

# **THE UNIFIED PROTOCOL (UP)**

***Presenter: Jill Ehrenreich-May, Ph.D.***

**Friday, November 8, 2024 ♦ 9:00 a.m. - 12:00 p.m. (EDT)  
Zoom Webinar**

The *Unified Protocols for Transdiagnostic Treatment of Emotional Disorders for adults, and in Children and Adolescents (UP/UP-C/UP-A)* present the compelling idea that there may be a more efficient method of presenting evidence-based psychotherapy strategies, such as those commonly included in CBT and other behavior therapies, in order to simultaneously address an array of emotional disorder concerns. The Unified Protocols frame treatment strategies in the general language of strong or intense emotions and promote change through a common lens that can be flexibly adapted across adult and youth emotional disorders, including anxiety, depression, obsessive compulsive disorders and others, sub-threshold presentations of such or combinations of these problem areas. Specifically, the UP helps promote well-being by allowing clients to focus on a straightforward goal across emotional concerns: reducing intense negative emotion states by extinguishing the distress and anxiety these emotions produce through emotion-focused education, awareness techniques, cognitive strategies, problem-solving and an array of behavioral strategies, including a full-range of exposure and activation techniques. These techniques have been used in brief formats across several service grants and implementation projects via telehealth, making these briefer versions of the UP useful to support caregivers, children and adolescents, respectively, that may be experiencing distress.

Following a brief review of the rationale for the UP, UP-C and UP-A, the clinical content of each intervention approach will be discussed using video examples and brief technique demonstrations to illustrate the brief, flexible nature of these psychotherapy materials and how they may be utilized as individual strategies and in combination to support emotional well-being.

*Level of Curriculum Content: Intermediate*

## **Zoom at a Glance**

Zoom is a web-based video conferencing tool with a local, desktop client and a mobile app that allows users to meet online, with or without video, whether you are connecting multiple conference rooms or meeting with attendees from their personal desktops or mobile devices. For more information or to download Zoom, please visit <https://zoom.us/>.

## ABOUT THE PRESENTER

**Jill Ehrenreich-May, Ph.D.** is a Professor of Psychology and Pediatrics at the University of Miami. At Miami, she also serves at the Associate Chair for Graduate Studies in the Department of Psychology and is the Director of the Child and Adolescent Mood and Anxiety Treatment (CAMAT) Program, a research clinic that serves the South Florida and broader community through an array of evidence-based service and research projects on youth psychotherapy. Dr. Ehrenreich-May graduated from the University of Mississippi with her Ph.D. in Psychology in 2002 and worked at Boston University before moving to the University of Miami in 2008. Best known as the developer of several psychotherapy manuals for youth emotional concerns, such as the Unified Protocols for Transdiagnostic Treatment of Emotional Disorders in Children and Adolescents and Mastery of Youth Anxiety and Panic for Adolescents, amongst others. Dr. Ehrenreich-May's work focuses on optimizing and implementing youth psychotherapy approaches for problems like anxiety, depression, irritability, and OCD in children and families. Dr. Ehrenreich-May is a notable mentor, clinical trainer, and collaborator in this domain, with scholars and clinicians amongst her former students and international applications of her psychotherapy approaches abundant. She has grants from local community agencies in South Florida, foundation sources, and federal agencies to support her current psychotherapy research and the services available in CAMAT and in the South Florida community. Dr. Ehrenreich-May has held several prominent service roles on the University- and national levels in the United States, perhaps most notably as the 2022-2023 President of the Association for Behavioral and Cognitive Therapies.

## PROGRAM OBJECTIVES

Participants will be able to:

- Explain rationale for taking a brief, transdiagnostic approach to cognitive behavior therapy using the Unified Protocols for the Transdiagnostic Treatment of Emotional Disorders for adults, Children (UP-C) and Adolescents (UP-A)
- Describe current research demonstrating the efficacy of the UP, UP-C and UP-A
- Utilize interactive clinical practice opportunities using behavioral rehearsal to increase comfort in using UP materials.

## PROGRAM AGENDA

9:00 am – 10:00 am	Engaging challenging parents or caregivers in child therapy
10:00 am – 11:00 am	Reflective practices for working with challenging caregivers
11:00 am – 12:00 pm	Supporting complex child therapy case work

**For additional information on continuing education policies, please visit our web site at <http://psychology.nova.edu/ce>**

## CONTINUING EDUCATION INFORMATION

**Psychologists:** Nova Southeastern University's College of Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Nova Southeastern University maintains responsibility for this program and its content.

**Clinical social workers, mental health counselors, and marriage and family therapists:** Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling to offer continuing education. Provider number: BAP# 330, Exp. 03/31/25.

**School psychologists:** Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Medical Therapies/Psychology, Office of School Psychology, to offer continuing education. Provider number: SCE# 11, Exp. 11/30/25.

Nova Southeastern University's College of Psychology is approved by the National Association of School Psychologists to offer continuing education for school psychologists. Nova Southeastern University maintains responsibility for this program and its content. Provider# 1024

**Professional counselors:** Nova Southeastern University's College of Psychology has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 4548. Programs that do not qualify for NBCC credit are clearly identified. Nova Southeastern University's College of Psychology is solely responsible for all aspects of the programs.

**All mental health professionals will receive three (3) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.**

Nova Southeastern University is committed to making its programs accessible to all prospective attendees. Let us know if you have specific requirements due to a disability.

## ABOUT THE SPONSOR

Nova Southeastern University's College of Psychology is dedicated to providing high-quality training, education, research, and service its students and to the community. The college offers two American Psychological Association (APA)-accredited doctoral programs (Ph.D. and Psy.D. in Clinical Psychology); a specialist and a doctoral program in school psychology; master's degree programs in counseling clinical mental health counseling, school counseling, substance abuse counseling, and applied behavioral analysis), forensic psychology, experimental psychology, and general psychology; and bachelor's degree programs in psychology and behavioral neuroscience. The College of Psychology has two APA accredited doctoral internship programs, the South Florida Consortium Internship Program and the Psychology Services Center Internship program.

## NOTICES OF ACCREDITATION, MEMBERSHIP, AND NONDISCRIMINATION

Nova Southeastern University is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools (1866 Southern Lane, Decatur, Georgia 30033-4097; Telephone number 404-679-4501) to award bachelor's, master's, educational specialist, and doctoral degrees. The university is chartered by the State of Florida. The College of Psychology Doctor of Philosophy (Ph.D.) program is accredited by the Commission on Accreditation of the American Psychological Association. The College of Psychology Doctor of Psychology (Psy.D.) program is accredited by the Commission on Accreditation of the American Psychological Association. The College of Psychology has two APA accredited doctoral internship programs, the South Florida Consortium Internship Program and the Psychology Services Center Internship program. Questions related to the programs' accredited status should be directed to the Commission on Accreditation: Office of Program Consultation and Accreditation, American Psychological Association, 750 1st Street, NE, Washington, D.C., 20002-4242, Phone: (202) 336-5979, Email: [apaaccred@apa.org](mailto:apaaccred@apa.org), Web: [www.apa.org/ed/accreditation](http://www.apa.org/ed/accreditation). The college's master's degree program in school counseling and specialist program in school psychology are approved by the Florida Department of Education. In addition, the specialist and doctoral programs in school psychology holds the designation of National Recognition by the National Association of School Psychologists (NASP).

Nova Southeastern University admits students of any race, color, sex, age, nondisqualifying disability, religion or creed, sexual orientation, or national or ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school, and does not discriminate in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.