A Universal Protocol for Emotional Disorders
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Universal protocol combines three universal treatments:

- Acceptance and Commitment Therapy (ACT)
- Dialectical Behavior Therapy (DBT)
- Cognitive Behavioral Therapy (CBT)
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Seven transdiagnostic factors

What is a transdiagnostic factor?
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How to assess the seven transdiagnostic factors?

- Comprehensive Coping Inventory (CCI)
  (Development and validation)
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- Targeting all types of avoidance:
  - Situation avoidance
  - Cognitive avoidance
  - Protective avoidance (safety behaviors)
  - Somatic avoidance
  - Substitution avoidance
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Cost of avoiding emotions

Avoidance consequences worksheet
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Case Formulation:

Emotion avoidance causes emotional disorders.
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Behavioral activation based on core values

- Values in action log
- Planning committed actions
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Mindfulness for emotion awareness

- Mindful observation of emotions (labeling)
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Defusion

- Observing, notice, letting it go
Cognitive flexibility training

- Categories of negative appraisal: negative predictions, underestimating ability to cope, focusing on negative, negative attribution, & shoulds.
- Keeping a thought log
- Cognitive flexibility exercises with each type of negative appraisal
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Self soothing
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Doing the opposite

Doing the opposite worksheet
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Interpersonal effectiveness

- Assertiveness – knowing what you feel and want
- Limit setting
- Listening mindfully
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Imagery based emotion exposure

- Mindfulness based exposure
- Brief imagery based exposure
- Prolonged imagery based exposure
- Interoceptive exposure
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Situational in-vivo exposure
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- Relapse prevention