- Categorical approach: the problem of phenotypic overlap
- Comorbidity – when only the content of worries distinguishes diagnosis
- Ill-fitting diagnostic boxes: unspecified and subthreshold presentations

## Rationale for transdiagnostic treatment and a return to lumping disorders

- Conventional approaches: the burden of one diagnosis = one treatment
- Personality/temperamental factors supporting a transdiagnostic approach
- Neurobiological evidence for going deeper than symptom level

## The two vulnerabilities to developing emotional disorders

- Experiencing strong emotions and having strong negative reactions to intense emotions
- Transdiagnostic case conceptualization – when avoidance backfires
- Unified Protocol: core strategies to increase clients' willingness to experience strong emotions

## Starting out: Understanding what gets clients going and what keeps them stuck

- Conducting assessments and getting clients on board with UP treatment
- Harnessing and maintaining motivation
- **Exercise:** Goal setting and decisional balance
- **Case study**

## Developing a better understanding of emotional experience

- Teaching clients the adaptive function of their uncomfortable feelings
- "Just relax" - understanding the interacting components of thoughts, physical sensations, and emotions
- Break out of the vacuum – recognizing the ARC (antecedents, response, consequence)
- **Exercise:** Cultivating mindful attention and Mindful mood induction
- **Case study**

## Shining a light on how thinking generates and maintains distress

- Dismantling thinking traps: the role of automatic, habitual cognitive appraisals
- Targeting specific types of cognitive inflexibility: overestimation and catastrophizing
- What to do when cognitive work falls flat with your clients
- **Exercise:** Ambiguous picture

## Understanding and countering avoidance strategies

- The five categories of emotional behaviors that reinforce symptoms
- Deciding on alternative action experiments
- **Exercise:** Paradox of suppression
- **Case study**

## Fostering more accurate appraisals of body sensations

- Shaking clients' conviction that they cannot handle situations and emotions
- Interoceptive exposures – de-triggering your clients' physical experience
- **Exercise:** Playground metaphor and generating exposure ideas
- **Case study**

## Climbing the ladder of emotion exposures

- Situational, imaginal, interoceptive! Creating strong emotion to show clients they can cope
- Exposure preparation and debriefing
- **Exercise:** Create a hierarchy
- **Case study**

## Maintaining gains and preventing relapse

- Treatment consolidation and relapse prevention
- Tips for teaching clients to be their own therapist
- **Exercise:** Distinguish symptom relief goals from well-being goals

## Limitations of the research and potential risks

### Live Webinar Schedule (Times listed in Eastern)

- 8:00 Program begins
- 11:50-1:00 Lunch Break
- 4:00 Program ends

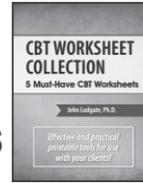
There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

# Objectives

1. Describe the advantages and disadvantages of the current method of classifying mental disorders.
2. Construct a transdiagnostic case conceptualization for clients presenting with comorbid disorders.
3. Utilize mindfulness-based interventions to increase clients' awareness and experience of emotions.
4. Apply cognitive restructuring techniques targeting overestimation and catastrophizing.
5. Plan behavioral experiments to promote clients' ability to engage in intentional action.
6. Utilize situational, imaginal, and interoceptive exposures to improve clients' tolerance of strong emotions.

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- eating disorders
- borderline personality
- insomnia
- somatic symptom disorders

*"Shannon has deep knowledge of emotional disorders and the UP as well as highly developed clinical expertise and teaching abilities."*

- David H. Barlow, PhD

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# Mastering the Unified Protocol

Real clients don't fit into simple diagnostic categories. And when clients come in with multiple issues, it's easy to fall into the "what do I treat first" trap.

*But what if you could learn ONE protocol that gets to the heart of what creates suffering in every client with an emotional disorder, regardless of diagnoses?*

Developed by Dr. David Barlow at Boston University, the Unified Protocol (UP) cuts across traditional diagnostic boundaries to focus on key psychological processes underlying most mental health issues. Leave behind the confusion and frustration of chasing treatment order or switching between approaches – **with the UP, you will simultaneously reduce symptoms of co-occurring disorders, all while improving your clients' quality of life.**

In this workshop, Dr. Shannon Sauer-Zavala, co-developer of the UP, will walk you through 8 **easy-to-learn** modules and demonstrate how you can use UP principles flexibly to:

- Harness your clients' motivation toward change
- Teach your clients to better understand and utilize the power of their emotions
- Facilitate cognitive restructuring exercises to enhance the clarity of your clients' thinking and deciding
- Revamp your clients' mistaken appraisals of triggering body sensations
- Improve your clients' ability to be present and in charge of their behaviors

Rooted in the power of emotion-focused CBT and **shown to be effective in over 70 rigorous clinical trials**, the Unified Protocol lets you get to the core of mental health issues and focus on your client - not labels.

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# Meet Your Speaker



**Shannon Sauer-Zavala, PhD**, is co-developer of the Unified Protocol and the founding director of the Unified Protocol Institute at the Center for Anxiety and Related Disorders at Boston University. She has provided training and consultation in the Unified Protocol to clinicians all over the world. In addition to over 10 years of experience as a clinical psychologist providing evidence-based treatments, Dr. Sauer-Zavala maintains a prolific research career focused on exploring emotion-focused mechanisms that maintain psychological symptoms (particularly high-risk symptoms such as suicidal thoughts and behaviors) and using this information to develop more targeted, easily disseminated intervention strategies. She is an assistant professor in the department of psychology at the University of Kentucky (UK) and is the founding director of clinical services at the UK Clinic for Emotional Health. Dr. Sauer-Zavala completed her doctorate in clinical psychology from UK, her predoctoral internship at Duke University Medical Center, and her postdoctoral fellowship at Boston University. Her research has been supported by NIMH, NIAAA, Templeton Foundation, the Center for Implementation and Improvement Sciences, and the Canadian Institute of Health Research. Dr. Sauer-Zavala has co-authored over 100 scholarly publications and three books, including workbook and therapist guides on the Unified Protocol for Oxford's *Treatments That Work* series, as well as *Neuroticism: A New Framework for Emotional Disorders and Their Treatment*, with David Barlow.

### Speaker Disclosure:

Financial: Dr. Shannon Sauer-Zavala has employment relationships with the University of Kentucky, Boston University, and the Center for Anxiety and Related Disorders. She is an author with Guilford Press, Oxford University Press, and University Press and receives royalties. receives a speaking honorarium from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Shannon Sauer-Zavala is a member of the North American Society for the Study of Personality Disorders, the Association for Psychological Science, and the American Psychological Association.

## CE CREDITS AVAILABLE FOR LIVE WEBINAR

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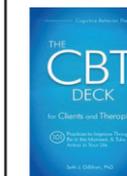
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Seth J. Gillihan, Ph.D.  
~~\$22.99~~ **\$14.99\***

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**The Comprehensive Clinician's Guide to Cognitive Behavioral Therapy**

Leslie Sokol, Ph.D.  
~~\$36.99~~ **\$26.99\***

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