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Nota di contenuto	Contents; Part 1 Background for Therapists; Chapter 1 Introductory Information for Therapists; Chapter 2 The Nature of Emotional Disorders; Chapter 3 Basic Principles Underlying Treatment and Outline of the Treatment Procedures; Chapter 4 Overview of General Treatment Format and Procedures; Part 2 Treatment Modules; Chapter 5 Module 1: Motivation Enhancement for Treatment Engagement; Chapter 6 Module 2: Understanding Emotions; Chapter 7 Module 2: Recognizing and Tracking Emotional Responses; Chapter 8 Module 3: Emotion Awareness Training: Learning to Observe Experiences Chapter 9 Module 4: Cognitive Appraisal and ReappraisalChapter 10 Module 5: Emotion Avoidance; Chapter 11 Module 5: Emotion-Driven Behaviors; Chapter 12 Module 6: Awareness and Tolerance of Physical Sensations; Chapter 13 Module 7: Interoceptive and Situational Emotion Exposures; Chapter 14 Medications for Anxiety, Depression, and Related Emotional Disorders; Chapter 15 Module 8: Accomplishments, Maintenance, and Relapse Prevention; References; About the Authors

Emerging conceptualizations of major emotional disorders emphasize their commonalities rather than their differences, including considerable overlap in disorder phenomenology, a common set of vulnerabilities to development of emotional disorders, and generalization of treatment response across disorders. Current research lends support for a unified transdiagnostic approach to treatment of these disorders that considers these commonalities and is applicable to a range of emotional disorders. Unified Protocol for Transdiagnostic Treatment of Emotional Disorders, part of the TreatmentsThatWork se
