



“An Introduction to the Unified Protocol: A Transdiagnostic Treatment for Emotional Disorders”

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MEDICINE

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SPEAKER

Maya Nauphal, PhD (she/her) is a Postdoctoral Fellow at NewYork Presbyterian/Weill Cornell Medicine. She completed her graduate training at BostonUniversity and her pre-doctoral internship at Montefiore Medical Center/Albert Einstein College of Medicine. Her training experiences reflect an expertisein working with individuals who struggle with emotion dysregulation from a transdiagnostic perspective, including anxiety, mood, substance use, trauma-related, and personality disorders. Dialectical behavior therapy, as well as acceptance- and mindfulness-based and multicultural approaches, highlyinfluence her clinical work. Maya's research interests center around developing brief transdiagnostic interventions to increase access to mentalhealthcare and reduce mental health stigma. She is passionate about training future generations of mental health providers and leads seminars andworkshops on topics related to health justice and mental health stigma. Dr. Nauphal completed her therapist certification in the Unified Protocol (UP), atransdiagnostic CBT treatment for emotional disorders, while working as a member of the Unified Protocol Lab at Boston University. She has contributedto several clinical and research initiatives focused on the evaluation and dissemination of the UP in different clinical and non-clinical settings. She has co-led clinical workshops on the UP for clinicians interested in learning how to integrate the treatment into their clinical practice.

ABSTRACT

The Unified Protocol (UP) is an emotion-focused, transdiagnostic treatment that targets psychological processes that underlie multiple disorders. This presentation will outline the empirical and conceptual rationale for transdiagnostic cognitive behavioral therapy – including an overview of the concept of an emotional disorder, provide an overview of the core modules of the UP, and review current empirical support for the treatment.

LEARNING OBJECTIVES

1. List two benefits of a transdiagnostic approach to treatment.
2. Describe the three components of an emotional disorder.
3. Identify the 5 core modules of the Unified Protocol and their respective goals.

REFERENCES

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2. Barlow, D. H., Farchione, T. J., Bullis, J. R., Gallagher, M. W., Murray-Latin, H., Sauer-Zavala, S., Bentley, K. H., Thompson-Hollands, J., Conklin, L. R., Boswell, J. F., Ametaj, A., Carl, J. R., Boettcher, H. T., & Cassiello-Robbins, C. (2017). The Unified Protocol for Transdiagnostic Treatment of emotional Disorders compared with Diagnosis-Specific Protocols for anxiety Disorders. *JAMA Psychiatry*, 74(9), 875. <https://doi.org/10.1001/jamapsychiatry.2017.2164>
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