

# Psychiatry Grand Rounds WCM Department of Psychiatry Psychology CE Announcement



**Weill Cornell  
Medicine**  
Psychiatry

## Lessons Learned from Research on Transdiagnostic Psychotherapy for Children and Adolescents

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Professor and Cooper Fellow, Departments of Psychology and Pediatrics,  
University of Miami

**Zoom:**

<https://weillcornell.zoom.us/j/92812036154>

Meeting ID: 928 1203 6154

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May 13, 2026



11 AM - 12 PM



Live Online

### ABSTRACT

Rates of youth anxiety and depression have risen sharply, yet most affected young people do not receive timely, evidence-based care. This talk reviews lessons learned from two decades of research on transdiagnostic psychotherapy for youth emotional disorders, with a focus on the Unified Protocols for Transdiagnostic Treatment of Emotional Disorders in Children and Adolescents (UP-C/A). Drawing on efficacy, effectiveness, and implementation studies across clinical, community, and school settings, Dr. Ehrenreich-May will highlight evidence that targeting shared mechanisms—such as neuroticism, emotion intolerance, and avoidance—can yield broad and durable symptom improvement across comorbid conditions. Findings illustrate comparable or superior outcomes to disorder-specific CBT, meaningful caregiver benefits, and promising adaptations for diverse contexts, including schools, telehealth, and culturally responsive formats. The presentation concludes with future directions emphasizing equity, scalability, and prevention, underscoring the importance of

### SPEAKER

**JJill Ehrenreich-May, Ph.D.** is Professor of Psychology and Pediatrics, as well as a Cooper Fellow in the College of Arts and Sciences at UM. She is the Director of the Child and Adolescent Mood and Anxiety Treatment (CAMAT) program in the Department of Psychology, which studies and disseminates state-of-the-art, evidence-based psychotherapy to youth with anxiety and depression through a mix of funded research studies and service grants. She is the author or co-author of over 200 journal articles, book chapters and other publication relating to this work and her current research is supported by grants from federal, state, and foundation sources. Dr. Ehrenreich-May is also extensively involved in service on the national level, where she served as President of the Association for Behavioral and Cognitive Therapies (ABCT) from 2022-2023.

### LEARNING OBJECTIVES

1. Describe the rationale for transdiagnostic approaches to youth emotional disorders, including shared mechanisms such as neuroticism, emotion intolerance, and experiential avoidance.
2. Summarize key evidence from efficacy, effectiveness, and implementation studies of the Unified Protocols for Transdiagnostic Treatment of Children and Adolescents (UP-C/A) across clinical, community, and school settings.
3. Identify strategies for adapting and implementing transdiagnostic interventions to improve equity, access, and scalability in real-world youth mental health care.

### REFERENCES

1. Marchette, L. K., & Weisz, J. R. (2017). Practitioner Review: Empirical evolution of youth psychotherapy toward transdiagnostic approaches. *Journal of Child Psychology and Psychiatry*, 58(9), 970–984. <https://doi.org/10.1111/jcpp.12747>
2. Ehrenreich-May, J., Rosenfield, D., Queen, A. H., Kennedy, S. M., Remmes, C. S., & Barlow, D. H. (2016). An initial waitlist-controlled trial of the unified protocol for the treatment of emotional disorders in adolescents. *Journal of Anxiety Disorders*, 46, 46–55. <https://doi.org/10.1016/j.janxdis.2016.10.006>
3. Caiado, B., Guiomar, R., Gomes-Pereira, B., Góis, A. C., De Sousa, B., Canavarro, M. C., Ehrenreich-May, J., & Moreira, H. (2024). Is the Unified Protocol for Children Effective for the Transdiagnostic Treatment of Children's Emotional Disorders? A Randomized Controlled Trial. *Behavior Therapy*, 56(4), 689–707. <https://doi.org/10.1016/j.beth.2024.09.002>

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