



## **Unified Protocol**

12 February 2025

A Live, Interactive Webinar

### **Description:**

The Unified Protocol (UP) is an evidence-based treatment developed by Dr. David Barlow (Barlow et al., 2017) 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 among the most widely used transdiagnostic treatments 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 throughout the workshop. (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 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:**

**Eastern Time**

*(Please note the correct time for your respective time zone)*

**Day 1**

9:00 AM - 10:00 AM	Rationale for UP and research support for UP
10:00 AM - 10:15 AM	<b>Break</b>
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	<b>Lunch break</b>
1:00 PM - 2:30 PM	Continued didactic presentation of UP modules
2:30 PM - 2:45 PM	<b>Break</b>
2:45 PM - 4:30 PM	Continued didactic presentation of UP modules

*\*\* Regular breaks will be assigned as indicated*

**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 emailed 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 SBHP Support at [sbhpsupportggg@usuhs.edu](mailto:sbhpsupportggg@usuhs.edu).

### **Participate:**

**Online Platform:** Zoom

**Date:** 12 February 2025

**Time:** 9:00 am – 4:30 pm Eastern

*Please note the correct time for your respective time zone*

**Attendance Requirements:** Attendees MUST log into the training via an individual connection rather than as a group using one computer/device. Attendance on both days in their entirety is required to receive CE credits and tier completion. Partial credit cannot be issued.

**Required Materials:** None

**Registration Information:** <https://starproviders.org/providers-home/>

**Registration Deadline:** Registration will close one business day before the training begins or when registration capacity has been reached.

**Cancellations/Questions:** Please contact SBHP Support at [sbhpsupport-ggg@usuhs.edu](mailto:sbhpsupport-ggg@usuhs.edu) if you have any questions or need to cancel your registration

**Registration Cost/Refunds:** Free

**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



Participants will not have to install any additional programs on their computer to take part. However, a web browser is necessary (Mac users: Chrome or Firefox is recommended to minimize tech issues). Participant's may test their computer's Zoom capabilities by visiting <http://zoom.us/test>. We **recommend all participants test their ability to load Zoom in advance of the training event** to ensure there are no technical difficulties the morning of the event.

**Special Accommodations:** If you require special accommodation due to a disability, please contact Ms. Chris Myers at [christina.myers.ctr@usuhs.edu](mailto:christina.myers.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, Ms. Amanda Stanley-Hulsey, via email at [amanda.stanley-hulsey.ctr@usuhs.edu](mailto:amanda.stanley-hulsey.ctr@usuhs.edu)

### **Instructor Biographies:**

**Rachel J. Ammirati, PhD, ABPP**, received her PhD in Clinical Psychology from Emory University, and she is board certified in Behavioral and Cognitive Psychology through the American Board of Professional Psychology (ABPP). She is a licensed, practicing psychologist who specializes in integrated care and providing cognitive-behavioral psychotherapy services, including the Unified Protocol (UP), to adults living with HIV. Dr. Ammirati is an expert UP trainer and therapist and co-author of the most recent version of the UP Therapist Adherence Rating Scale. She routinely gives presentations on the UP, supervises psychology and psychiatry trainees in the UP, and provides UP consultation services to licensed mental health providers. Separate from her work with the Unified Protocol Institute, Dr. Ammirati is an Assistant Professor within the Department of Psychiatry and Behavioral Sciences at Emory University School of Medicine, and she is based clinically within the Grady Health System in Atlanta, GA. Her scholarly interests include science-practice integration, scientific skepticism, cognitive-behavioral approaches to treatment, integrated care, and brief models of psychotherapy.

**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 leads an initiative to implement the Unified Protocol within an intensive treatment program. He is a "level 3" expert trainer for the Unified Protocol Training 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.**