



# Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Workbook

*David H. Barlow*

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Leading therapists and researchers have come to understand that many psychological disorders share common features and respond to common therapeutic treatments. This deepened understanding of the nature of psychological disorders, their causes, and their symptoms has led to the development of new, comprehensive treatment programs that are effective for whole classes of disorders. *Unified Protocol for Transdiagnostic Treatment of Emotional Disorders* is one such program.

Designed for individuals suffering from emotional disorders, including panic disorder, social anxiety disorder, generalized anxiety disorder, posttraumatic stress disorder, obsessive compulsive disorder, and depression, this program focuses on helping you to better understand your emotions and identify what you're doing in your responses to them that may be making things worse. Throughout the course of treatment you will learn different strategies and techniques for managing your emotional experiences and the symptoms of your disorder. You will learn how to monitor your feelings, thoughts, and behaviors; confront uncomfortable emotions; and learn more effective ways of coping with your experiences. By proactively practicing the skills presented in this book-and completing the exercises, homework assignments and self-assessment quizzes provided in each chapter, you will address your problems in a comprehensive and effective way so you can regulate your emotional experiences and return to living a happy and functional life.

## Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Workbook Details

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## **From Reader Review Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Workbook for online ebook**

### **Sophie says**

Everything in this book makes sense, and anxiety disorders are explained clearly. It doesn't contain any shocking information, but it's all presented in a very organized way so it's easy to comprehend. I do feel like I have a better understanding of emotions. The book explains exactly what a person needs to do to improve, but the real challenge is actually practicing all of the exercises regularly.

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