



Unified Protocol (UP)

8 April 2026

A Live, Interactive Webinar

Description:

The Unified Protocol Introductory Workshop will teach participants the core model and modules to deliver the Unified Protocol (UP) for Transdiagnostic Treatment of Emotional Disorders. The UP is an evidence-based, emotion-focused cognitive-behavioral therapy aimed at helping patients navigate emotional experiences. This workshop will cover the background information on the UP, discuss the underlying transdiagnostic framework in which the UP operates, and provide descriptions of module in the UP. Concrete case examples will be embedded throughout the workshop to help participants grasp content and practice applying the UP's conceptual framework.

Total CE Credits: 6

Total Contact Hours: 6

Learning Objectives:

Following the training, attendees will be able to:

1. Use the UP's model of an emotional disorder to understand the factors that maintain symptoms and how the UP's mechanisms of change target these maintaining factors.
2. Identify clients who are good candidates for UP treatment.
3. Develop a case conceptualization using UP's unifying framework.
4. Describe the skills taught in the UP and link them to specific mechanisms of change.
5. Describe how each UP module helps patients learn about and manage the experience of emotions.

Target Audience: For behavioral health providers who treat military personnel, veterans, and their families.

Instructional Content Level: Intermediate



Agenda:

9:00 AM	10:00 AM	Introduction to the Unified Protocol
10:00 AM	10:30 AM	Module 1: Motivational Enhancement
10:30 AM	10:45 AM	15 min break
10:45 AM	11:30 AM	Module 2: Psychoeducation
11:30 AM	12:00 PM	Module 3: Mindful Emotional Awareness
12:00 PM	1:00 PM	Lunch
1:00 PM	1:45 PM	Module 4: Cognitive Flexibility
1:45 PM	2:15 PM	Module 5: Emotional Behaviors
2:15 PM	2:30 PM	Module 6: Interoceptive Exposure
2:30 PM	2:45 PM	15 min break
2:45 PM	3:30 PM	Module 7: Emotion Exposures
3:30 PM	4:15 PM	Module 8: Relapse Prevention
4:15 PM	4:30 PM	Wrap up and Q+A

Continuing Education:

Course Completion Requirements: Participants are required to attend the entire training. Partial credits cannot be issued. Attendance is taken through the use of electronic logs, and a post-training evaluation form must be completed in order to receive ACE social work CE credits. For other CE credits, completion of the evaluation is strongly encouraged, but if you do not wish to complete the evaluation, please contact the training event's POC after the training event.

There is a 30-day time limit post-training to complete all CE requirements. CE Credit Certificates will be awarded via CE21 within 30 days after all course requirements have been completed.

American Psychological Association Sponsor Approval:

The Center for Deployment Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Center for Deployment Psychology maintains responsibility for this program and its content.

Association of Social Work Boards Approved Continuing Education Provider Approval:

The Center for Deployment Psychology, #1761, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. The Center for Deployment Psychology maintains responsibility for this course. ACE provider approval period: May 19, 2025 – May 19, 2028. Social workers completing this course receive 6 Live, Interactive Webinar continuing education credits.

New York State Education Department's State Board for Psychology Provider Approval:

The Center for Deployment Psychology is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists



(#PSY-0178).

New York State Education Department's State Board for Social Work Provider Approval:

The Center for Deployment Psychology is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers (#SW-0744).

Inquiries regarding CE credits may be directed via email to William Tiwari at william.tiwari.ctr@usuhs.edu.

Participate:

Online Platform: Zoom

Date: 8 April 2026

Time: 9:00 am – 4:30 pm Eastern

Registration Information: <https://deploymentpsych.org/training>

Registration Deadline: Registration will close one week prior to the training or once capacity has been met.

Cancellations/Questions: Please contact william.tiwari.ctr@usuhs.edu if you have any questions or need to cancel your registration.

Registration Cost/Refunds: None.

Required Materials: None

Location Information: Zoom

Instructional Format: This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions.

System Requirements:

Zoom:

- Internet connection
- Operating System: Windows 7 or higher, Mac OS X with MacOS 10.9 or higher
- Web Browser: Internet Explorer 11+, Edge 12+, Firefox 27+, Chrome 30+, Safari 7+
- Hardware: 1Ghz processor or higher

Special Accommodations: If you require special accommodations due to a disability, please contact William Tiwari william.tiwari.ctr@usuhs.edu 4 weeks prior to the training so that we may provide you with appropriate service.

Grievances: For any grievances or concerns with this training including those related to course content, non-receipt of certificate or other occurrences, participants may contact CDP's Continuing Education



Director, Amanda Stanley at amanda.stanley.ctr@usuhs.edu

Instructor Biographies:

Dr. Joel Wyatt received his PhD in clinical psychology from Ohio University. He is a licensed clinical psychologist and an Assistant Professor of Psychiatry and Behavioral Sciences at Rush University Medical Center in Chicago, IL. Dr. Wyatt serves active duty service members, Veterans, and their family members in the Road Home Program at Rush treating the invisible wounds of war and sexual violence. Currently, Dr. Wyatt is the training program manager for the Road Home Program and leads an initiative to implement the Unified Protocol within an intensive treatment program. He is currently the Director of Outreach and a “level 3” expert trainer for the Unified Protocol Institute and routinely completes workshops and trains mental health professionals in the Unified Protocol.



**There is no commercial support or conflict of interest to report for these presenters.