UNIFIED PROTOCOL FOR TRANSDIAGNOSTIC TREATMENT OF EMOTIONAL DISORDERS

Unified Protocol (UP Treatment Modules)

M1:  Motivation Enhancement for Treatment Engagement

M2:  Psychoeducation and Tracking of Emotional Experiences

M3:  Emotion Awareness Training

M4:  Cognitive Appraisal and Reappraisal

M5:  Emotion Avoidance and Emotion-Driven Behaviors (EDBs)

M6:  Awareness and Tolerance of Physical Sensations

M7:  Interoceptive and Situation-Based Emotion Exposures

M8:  Relapse Prevention