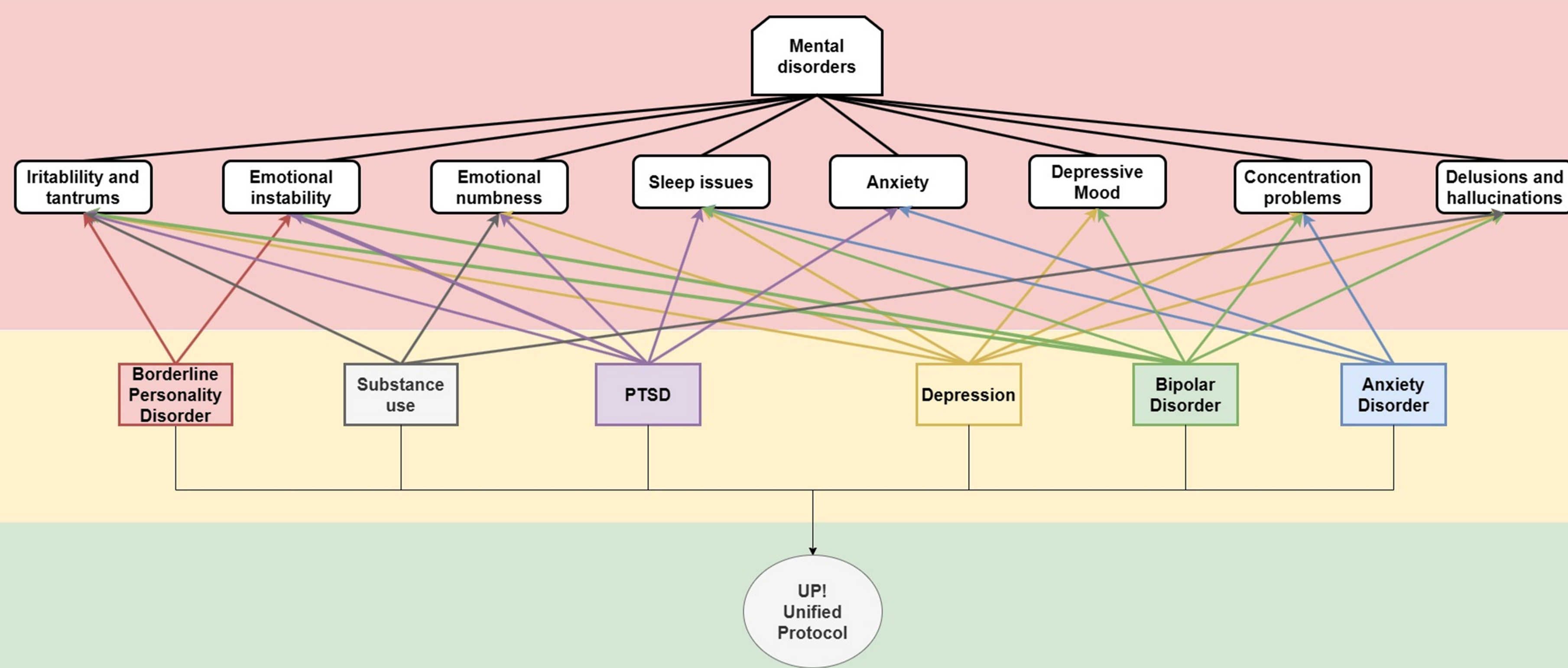


Symptoms

Overlapping Symptoms for several different Diagnoses.



Diagnoses

A differential diagnoses is needed in the process of figuring the patients mental disorder. Comorbidities might occur.

Therapy

Treatment of the above mentioned disorders with the Unified Protocol. Comorbidities are treated in one process.

INTRODUCTION

The **Unified Protocol (UP)** is a novel transdiagnostic CBT protocol for the treatment of emotional disorders. Several mental diseases share similar symptoms, and patients often show comorbidities. David Barlow, the founder of the protocol, first thought that since depression, anxiety, and compulsive disorders share common underlying causes, mostly emotional dysregulation, they might be efficiently treated together. Several studies (depicted to the right) have since been conducted, showing that the UP is as effective as single-disorder CBT protocols.

Containing eight core modules, which are subsequently integrated into the therapeutic process, the patient first learns to understand (Modules 1 & 2) and accept (Modules 3 & 5) his emotions. The patient then starts integrating changes through developing new thought patterns (Modules 4 & 6). The patient is exposed to seemingly threatening situations and learns that emotions are not dangerous (Module 7). The stabilization period ushers in the end of the therapeutic process, secures self-efficacy, and establishes relapse and emergency plans (Module 8).

While it is simple in its usage (modules can be left out and interchangeably combined depending on the patient's skill set), the UP also presents advantages for both patients and therapists. It is a new approach to tackling comorbidities at once, handing the patient a more effective and time-saving therapeutic process, whereas the therapist saves time in creating a treatment plan. Since current figures provide promising outcomes for remission of several mental disorders after treatment with the UP, this might be a gateway to shortening therapist training and therapeutic processes.

THE

UNIFIED PROTOCOL

TREATMENT MODULES

HYPOTHESIS

The UP is an effective approach for treatment of Borderline Personality Disorder.



Study 1

The UP is more effective at reducing neuroticism than first line, symptom-focused CBT.



Study 1

Study 2

The transdiagnostic protocol UP leads to similar or better ramifications of anxiety and depression as diagnosis specific CBT



Study 1

Study 2

Study 3

RESULTS

- **Clinical application of the UP** to five cases with BPD and comorbid anxiety and mood disorders.
- **Four out of seven traits (emotional lability, anxiousness, separation insecurity, and depressivity)** included in the alternative DSM-5 model for personality disorders stem from the parent factor of neuroticism.
- Four of the five cases treated **showed** reductions in BPD, depressive, and anxiety symptoms.
- The **UP treatment for heterogeneous anxiety disorders** reduced neuroticism more than **single-disorder CBT** protocols.
- Symptom-focused CBT showed no difference from the **waitlist**, suggesting **that the UP** uniquely impacts neuroticism compared to other CBT approaches.
- **200 patients with anxiety and comorbid emotional disorders.**
- Reductions in symptoms equivalent to **first-line, single-disorder CBT** protocols.
- **Less patient dropout** in comparison to **diagnosis-led CBT protocols.**
- A **meta-analysis** of randomized controlled trials (RCTs) shows **that the UP** outperforms treatment-as-usual conditions.



MAINTAINING
MOTIVATION &
GOAL SETTING



UNDERSTANDING
EMOTION



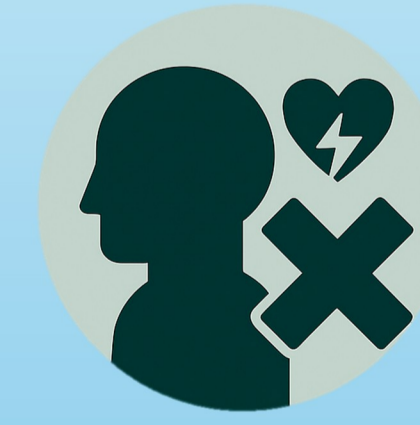
MINDFUL
EMOTION
AWARENESS



COGNITIVE
FLEXIBILITY



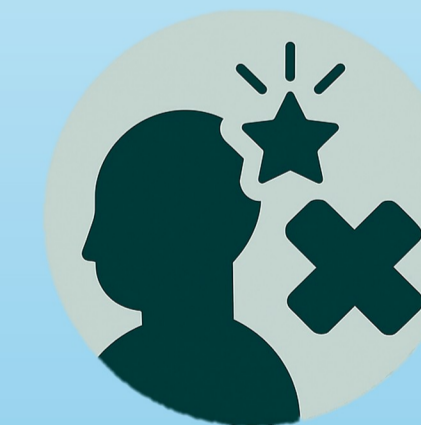
COUNTERING
EMOTIONAL
BEHAVIORS



UNDERSTANDING
& CONFRONTING
PHYSICAL
SENSATIONS



EMOTION
EXPOSURES



RECOGNIZING
ACCOMPLISHMENTS

More Information



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