

NPA 2017 Spring Conference:

Unified Protocol for the Treatment of Emotional Disorders



Shannon Sauer-Zavala, PhD

Research Assistant Professor
Director, Unified Protocol Institute

Friday, June 2, 2017

University of Nebraska – East Campus

Nebraska East Union, 1705 Arbor Drive

Great Plains Room, 2nd Floor

(See back page for parking information)

~~Remote Internet Streaming has been Cancelled~~

~~Remote internet streaming site in Scottsbluff~~

~~John N. Harms Advance Technology Center~~

Register online at:

<https://www.regonline.com/NPA17Spring>



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This program is approved for 6 CEs for psychologists and meets the criteria of an approved continuing education program for mental health practice. See next page for details.



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Unified Protocol for the Treatment of Emotional Disorders

The Unified Protocol for the treatment of emotional disorders (UP; Barlow et al., 2011) is a recently developed transdiagnostic, emotion-focused, cognitive-behavioral treatment that targets deficits in emotion regulation that occur across the neurotic spectrum. This workshop reviews evidence supporting the development of transdiagnostic CBT interventions. This will be followed by a description and demonstration of how to apply core UP treatment modules, along with the similarities and differences between the UP and traditional CBT for anxiety and mood disorders. Audio and videotaped illustrations of core treatment interventions (e.g., mindful awareness, emotion exposures) will be presented, along with detailed case examples involving comorbidity. Attendees will be invited to participate in exercises as part of these demonstrations.

Learning Objectives

At the end of this presentation, participants will be able to:

1. Develop a unified, transdiagnostic case conceptualization for patients presenting with comorbid emotional disorders;
2. Apply emotion-focused treatment concepts and strategies (e.g., objective monitoring, emotional awareness training, cognitive reappraisal, reduction of emotional avoidance and maladaptive emotion driven behaviors) to patients presenting with comorbid emotional disorders; and,
3. Create effective and cohesive emotion exposures for patients with depression and complex comorbidities.

Workshop Schedule

| | | | |
|---------------|---|--------------|--|
| 8:00 – 8:30 | Registration (coffee, tea, juices, fruit, pastries) | 12:00 - 1:30 | Lunch and NPA Business Meeting (Lunch included with registration) |
| 8:30 – 10:15 | Morning Session | 1:30 – 3:00 | Afternoon Session |
| 10:15 – 10:30 | Break | 3:00 – 3:15 | Break |
| 10:30 – 12:00 | Continue Morning Session | 3:15 – 4:30 | Continue Afternoon Session |



Shannon Sauer-Zavala, Ph.D. completed her BA in psychology from Gettysburg College and her Ph.D. from the University of Kentucky. She completed her pre-doctoral clinical training at Duke University Medical Center where she specialized in cognitive-behavioral interventions for individuals with severe mental illness and chronic medical problems. From there, Dr. Sauer-Zavala moved to Boston University's Center for Anxiety and Related Disorders to complete her post-doctoral fellowship under Dr. Barlow's mentorship in order to further enhance her CBT skills and to train in the UP. Dr. Sauer-Zavala was promoted to faculty in BU's Department of Psychology and currently divides her time between her research, clinical work, and dissemination efforts. Her research is focused on identifying factors that maintain symptoms across broad classes of disorders and using this information to streamline treatment for commonly co-occurring diagnoses. She is especially interested in developing/refining treatments for borderline personality disorder with comorbid mood and anxiety disorders.

Additionally, as the Director of the Unified Protocol Institute, Dr. Sauer-Zavala is interested in identifying best practices for disseminating empirically-supported treatments (see: www.unifiedprotocol.com)



Unified Protocol for the Treatment of Emotional Disorders

Please register me for:

- NPA Members
- General Registration/NonMembers
- Interns, Graduate Students

Lincoln

- \$145
- \$175
- \$30

Scottsbluff

- \$125
- \$155
- \$30

Remote Internet Streaming has been Cancelled

~~*Internet streaming teleconference. Scottsbluff has on-site coordinator to manage handout materials and lunch. (Box lunch will be provided at the Scottsbluff location. Please advise below special dietary needs.) Please note all scheduled times listed are Central Standard Time! Please adjust for Mountain Time. On-site Contact: Dr. Katie Carrizales - 308-632-8547, kcarrizales@optionspsych.biz.~~

Name/Degree: _____ Parking Permit Requested (see back for parking info) Yes No

Address: _____

City/State/Zip: _____

Phone #: _____ Email: _____

Lam: Psychologist Intern Graduate Student Other

Lunch RSVP: Yes – lunch at the Conference No – lunch on my own

Lunch Selection – Lincoln location only. (~~Scottsbluff attendees please also advise any special dietary needs below.~~)

Gourmet Ciabatta Sandwich Lunch – choice of the following on a ciabatta roll (Includes: Pasta Salad, Bag of Kettle Chips, Fudge Brownie):

- Gourmet Club ~ Smoked Turkey, Applewood Ham, Bacon, Cheddar, Spring Mix, and Honey Mustard
- Smoked Turkey with Cheddar, Spring Mix, and Herb Mayo
- Roast Beef with Havarti Cheese, Spring Mix, and Peppercorn Mayo
- Smoked Ham with Swiss Cheese, Spring Mix, and Honey Mustard
- Vegan with Spring Mix, Peppers, Cucumbers, Tomatoes, Black Olives, and Roasted Garlic Hummus

Please advise if you have special dietary needs, i.e. gluten free, nonfat, vegan: _____

Check # _____ VISA Mastercard

Make checks payable to:
Nebraska Psychological Association

Amount to Charge: \$ _____

Send registration form with payment to:
Nebraska Psychological Association
P.O. Box 6785, Lincoln, NE 68506
Fax: 877-355-9234

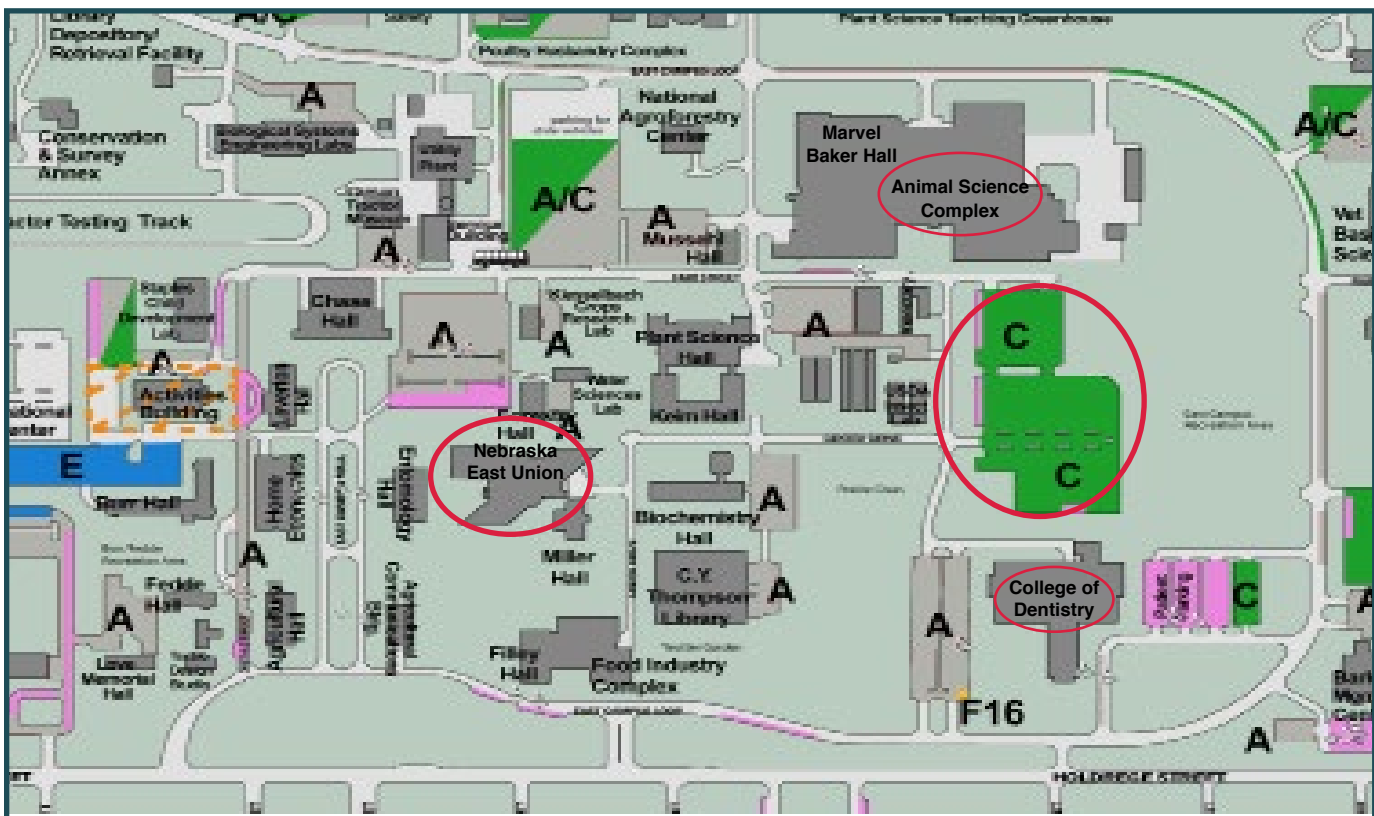
Acct #: _____

Written notification is required on or before May 29, 2017 for complete refund of registration fee.

Exp: _____ CVV # _____ Zip Code _____
(Billing Address)

Questions – Contact NPA at:
npa@nebpsych.org or
402-475-0709 or 877-355-7934

Signature: _____



The workshop is being held at the University of Nebraska – East Campus in Lincoln, in the Great Plains Room on the Second Floor of the Nebraska East Union, located at 1705 Arbor Drive (circled in **RED** above).

We have a limited number of Parking Permits available for Area C of the Dental College, (shown in **GREEN** and circled above) which is north of the Dental College, east of the East Campus Union, and south of the Animal Science Complex. The Parking Permits are first-come, first-served and must be reserved by checking “Yes” on the Registration Form. The “pink” Parking east of the College of Dentistry is Visitor/Metered Parking. A UNL East Campus parking map is available at: <https://parking.unl.edu/maps/EastCampusParkingMap.pdf>

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On-site Contact: Dr. Katie Carrizales – 308-632-8547, kcarrizales@optionspsych.biz

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Continuing Education — The Nebraska Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Nebraska Psychological Association maintains responsibility for this program and its contents. Participants attending this conference can receive 6 CEs for psychologists. This program meets the criteria of an approved continuing education program for mental health practice.

Complete refund of the registration fee will be distributed if cancellation occurs on or before May 29, 2017.

In accordance with Title III of the Americans with Disabilities Act, registrants are asked to advise NPA of any disability so we can make necessary arrangements to accommodate you.

All questions, comments and complaints should be directed to the NPA Central Office, 402-475-0709, 877-355-7934 or npa@nebpsych.org.