

# Training and supervision program in individual unified protocol

## Training and supervision program in individual unified protocol

This training program will provide individualized training over a one or two-year period, leading to a certification in Unified Protocol for Transdiagnostic Treatment of Emotional Disorders

### Advantages of Certification

- Once candidates have met competency criteria, individuals may present themselves as Unified Protocol Therapists with patients, colleagues, other professional setting and within marketing material.
- You will be included in Unified Protocol Institute therapist list.
- Developing and improving the skills of a Unified Protocol Therapist.

## About the trainers

**Denis Moskovchenko, PhD**

*Certified Trainer and Supervisor for the Unified Transdiagnostic Protocol*

The Certification program is suitable for all experienced mental health professionals, and is open to professionals with doctoral or master's (or equivalent) level qualifications/experience in mental health fields.

Applicants should have intermediate or advanced levels of general psychotherapy experience. Applicants should be Specialization in Anxiety disorders, Obsessive-compulsive and related disorders, Trauma and stressor-related disorders, Major depressive disorder, Personality disorder.

To obtain full certification, the applicant must:

- 60 theoretical hours
- At least 20 hours of supervision
- 2 audio recordings of client therapy sessions to be assessed through the competency sheet
- Submission of 1 completed conceptualization form for its further protection. The applicant will be ready to answer questions about this conceptualization and prove the applicability of the Unified Protocol to this case.
- During the Program a minimum 1 course of treatment must be completed. Applicant must guide the client through all key modules of therapy

Readings and DVDs directly related to unified protocol for the transdiagnostic treatment for emotional disorders, as well as other readings that provide a broad conceptual background in a variety of approaches relevant to the unified protocol model

## Reading

It is mandatory for participants in both Advanced and Standard programs to have read the following material.

1. Clinical handbook of psychological disorders : a step-by-step treatment manual /edited by David H. Barlow.–Fifth edition.
2. Applications of the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders (ABCT Clinical Practice Series) Illustrated Edition by David H. Barlow (Editor), Todd J. Farchione (Editor)

3. Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Workbook (Treatments That Work) 2nd Edition by David H. Barlow (Author), Todd J. Farchione (Author), Shannon Sauer-Zavala (Author), Heather Murray Latin (Author), Kristen K. Ellard (Author), Jacqueline R. Bullis (Author), Kate H. Bentley (Author), & 2 more
4. Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Therapist Guide (Treatments That Work) 2nd Edition  
by David H. Barlow (Author), Todd J. Farchione (Author), Shannon Sauer-Zavala (Author), Heather Murray Latin (Author), Kristen K. Ellard (Author), Jacqueline R. Bullis (Author), Kate H. Bentley (Author), & 2 more
5. Anxiety and Avoidance: A Universal Treatment for Anxiety, Panic, and Fear Paperback – Illustrated, September 1, 2013 by Michael A. Tompkins

### **Programme Workshops**

- Attendees on the Certification course must attend workshops 1 (15 hours), 2 (15 hours), 3 (15 hours), 4 (15 hours)

Certification Cost: TBC- This includes all training, consultation and ratings of recorded sessions. It does not cover travel and overnight expenses. Candidates will be responsible for all travel expenses to the training venue, including fares, lodging and meals, and will make all of their own travel arrangements. Candidates will also pay all telephone charges for supervision, and postage for the mailing of recorded sessions.

Workshops will include a combination of teaching methods, including lectures, handouts, videotapes of unified protocol therapists, live demonstrations, question-and-answer periods, group discussions, supervised practice in dyads, discussion of supervisees' own conceptualizing yourself, and small group exercises.

# Individualized Case Consultation

Candidates will receive 20 hours of individual case supervision, on a weekly or bi-weekly basis.

Regular consultation will provide an opportunity for intensive, individualized feedback and mentoring, tailored to each candidate's specific needs. Consultation will include case conceptualization, treatment planning, practising specific techniques and Regular consultation will provide an opportunity for intensive, individualized feedback and mentoring, tailored to each candidate's specific needs. Consultation will include case conceptualization, treatment planning, practicing specific techniques and assessing the success of the applicant's session using the competency sheet.

## Breakdown of the Didactic/Dyadic hours required by Unified Protocol Institute.

	UP Workshops (hours allocated)
<b>Theory Certificate</b>	
Didactic Hours	40 hours
Supervised role-playing in Dyads	20 hours

**Breakdown of supervised role-play and didactic hours by workshops (including a minimum of one additional Specialist workshop) as provided by UP Workshops**

<b>Total Workshop Hours</b>	<b>Didactic</b>	<b>Dyadic</b>
Workshop 1 (15 hours)	10 hours	5 hours
Workshop 2 (15 hours)	10 hours	5 hours
Workshop 3 (15 hours)	10 hours	5 hours
Workshop 4 (15 hours)	10 hours	5 hours
<b>Theoretical Certification Totals:</b>	40 hours	20 hours

Breakdown of the Core Curriculum

## **Workshop 1 : Introduction to Unified Protocol for Transdiagnostic Treatment of Emotional Disorders**

### **Day one: Theory and conceptual model**

What is Unified Protocol?

- Efficacy of the unified protocol for the treatment of emotional disorders
- The unified transdiagnostic protocol of CBT (Transdiagnostic CBT) is Evidence-based therapy
- Theoretical foundations of a unified protocol (Theory of Neuroticism; Triple vulnerability model)
- What are emotional disorders? What are the general

mechanisms? (Frequent and intense experiences of (negative) emotions; Negative reactions to emotional states; Seeking to denounce or escape negative emotional experiences)

- What disorders can be called emotional?
- Transdiagnostic mechanisms and relationship therapy modules UP
- What disorders does UP work with?
- Session structure
- The role of the therapist
- Homework and practice outside the session
- Transdiagnostic case conceptualization (Descriptive and idiographic conceptualization UP)

## Day Two

- Transdiagnostic case conceptualization (Descriptive and idiographic conceptualization UP). Examples
- Multidimensional Emotional Disorder Inventory (MEDI): Assessing Transdiagnostic Dimensions to Validate a Profile Approach to Emotional Disorder Classification
- Introduce to Overall Anxiety Severity and Interference Scale (OASIS), Overall Depression Severity and Interference Scale (ODSIS). Train the client to complete the progress sheet
- Therapeutic strategies and relationships in the unified protocol

### *Module 1: Setting goals and maintaining motivation*

- Application Module 1 for Anxiety Disorders. Problems, Theory and Practice
- Application Module 1 for Obsessive- Compulsive and Related Disorder. Problems, Theory and Practice
- Application Module 1 for Major Depressive Disorder. Problems, Theory and Practice

- Application Module 1 for Bipolar and Comorbid Disorders. Problems, Theory and Practice
- Application Module 1 for Posttraumatic Stress Disorder. Problems, Theory and Practice
- Application Module 1 for Eating Disorders. Problems, Theory and Practice
- Application Module 1 for Insomnia Disorder. Problems, Theory and Practice
- Application Module 1 for Nonsuicidal and Suicidal Self-Injurious Thoughts and Behaviors. Problems, Theory and Practice
- Application Module 1 for Borderline Personality Disorder. Problems, Theory and Practice
- Application Module 1 for Chronic Pain. Problems, Theory and Practice

## **Workshop 2: Increasing Emotional Awareness and developing non-judgmental and present anchoring skills**

### **DAY ONE**

#### *Module 2: Understanding Emotions*

- Application Module 2 for Anxiety Disorders. Problems, Theory and Practice
- Application Module 2 for Obsessive- Compulsive and Related Disorder. Problems, Theory and Practice
- Application Module 2 for Major Depressive Disorder. Problems, Theory and Practice
- Application Module 2 for Bipolar and Comorbid Disorders. Problems, Theory and Practice
- Application Module 2 for Posttraumatic Stress Disorder. Problems, Theory and Practice

- Application Module 2 for Eating Disorders. Problems, Theory and Practice
- Application Module 2 for Insomnia Disorder. Problems, Theory and Practice
- Application Module 2 for Nonsuicidal and Suicidal Self-Injurious Thoughts and Behaviors. Problems, Theory and Practice
- Application Module 2 for Borderline Personality Disorder. Problems, Theory and Practice
- Application Module 2 for Chronic Pain. Problems, Theory and Practice

## **DAY TWO**

### *Module 3: Mindful Emotion Awareness*

- Application Module 3 for Anxiety Disorders. Problems, Theory and Practice
- Application Module 3 for Obsessive- Compulsive and Related Disorder. Problems, Theory and Practice
- Application Module 3 for Major Depressive Disorder. Problems, Theory and Practice
- Application Module 3 for Bipolar and Comorbid Disorders. Problems, Theory and Practice
- Application Module 3 for Posttraumatic Stress Disorder. Problems, Theory and Practice
- Application Module 3 for Eating Disorders. Problems, Theory and Practice
- Application Module 3 for Insomnia Disorder. Problems, Theory and Practice
- Application Module 3 for Nonsuicidal and Suicidal Self-Injurious Thoughts and Behaviors. Problems, Theory and Practice
- Application Module 3 for Borderline Personality Disorder. Problems, Theory and Practice



- Application Module 3 for Chronic Pain. Problems, Theory and Practice

## **Workshop 3: Cognitive Flexibility and Countering Emotional Behaviors**

### **Day One**

*Module 4: Cognitive Flexibility. Education about basic thinking trap and cognitive reappraisal.*

- Application Module 4 for Anxiety Disorders. Problems, Theory and Practice
- Application Module 4 for Obsessive- Compulsive and Related Disorder. Problems, Theory and Practice
- Application Module 4 for Major Depressive Disorder. Problems, Theory and Practice
- Application Module 4 for Bipolar and Comorbid Disorders. Problems, Theory and Practice
- Application Module 4 for Posttraumatic Stress Disorder. Problems, Theory and Practice
- Application Module 4 for Eating Disorders. Problems, Theory and Practice
- Application Module 4 for Insomnia Disorder. Problems, Theory and Practice
- Application Module 4 for Nonsuicidal and Suicidal Self-Injurious Thoughts and Behaviors. Problems, Theory and Practice
- Application Module 4 for Borderline Personality Disorder. Problems, Theory and Practice
- Application Module 4 for Chronic Pain. Problems, Theory and Practice

## **Day Two**

### *Module 5: Countering Emotional Behaviors*

- Application Module 5 for Anxiety Disorders. Problems, Theory and Practice
- Application Module 5 for Obsessive- Compulsive and Related Disorder. Problems, Theory and Practice
- Application Module 5 for Major Depressive Disorder. Problems, Theory and Practice
- Application Module 5 for Bipolar and Comorbid Disorders. Problems, Theory and Practice
- Application Module 5 for Posttraumatic Stress Disorder. Problems, Theory and Practice
- Application Module 5 for Eating Disorders. Problems, Theory and Practice
- Application Module 5 for Insomnia Disorder. Problems, Theory and Practice
- Application Module 5 for Nonsuicidal and Suicidal Self-Injurious Thoughts and Behaviors. Problems, Theory and Practice
- Application Module 5 for Borderline Personality Disorder. Problems, Theory and Practice
- Application Module 5 for Chronic Pain. Problems, Theory and Practice

**Workshop 4: Understanding and Confronting Physical Sensations. Emotion Exposures. Recognizing Accomplishments and Looking to the Future. Enhancing positive emotions in emotional disorders**

# **Day One**

## *Module 6: Understanding and Confronting Physical Sensations*

- Application Module 6 for Anxiety Disorders. Problems, Theory and Practice
- Application Module 6 for Obsessive- Compulsive and Related Disorder. Problems, Theory and Practice
- Application Module 6 for Major Depressive Disorder. Problems, Theory and Practice
- Application Module 6 for Bipolar and Comorbid Disorders. Problems, Theory and Practice
- Application Module 6 for Posttraumatic Stress Disorder. Problems, Theory and Practice
- Application Module 6 for Eating Disorders. Problems, Theory and Practice
- Application Module 6 for Insomnia Disorder. Problems, Theory and Practice
- Application Module 6 for Nonsuicidal and Suicidal Self-Injurious Thoughts and Behaviors. Problems, Theory and Practice
- Application Module 6 for Borderline Personality Disorder. Problems, Theory and Practice
- Application Module 6 for Chronic Pain. Problems, Theory and Practice

# **Day Two**

## *Module 7: Emotion Exposures*

- Application Module 7 for Anxiety Disorders. Problems, Theory and Practice
- Application Module 7 for Obsessive- Compulsive and Related Disorder. Problems, Theory and Practice
- Application Module 7 for Major Depressive Disorder. Problems, Theory and Practice

- Application Module 7 for Bipolar and Comorbid Disorders. Problems, Theory and Practice
- Application Module 7 for Posttraumatic Stress Disorder. Problems, Theory and Practice
- Application Module 7 for Eating Disorders. Problems, Theory and Practice
- Application Module 7 for Insomnia Disorder. Problems, Theory and Practice
- Application Module 7 for Nonsuicidal and Suicidal Self-Injurious Thoughts and Behaviors. Problems, Theory and Practice
- Application Module 7 for Borderline Personality Disorder. Problems, Theory and Practice
- Application Module 7 for Chronic Pain. Problems, Theory and Practice

*Module 8: Recognizing Accomplishments and Looking to the Future. Problems, Theory and Practice*

- Optional module: Enhancing positive emotions in emotional disorders
- Positive emotions and their important role in emotional regulation
- *Features of experiencing positive emotions in PTSD. The Dangers of Cultivating Positive Emotions*
- Research T. A. Brown, B. F. Chorpita, and D. H. Barlow about Low extraversion and emotional disorder.
- Psychoeducation about positive emotional
- Positive Emotion Awareness
- Behavioral Positive Emotion Regulation Strategies
- Cognitive Positive Emotion Regulation Strategies
- Integrated Positive Emotion Regulation Strategies

Site: <https://up-cbt.ru/>

<http://www.unifiedprotocol.com/>

# **Certification program for Trainer and Supervisor in individual unified protocol for the Transdiagnostic Treatment of Emotional Disorders**

The Trainer, Supervisor certification assumes the protection of 4 courses of treatment for different disorders (64 audio records). Writing a diploma justifying the application of the Unified Protocol for specific disorders with a high degree of comorbidity. It is necessary to undergo 7 supervisions for training in supervision (in particular, training in filling out a list of competencies).