

Outline

Controversial issues in diagnosis

- History of mental health disorders classification
- Categorical approach: the problem of phenotypic overlap
- Comorbidity – when only the content of worries distinguishes diagnosis
- Ill-fitting diagnostic boxes: unspecified and subthreshold presentations

Rationale for transdiagnostic treatment and a return to lumping disorders

- Conventional approaches: the burden of diagnosis-specific treatments
- Personality/temperamental factors supporting a transdiagnostic approach
- Neurobiological evidence for going deeper than symptom level

The two vulnerabilities to developing emotional disorders

- Experiencing strong emotions and having strong negative reactions to intense emotions
- Transdiagnostic case conceptualization – when avoidance backfires
- Unified Protocol: core strategies to increase clients' willingness to experience strong emotions
- Large group exercise: Group case conceptualization

Starting out: Understanding what gets clients going and what keeps them stuck

- Conducting assessments and getting clients on board with UP treatment
- Harnessing and maintaining motivation
- Small group exercise: Goal setting and decisional balance
- Case study

Developing a better understanding of emotional experience

- Teaching clients the adaptive function of their uncomfortable feelings
- "Just relax" - understanding the interacting components of thoughts, physical sensations, and emotions
- Break out of the vacuum – recognizing the ARC (antecedents, response, consequence)
- Large group exercise: Cultivating mindful attention and Mindful mood induction
- Small group exercise: Anchoring in the present practice
- Case study

Shining a light on how thinking generates and maintains distress

- Dismantling thinking traps: the role of automatic, habitual cognitive appraisals
- Targeting specific types of cognitive inflexibility: overestimation and catastrophizing
- What to do when cognitive work falls flat with your clients
- Large group exercise: Ambiguous picture
- Small group exercise: Cognitive restructuring

Understanding and countering avoidance strategies

- The five categories of emotional behaviors that reinforce symptoms
- Deciding on alternative action experiments
- Large group exercise: Paradox of suppression
- Small group exercise: Identifying alternative actions
- Case study

Fostering more accurate appraisals of body sensations

- Shaking clients' conviction that they cannot handle situations and emotions
- Interoceptive exposures – de-triggering your clients' physical experience
- Playground metaphor and generating exposure ideas

Climbing the ladder of emotion exposures

- Situational, imaginal, interoceptive!
- Creating strong emotion to show clients they can cope
- Exposure preparation and debriefing
- Small group exercise: Create a hierarchy
- Case study

Maintaining gains and preventing relapse

- Treatment consolidation and relapse prevention
- Tips for teaching clients to be their own therapist
- Distinguish symptom relief goals from well-being goals
- Limitations of the research and potential risks

Learning Objectives can be viewed at pesi.com/webcast/88031

Target Audience:

- Psychologists • Psychiatrists • Counselors
- Social Workers • Psychotherapists
- Case Managers • Marriage and Family Therapists
- Addiction Counselors
- Other Mental Health Professionals

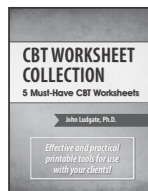
Live Webinar Schedule (both days) (Times listed in Pacific)

- 8:00 Program begins
- 11:50-1:00 Lunch Break
- 4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

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Meet Your Speaker



Shannon Sauer-Zavala, PhD, is co-developer of the Unified Protocol and the founding director of the Unified Protocol Institute at the Center for Anxiety and Related Disorders at Boston University. She has provided training and consultation in the Unified Protocol to clinicians all over the world. In addition to over 15 years' experience as a clinical psychologist providing evidence-based treatments, Dr. Sauer-Zavala maintains a prolific research career focused on exploring emotion-focused mechanisms that maintain psychological symptoms (particularly high-risk symptoms such as suicidal thoughts and behaviors) and uses this information to develop more targeted, easily disseminated intervention strategies. She is an associate professor in the department of psychology at the University of Kentucky (UK) and is the founding director of clinical services at the UK Clinic for Emotional Health. Dr. Sauer-Zavala completed her doctorate in clinical psychology from UK, her predoctoral internship at Duke University Medical Center, and her postdoctoral fellowship at Boston University. Her research has been supported by NIMH, NIAAA, Templeton Foundation, the Center for Implementation and Improvement Sciences, and the Canadian Institute of Health Research. Dr. Sauer-Zavala has co-authored over 100 scholarly publications and three books, including workbook and therapist guides on the Unified Protocol for Oxford's *Treatments That Work* series, as well as *Neuroticism: A New Framework for Emotional Disorders and Their Treatment*, with David Barlow.

Speaker Disclosure:

Financial: Dr. Shannon Sauer-Zavala has employment relationships with the University of Kentucky, Boston University, and the Center for Anxiety and Related Disorders. She is an author with Guilford Press, Oxford University Press, and University Press and receives royalties. receives a speaking honorarium from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Shannon Sauer-Zavala is a member of the North American Society for the Study of Personality Disorders, the Association for Psychological Science, and the American Psychological Association.

"Shannon has deep knowledge of emotional disorders and the UP as well as highly developed clinical expertise and teaching abilities."

- **David H. Barlow, PhD**
Unified Protocol Developer

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For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.

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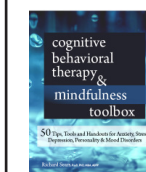
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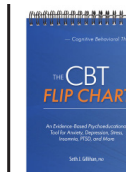


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