



Live Webinar

The Unified Protocol for Transdiagnostic Treatment of Emotional Disorders (UP)

Friday, May 17th, 2019
11:00 AM-12:30PM PST

Presented by Laura Payne, Ph.D., & CBTI



Evidence over the past several decades has underscored commonalities among various emotional disorders, including anxiety and depression. This suggests the possibility of distilling the critical components of cognitive-behavioral therapy (CBT) interventions into a single, unified treatment approach that could facilitate dissemination and may even be more effective. The Unified Protocol for Transdiagnostic Treatment of Emotional Disorders (UP) is an evidence-based therapy approach that can be applied to any disorder with an emotional component. Laura Payne, Ph.D., licensed psychologist and original co-author of the UP, will describe the evidence supporting a unified treatment approach, as well as provide a detailed overview of the protocol. The webinar will include instruction on the application of the protocol to a case of an individual with anxiety and comorbid depression.

Webinar objectives:

- 1) Describe the evidence supporting a transdiagnostic, unified treatment approach.
- 2) Identify the specific components (modules) of the UP and provide an overview of how to deliver them.
- 3) Illustrate how to apply each component to a case study of an individual with anxiety and comorbid depression.

About Presenter:

Laura Payne, Ph.D., is an Assistant Adjunct Professor and clinical psychologist specializing in central mechanisms and psychological factors, such as depression, anxiety, and emotion regulation, related to pain. Dr. Payne received her Ph.D. in 2007 from Boston University, where she worked with Dr. David Barlow as an original developer and co-author of the Unified Protocol. She completed her postdoctoral fellowship with the Pediatric Pain Program at the David Geffen School of Medicine at UCLA. During her time at UCLA, Dr. Payne was awarded numerous NIH grants, including a postdoctoral research award, as well as a career development award to examine central pain mechanisms in primary dysmenorrhea (menstrual pain). Dr. Payne is now continuing her work in menstrual pain with an additional research grant that aims to identify behavioral

and neural phenotypes of adolescent girls with menstrual pain that may predict the development of chronic pain conditions. She continues to be actively involved with the Unified Protocol and regularly trains and supervises psychiatry residents in the use of the protocol through the CBT Clinic at the UCLA Department of Psychiatry. Dr. Payne has also written numerous articles and book chapters on the application of the Unified Protocol to emotional disorders and pain.

1.5 CE credits provided

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Joel L. Becker, Ph.D., Founder and Director



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All of our treatments are based on scientific research, and we continually measure and quantify progress for each client so we know when therapy is working. Each of our clinicians differs in areas of expertise and interest, and these factors are taken into account when matching a client with a clinician.

Joel Becker, Ph.D.
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