



## Unified Protocol (UP)

29 January 2025

A Live, Interactive Webinar

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### **Description:**

The Unified Protocol (UP) is an evidence-based treatment developed by Dr. David Barlow (Barlow et al., 2004) that cuts across diagnostic boundaries to focus on helping patients learn to experience and manage strong emotions in ways that are consistent with their long-term goals. This transdiagnostic treatment harnesses evidence-based principles of change to help patients simultaneously target the symptoms of multiple disorders and improve their quality of life. The UP is the most widely used transdiagnostic treatment with substantial empirical support for its effectiveness.

This introductory workshop will briefly discuss the rationale for a transdiagnostic approach to treatment and review evidence from over 70 clinical trials demonstrating the effectiveness of the UP. Next, all eight UP treatment modules will be introduced, including demonstrations of how to apply the content and discussion of similarities and differences between the UP and traditional CBT. There will be demonstrations of core intervention components and attendees will be encouraged to participate as part of these illustrations. (Deplancke et al., 2023; Longley & Gleiser, 2023; Stumpp et al., 2024)

Total CE Credits: 6.0

Total Contact Hours: 6.0

### **Learning Objectives:**

Following the training, attendees will be able to:

1. Explain core temperamental characteristics and deficits in emotion regulation underlying anxiety, depressive and related disorders.
2. Develop a case conceptualization using the UP's transdiagnostic framework.
3. Formulate a treatment plan for patients presenting with comorbid emotional disorders that incorporates the UP's five core emotion-focused treatment strategies.
4. Create effective and cohesive emotion exposure for patients with emotional disorders and complex comorbidities.

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

**Instructional Content Level:** Introductory/Beginner

### **Agenda:**



9:00 AM	10:00 AM	Rationale for UP and research support for UP
10:00 AM	10:15 AM	Break
10:15 AM	11:00 AM	Case conceptualization
11:00 AM	12:00 PM	Begin didactic presentation of UP modules
12:00 PM	1:00 PM	Lunch break
1:00 PM	2:30 PM	Continued didactic presentation of UP modules
2:30 PM	2:45 PM	Break
2:45 PM	4:30 PM	Continued didactic presentation of UP modules

**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 available for download via the registration system 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, 2022 – May 19, 2025. Social workers completing this course receive 6.0 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 Katie Medina at [katie.medina.ctr@usuhs.edu](mailto:katie.medina.ctr@usuhs.edu).

### **Participate:**

**Online Platform:** Zoom

**Date:** 29 January 2025

**Time:** 9:00 a.m. – 4:30 p.m. Eastern Time

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

**Registration Deadline:** Registration will close one week prior to the start date or when training capacity is met.

**Cancellations/Questions:** Please contact Katie Medina at [katie.medina.ctr@usuhs.edu](mailto:katie.medina.ctr@usuhs.edu) if you have any questions or need to cancel your registration.

**Registration Cost/Refunds:** This training is free for those with a .mil email address and \$25.00 for all others. Registration fees will be refunded to participants who send a written cancellation via email to Katie Medina at [katie.medina.ctr@usuhs.edu](mailto:katie.medina.ctr@usuhs.edu) no less than 2 weeks before the training. No refunds will be made after the training.

**Required Materials:** None

**Location Information:** Online via 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 Katie Medina at [katie.medina.ctr@usuhs.edu](mailto:katie.medina.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-hulsey, via email at [amanda.stanley-hulsey.ctr@usuhs.edu](mailto:amanda.stanley-hulsey.ctr@usuhs.edu).

### **Instructor Biography:**



**Elizabeth Eustis, PhD:** Dr. Elizabeth Eustis (she/her) is a clinical psychologist and adjunct research assistant professor at the Center for Anxiety and Related Disorders at Boston University. Previously she was a research assistant professor at Boston University and the former director of the Unified Protocol Institute, where she oversaw all national and international training in the Unified Protocol. Her interests include how to increase access to evidence-based mental health care and digital mental health interventions. Dr. Eustis has published over 20 peer-reviewed journal articles, 7 book chapters, and has authored over 50 presentations at national and international conferences in the areas of anxiety and related disorders, cognitive behavioral therapy, and digital mental health interventions.

**Dr. Joel Wyatt,** 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 by treating the invisible wounds of war. Currently, Dr. Wyatt leads an initiative to implement the Unified Protocol within an intensive treatment program. He is an expert trainer for the Unified Protocol Training Institute.

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