Nome corso: Il Protocollo Unificato per il trattamento transdisgnostico dei disturbi emotivi

Ore studio: 35h

ECM: 35

Autori: David H. Barlow, Shannon Sauer-Zavala, Todd J. Farchione, Heather Murray-Latin, Jacqueline R. Bullis, Kristen k. Ellard, Kate H. Bentley, Hannah T. Boettcher, Clair Cassiello-Robbins

Materiale: due libri – "*Il protocollo unificato per il trattamento transdiagnostico dei disturbi emotive. Guida per il terapeuta"* + "*Il protocollo unificato per il trattamento transdiagnostico dei disturbi emotive. Quaderno di lavoro"*

PROGRAMMA

Il protocollo unificato per il trattamento transdiagnostico dei disturbi emotive. Guida per il terapeuta

Parte I. Background per i terapeuti

Introduzione al protocollo unificato (UP)

I principi alla base del trattamento e un accenno alle procedure

Informazioni aggiuntive per i terapeuti

Una panoramica sul formato generale del trattamento e delle procedure

Parte II. Trattamento

Sessione 1: Assessment funzionale e introduzione al trattamento

Modulo 1: Fissare gli obiettivi e mantenere la motivazione

Modulo 2: Comprendere le emozioni

Modulo 3: Consapevolezza mindful delle emozioni

Modulo 4: Flessibilità cognitiva

Modulo 5: Contrastare i comportamenti emotivi

Modulo 6: Riconoscere e affrontare le sensazioni fisiche

Modulo 7: Esporsi alle emozioni

I farmaci per l'ansia, la depressione e i disturbi emotivi correlati

Modulo 8: Riconoscere i traguardi e guardare al futuro

Utilizzare l'UP nel formato di gruppo

Definizioni dei termini chiave

Bibliografia

Il protocollo unificato per il trattamento transdiagnostico dei disturbi emotive. Quaderno di lavoro

Che cosa sono i disturbi emotivi?

Informazioni sul trattamento

Imparare a registrare le tue esperienze

Fissare gli obiettivi e mantenere la motivazione

Comprendere le tue emozioni: che cos'è un'emozione?

Comprendere le tue emozioni: utilizzare l'ARC
Consapevolezza mindful delle emozioni
Flessibilità cognitiva
Contrastare i comportamenti emotivi
Riconoscere e affrontare le sensazioni fisiche
Mettere in pratica: esporsi alle emozioni
Il ruolo dei farmaci nel trattamento dei disturbi emotivi
Andare oltre: riconoscere i traguardi e guardare al futuro
Appendice
Appendice A - Risposte ai test di autovalutazione
Appendice B - Schede di esempio
Appendice C - Definizione dei termini chiave

DAVID BARLOW
PROFESSOR OF PSYCHOLOGY AND PSYCHIATRY EMERITUS

TITLE
Professor of Psychology and Psychiatry Emeritus

EMAIL
dhbarlow@bu.edu

EDUCATION
PhD, University of Vermont

Founder: Center for Anxiety and Related Disorders

BIOGRAPHICAL SKETCH

Dr. Barlow received his PhD from the University of Vermont in 1969 and has published over 650 articles and chapters and over 90 books and clinical manuals, mostly in the areas of anxiety and related emotional disorders, sexual problems, and clinical research methodology.

He is formerly Professor of Psychiatry at the University of Mississippi Medical Center and Professor of Psychiatry and Psychology at Brown University, and founded clinical psychology internships in both settings.

He was also Distinguished Professor in the Department of Psychology at the University at Albany, State University of New York. He joined Boston University in 1996.

He is Past-President of the Division of Clinical Psychology of the American Psychological Association, Past-President of the Association for Behavioral and Cognitive Therapies, and was a member of the DSM-IV Task Force of the American Psychiatric Association.

RESEARCH INTERESTS

Clinical research at the Center for Anxiety and Related Disorders at Boston University focuses on understanding the nature of anxiety and depression and developing new treatments for emotional disorders.

RECENT BOOKS AND CLINICAL MANUALS

- Barlow, D. H., Durand, V. M., & Hofmann, S. G. (2023). *Psychopathology: An integrative approach to mental disorders*. Cengage.
- Craske, M.G., & Barlow, D.H. (2022). *Mastery of your anxiety and panic (5th ed): Therapist guide*. New York, New York: Oxford University Press.
- Barlow, D.H. (Ed.). (2021). *Clinical handbook of psychological disorders: A step-by-step treatment manual (6th ed.)*. New York: The Guilford Press.
- Sauer-Zavala, S., & Barlow, D. H. 2021). *Neuroticism: A new framework for emotional disorders and their treatment*. New York: The Guilford Press.
- Barlow, D. H., & Farchione, T. J. (Eds.). (2018). *Applications of the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders*. Oxford University Press.
- Barlow, D.H., Farchione, T.J., Sauer-Zavala, S., Latin, H., Ellard, K.K., Bullis, J.R., …Cassiello-Robbins, C. (2018). *Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Therapist guide*. (2nd ed.) New York: Oxford University Press.
- Barlow, D.H., Sauer-Zavala, S., Farchione, T.J., Latin, H., Ellard, K.K., Bullis, J.R., … Cassiello-Robbins, C. (2018). *Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Patient workbook*. (2nd ed.) New York: Oxford University Press.

SELECTED RECENT PUBLICATIONS

2023

- Rodriguez-Moreno, S., Guillen, A.I.,Tirpak, J.W., Marin, C., Cardona, N.D., Eustis, E.H., Farchione, T.J., Barlow, D.H., Panadero, S. (2023). Mediators and moderators of therapeutic change in the Unified Protocol for women experiencing homelessness. *Cognitive Therapy and Research, 47,* 209-221. https://doi.org/10.1007/s10608-022-10335-8
- Castro-Camacho, L., Barlow, D.H., Garcia, N., Farchione, T., Idrobo, F., Rattner, M., Quant, D., Gonzalez, L. & Moreno, J.D. (in press). Effects of a contextual adaptation of the Unified Protocol in multiple emotional disorders in victims of armed conflict in Colombia: A randomized clinical trial. *JAMA Psychiatry*.

2022

- Barlow, D. H., & Eustis, E. H. (2022). The importance of idiographic and functionally analytic strategies in the unified protocol for transdiagnostic treatment of emotional disorders. *Journal of Contextual Behavioral Science*, *24*, 179–184. https://doi.org/10.1016/j.jcbs.2022.05.001
- Spencer-Laitt, D., Eustis, E.H., Barlow, D.H., & Farchione, T.J (2022). The impact of COVID-19 related social distancing on mental health outcomes: A transdiagnostic account. *International Journal of Environmental Research and Public Health*, *19*(11), 6596. https://doi.org/10.3390/ijerph19116596

2021

- Barlow, D. H., Curreri, A. J., & Woodard, L. S. (2021). Neuroticism and Disorders of Emotion: A New Synthesis. *Current Directions in Psychological Science*. https://doi.org/10.1177/09637214211030253
- Farchione, T., Fitzgerald, H. E., Curreri, A., Janes, A. C., Gallagher, M. W., Sbi, S., Eustis, E. H., & Barlow, D. H. (2021). Efficacy of the unified protocol for the treatment of comorbid alcohol use and anxiety disorders: Study protocol and methods. *Contemporary Clinical Trials*, 106512. https://doi.org/10.1016/j.cct.2021.106512

2020

- Barlow, D. H., Harris, B. A., Eustis, E. H., & Farchione, T. J. (2020) The Unified Protocol for transdiagnostic treatment of emotional disorders (UP). Invited article, *World Psychiatry*, 19(2), 245-246.
- Cassiello-Robbins, C., Sauer-Zavala, S., Brody, L. R., & Barlow, D. H. (2020). Exploring the effects of the mindfulness and behavior change modules from the Unified Protocol on dysregulated anger in the context of emotional disorders*. Behavior Therapy*. Doi: 10.1016/j.beth.2019.12.007
- Eustis, E. H., Cardona, N., Nauphal, M., Sauer-Zavala, S., Rosellini, A. J., Farchione, T. J., & Barlow, D. H. (2020). Experiential avoidance as a mechanism of change across cognitive behavioral therapy in a sample of participants with heterogeneous anxiety disorders. *Cognitive Therapy and Research*. Doi: 10.1007/s10608-019-10063-6
- Eustis, E. H., Gallagher, M. W., Tirpak, J. W., Nauphal, M., Farchione, T. J., & Barlow, D. H. (2020). The Unified Protocol compared with diagnosis-specific protocols for anxiety disorders: 12-month follow-up from a randomized clinical trial. *General Hospital Psychiatry*.
- Sauer-Zavala, S., Bentley, K.H., Steele, S.J., Wilner, J., Ametaj, A., Nauphal, M., Cardona, N., Wang, M., Farchione, T.J., & Barlow, D.H. (2020). Treating depressive disorders with the Unified Protocol: A preliminary randomized evaluation. *Journal of Affective Disorders*, 264, 438-445.
- Sauer-Zavala, S*., Fournier, J.*, Steele, S.J., & Woods, B.K., Wang, M., Farchione, T.J., & Barlow, D.H. (2020) Does the Unified Protocol really treat neuroticism? Results from a randomized-controlled trial. *Psychological Medicine*. https://doi.org/10.1017/S0033291720000975* first authorship is shared.

2019

- Boettcher, H., & Barlow D. H. (2019). The unique and conditional effects of interoceptive exposure in the treatment of anxiety: A functional analysis. *Behavior Research and Therapy, 117,* 65-78.
- Boettcher, H., Sandage, S., Latin, H.M., and Barlow, D.H. (2019) Transdiagnostic treatments for enhancing positive affect and wellbeing. In J. Gruber (Eds.), The Oxford Handbook of Positive Emotion and Psychopathology. New York: Oxford University Press
- Bullis, J., Boettcher, H., Sauer-Zavala, S., Farchione, T. J., & Barlow, D. H. (2019). What is an emotional disorder?: A transdiagnostic mechanistic definition with implications for

assessment, treatment, and prevention. *Clinical Psychology Science and Practice,* 26, 2. Doi:10.1111/cpsp.12278

- Gallagher, M. W., Long, L. J., Richardson, A., D'Souza, J. M., Boswell, J. F., Farchione, T. J., & Barlow, D. H. (in press). Examining hope as a transdiagnostic mechanism of change in cognitive-behavioral interventions for anxiety disorders. *Behavior Therapy*, doi: 10.1016/j.beth.2019.06.001
- Jarvi Steele, S., Farchione, T. J., Cassiello-Robbins, C., Ametaj, A., Sbi, S., Sauer-Zavala, S., & Barlow, D. H. (2018). Efficacy of the Unified Protocol for transdiagnostic treatment of comorbid psychopathology accompanying emotional disorders compared to treatments targeting single disorders. *Journal of Psychiatric Research, 104,* 211-216. doi: 10.1016/j.jpsychires.2018.08.005
- Wilner Tirpak, J., Cassiello-Robbins, C., Ametaj, A., Olesnycky, O.S., Sauer-Zavala, S., Farchione, T.J., Barlow, D.H. (2019). Changes in positive affect in cognitive-behavioral treatment of anxiety disorders. *General Hospital Psychiatry.* Doi: 10.1016/j.genhosppsych.2019.06.008

2018

- Carl, J. R., Gallagher, M. W., & Barlow, D. H. (2018). Development and Preliminary Evaluation of a Positive Emotion Regulation Augmentation Module for Anxiety and Depression. *Behavior Therapy*, *49*(6), 935-950.
- Thompson-Brenner, H., Brooks, G. E., Boswell, J. F., Espel-Huynh, H., Dore, R., Franklin, D. R. … & Barlow, D. H. (2018). Evidence-based implementation practices applied to the intensive treatment of eating disorders: Summary of research and illustration of principles using a case example. *Clinical Psychology: Science and Practice*, *25*(1).
- Wilner, J.G., Dufour, S., Kennedy, K., Boettcher, H. Sauer-Zavala, S. Farchione, T.J., Barlow, D.H. (2018). Quality of life in heterogeneous anxiety disorders: Change across cognitive-behavioral treatments. *Behavior Modification*, Advance online publication. Doi: 10.1177/0145445518815603

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- Barlow, D. H., Farchione, T. J., Bullis, J. R., Gallagher, M. W., Latin, H., Sauer-Zavala, S.,… Cassiello-Robbins, C. (2017). Equivalence Evaluation of the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders Compared to Diagnosis-Specific CBT for Anxiety Disorders. *JAMA Psychiatry*;74(9):875–884. doi:10.1001/jamapsychiatry.2017.2164
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- Brake, A. C., Sauer-Zavala, S., Boswell, J. F., Gallagher, M. W., Farchione, T. J., & Barlow, D. H. (2016). Mindfulness-based exposure strategies as a transdiagnostic mechanism of change: An exploratory alternating treatment design. *Behavior Therapy*, *47*(2), 225-238. doi:
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- Ehrenreich-May, J., Rosenfield, D., Queen, A. H., Kennedy, S. M., Remmes, C. S., & Barlow, D.H An initial waitlist-controlled trial of the unified protocol for the treatment of emotional disorders in adolescents. *Journal of Anxiety Disorders* (2016), http://dx.doi.org/10.1016/j.janxdis.2016.10.006

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- *Bentley, K. H., Barlow, D. H., & Nock, M. (2014). The four-function model of non-suicidal self-injury: Key directions for future research. Clinical Psychological Science, 2(5), 638-656.*
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2011

- Barlow, D.H. (2011). A prolegomenon to clinical psychology: Two 40-year odysseys. In D.H. Barlow (Ed.), *The Oxford handbook of clinical psychology* (pp. 3-20). New York, NY: Oxford University Press.

- Barlow, D.H. & Carl, J.R. (2011). The future of clinical psychology: Promises, perspectives, and predictions. In D.H. Barlow (Ed.), *The Oxford handbook of clinical psychology* (pp. 891-911). New York, NY: Oxford University Press.

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- Barlow, D. H. (2010). Negative effects from psychological treatments: A perspective. *American Psychologist*, 65(1), 13-20.
- McHugh, R. K., & Barlow, D. H. (2010). Dissemination and implementation of evidence-based psychological interventions: A review of current efforts. *American Psychologist*, *65*(2), 73-84.

Jacqueline R. Bullis, PhD

McLean Hospital Title

- Staff Psychologist, Division of Depression and Anxiety Disorders

Harvard Medical School Title

- Assistant Professor of Psychology, Department of Psychiatry, Part-Time

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Biography

Jacqueline R. Bullis, PhD, engages in a program of clinical research aimed at increasing the public health impact of evidence-based psychological treatments by applying a transdiagnostic approach to the diagnosis, treatment, and prevention of emotional disorders. Dr. Bullis is currently working to validate more objective and precise measurements of mechanisms of change in transdiagnostic interventions that will inform future efforts to improve the efficacy and efficiency of these treatments.

Dr. Bullis received her PhD in clinical psychology from Boston University under the mentorship of Dr. David Barlow. She completed her pre-doctoral clinical internship at Harvard Medical School and McLean Hospital.

Education & Training

Degrees:

- 2008 BA, Boston University
- 2016 PhD, Boston University

Fellowship:

- 2015-2016 Pre-Doctoral Internship, McLean Hospital/Harvard Medical School

Board Certifications:

- 2020 Licensed Psychologist, Board of Registration of Psychologists, Commonwealth of Massachusetts

Contact

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Office Address: Belmont campus - Oaks Building

Publications

Barlow DH, Farchione TJ, Bullis JR, Gallagher MW, Murray-Latin H, Sauer-Zavala S, Bentley KH, Thompson-Hollands J, Conklin LR, Boswell JF, Ametaj A, Carl JR, Boettcher HT, Cassiello-Robbins C. The Unified Protocol for Transdiagnostic Treatment of Emotional Disorders Compared With Diagnosis-Specific Protocols for Anxiety Disorders: A Randomized Clinical Trial. JAMA Psychiatry. 2017 Sep 1;74(9):875-884. doi: 10.1001/jamapsychiatry.2017.2164. PubMed PMID: 28768327; PubMed Central PMCID: PMC5710228.

Sauer-Zavala S, Gutner CA, Farchione TJ, Boettcher HT, Bullis JR, Barlow DH. Current Definitions of "Transdiagnostic" in Treatment Development: A Search for Consensus. Behav Ther. 2017 Jan;48(1):128-138. doi: 10.1016/j.beth.2016.09.004. Epub 2016 Sep 25. Review. PubMed PMID: 28077216.

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Bullis JR, Fortune MR, Farchione TJ, Barlow DH. A preliminary investigation of the long-term outcome of the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders. Compr Psychiatry. 2014 Nov;55(8):1920-7. doi: 10.1016/j.comppsych.2014.07.016. Epub 2014 Jul 22. PubMed PMID: 25113056; PubMed Central PMCID: PMC4252968.

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Bullis JR, Bøe HJ, Asnaani A, Hofmann SG. The benefits of being mindful: trait mindfulness predicts less stress reactivity to suppression. J Behav Ther Exp Psychiatry. 2014 Mar;45(1):57-66. doi: 10.1016/j.jbtep.2013.07.006. Epub 2013 Jul 25. PubMed PMID: 23994223.

Psaros C, O'Cleirigh C, Bullis JR, Markowitz SM, Safren SA. The influence of psychological variables on health-related quality of life among HIV-positive individuals with a history of intravenous drug use. J Psychoactive Drugs. 2013 Sep-Oct;45(4):304-12. doi: 10.1080/02791072.2013.825030. PubMed PMID: 24377169; PubMed Central PMCID: PMC3877931.

Boswell JF, Gallagher MW, Sauer-Zavala SE, Bullis J, Gorman JM, Shear MK, Woods S, Barlow DH. Patient characteristics and variability in adherence and competence in cognitive-behavioral therapy for panic disorder. J Consult Clin Psychol. 2013 Jun;81(3):443-54. doi: 10.1037/a0031437. Epub 2013 Jan 21. PubMed PMID: 23339537; PubMed Central PMCID: PMC3855020.

Gallagher MW, Sauer-Zavala SE, Boswell JF, Carl JR, Bullis J, Farchione TJ, Barlow DH. The Impact of the Unified Protocol for Emotional Disorders on Quality of Life. Int J Cogn

Ther. 2013 Mar 1;6(1). doi: 10.1521/ijct.2013.6.1.57. PubMed PMID: 24358405; PubMed Central PMCID: PMC3865711.

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Safren SA, O'Cleirigh CM, Bullis JR, Otto MW, Stein MD, Pollack MH. Cognitive behavioral therapy for adherence and depression (CBT-AD) in HIV-infected injection drug users: a randomized controlled trial. J Consult Clin Psychol. 2012 Jun;80(3):404-15. doi: 10.1037/a0028208. Epub 2012 Apr 30. PubMed PMID: 22545737; PubMed Central PMCID: PMC3365619.

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Applebaum AJ, Bullis JR, Traeger LN, O'cleirigh C, Otto MW, Pollack MH, Safren SA. Rates of mood and anxiety disorders and contributors to continued heroin use in methadone maintenance patients: A comparison by HIV status. Neurobehav HIV Med. 2010 Aug 10;2010(2):49-57. doi: 10.2147/NBHIV.S12371. PubMed PMID: 24062619; PubMed Central PMCID: PMC3779458.

Updated 4/6/2018

Curriculum Vitae

Kate H. Bentley

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Email: kbentley@mgh.harvard.edu

EDUCATION

2017 **Doctor of Philosophy,** Clinical Psychology
Boston University, Graduate School of Arts and Sciences
Boston, Massachusetts

2017 **Predoctoral Internship**, Cognitive-Behavioral Therapy Track
Massachusetts General Hospital/Harvard Medical School, Department of Psychiatry
Boston, Massachusetts

2012 **Master of Arts,** Clinical Psychology
Boston University, Graduate School of Arts and Sciences
Boston, Massachusetts

2009 **Bachelor of Arts,** Psychology & Spanish, Magna Cum Laude with Distinction
Amherst College
Amherst, Massachusetts

HONORS AND AWARDS

Alies Muskin Career Development Leadership Program, Clinical Research Track April 2018
Anxiety and Depression Association of America

Massachusetts General Hospital Jerome and Celia Reich Award in Depression Research 2018 – 2019
Principal Investigator: K. H. Bentley, Mentor: D. Mischoulon
Award amount: $50,000
The aim of this project is to elucidate the relationships between heart rate variability, depression severity, and objective and subjective sleep disturbance in adults with major depressive disorder.

Harvard Medical School Livingston Fellowship Award 2018 – 2019
Principal Investigator: K. H. Bentley, Mentor: A. E. Evins
Award amount: $8,000
The aim of this study is to examine the feasibility of a transdiagnostic group CBT intervention for young adults with substance use disorders and co-occurring depression, anxiety, suicidal ideation, or self-injury.

National Institute of Mental Health 2017 – 2018
Institutional National Research Service Award Postdoctoral Fellowship (T32MH016259)
Stuart T. Hauser Research Training Program in Biological and Social Psychiatry
Principal Investigator: M. E. Shenton; Mentors: M. Fava, A. E. Evins
Award amount: $48,484
The aim of this program is to train outstanding young investigators and equip them with the tools and knowledge needed to succeed in developing their own research careers in biological or social psychiatry.

Fellowship project: Pilot study of a transdiagnostic, emotion-focused group intervention for young adults with substance use disorders

Kavita Jain Dissertation Award May 2017
Boston University Department of Psychological & Brain Sciences

National Institute of Mental Health 2013 – 2016
National Research Service Award Predoctoral Fellowship (F31MH100761)
Exploring Two Emotion-Focused Treatment Modules in Nonsuicidal Self-Injury
Principal Investigator: K. H. Bentley; Mentor: D. H. Barlow
Award amount: $100,732
The purpose of this project is to examine the effects of two transdiagnostic treatment modules (emotion awareness training and cognitive reappraisal) on nonsuicidal self-injurious thoughts and behaviors using ecological momentary assessment and a single-case experimental design.

RESEARCH EXPERIENCE

Clinical Research Fellow 2016 – present
Depression Clinical and Research Program, *Massachusetts General Hospital/Harvard Medical School*
Advisors: David Mischoulon, M.D., Maurizio Fava, M.D.

- Conduct diagnostic interviews and other clinician-rated and neuropsychological assessments for studies on adults with major depressive disorder
- Deliver CBT to patients with treatment resistant depression following ketamine treatment as part of a research study
- Prepare manuscripts on depression, suicidal ideation and behavior, and related constructs

Assistant Project Director 2015 – 2016
Transdiagnostic Treatment Laboratory, *Boston University*
Advisors: David H. Barlow, Ph.D., Todd J. Farchione, Ph.D.

- Served as assistant project director for large R01 randomized controlled trial comparing a transdiagnostic treatment (Unified Protocol for Transdiagnostic Treatment of Emotional Disorders) to single-disorder protocols for heterogeneous anxiety disorders (N = 250)
- Participated in weekly meetings with project director to discuss all aspects of study execution, including clinical concerns, IRB and NIMH correspondence, retention, and data management
- Supervised laboratory research assistants and volunteers

Graduate Research Fellow 2011 – 2016
Transdiagnostic Treatment Laboratory, *Boston University*
Advisor: David H. Barlow, Ph.D.

- Served as study therapist and independent evaluator for R01 trial
- Conducted independent research projects, including: evaluation of two Unified Protocol modules for treatment of nonsuicidal self-injury (through NRSA grant); development and acceptability/feasibility testing of the Unified Protocol adapted for suicidal individuals in an inpatient setting; development and evaluation of single-session transdiagnostic prevention program for anxiety and depression in college students; psychometric evaluation of novel measure of depression severity and impairment
- Participated in ongoing research activities in laboratory, including grant writing, study development and management, and data collection and analysis
- Prepared manuscripts and posters, deliver presentations, and lead clinician training workshops

Graduate Research Fellow 2011 – 2012
Online Panic Control Treatment Training for Clinicians, *Boston University/Behavioral Tech Research*
Advisor: David H. Barlow, Ph.D.

- Participated in developing an online, real-time training program for Panic Control Treatment (PCT), which was subsequently evaluated in a randomized controlled trial
- Prepared presentations and manuscripts related to the research

Clinical Research Coordinator 2009 – 2011
Depression Clinical and Research Program, *Massachusetts General Hospital/Harvard Medical School*
Advisors: Maurizio Fava, M.D., Jonathan Alpert, M.D., Ph.D., Andrew Nierenberg, M.D., A. Eden Evins, M.D.

- Managed regulatory materials, recruitment, and data collection for multi-site federal and industry-sponsored clinical research trials
- Communicated directly and documented study-related activity with collaborating groups, including FDA, NIMH, IRBs, and pharmaceutical corporations
- Coordinated and helped conduct screening program for depression and suicide on college campuses
- Led research recruitment efforts using print and electronic media
- Implemented electronic research management and data collection technology with DatStat, Inc., and trained investigators and research coordinators on use of the platform
- Assisted in the design, preparation, and submission of research grants and protocols
- Analyzed data and prepared posters and manuscripts for publication

Honors Thesis Student 2009 – 2011
Psychology Department, *Amherst College*
Advisors: Catherine Sanderson, Ph.D., Ann Haas, Ph.D.

- Designed and conducted a study evaluating the effects of a novel male-targeted invitation letter to the American Foundation for Suicide Prevention's (AFSP) Interactive Screening Program
- Independently collected and analyzed data, discussed results in thesis manuscript, completed oral defense, and presented study findings at professional conference

Research Intern 2008
Research Department, *American Foundation for Suicide Prevention*
Advisors: Paula Clayton, M.D., Ann Haas, Ph.D.

- Coordinated the implementation of the AFSP Interactive Screening Program at four universities
- Formulated a comprehensive report on past and present grantees' research on suicide causation, prevention, and treatment

CLINICAL EXPERIENCE

Clinical Fellow in Psychology 2017 – current
Department of Psychiatry, *Massachusetts General Hospital/Harvard Medical School*
Supervisors: Meredith Charney, Ph.D., Lauren Fisher, Ph.D., James McKowen, Ph.D.

- Deliver individual outpatient therapy to adults with affective disorders and complex comorbidities
- Deliver individual and group-based CBT and motivational interviewing to older adolescents and young adults with substance use disorders in a comprehensive outpatient program

Clinical Fellow in Psychology 2016 – 2017
Department of Psychiatry, *Massachusetts General Hospital/Harvard Medical School*
Supervisors: Lee Baer, Ph.D., Meredith Charney, Ph.D., Jeanne Fama, Ph.D., Michelle Jacobo, Ph.D., Paola Pedrelli, Ph.D., Michelle Stein, Ph.D.

- Delivered individual outpatient CBT to adults with a broad range of affective disorders (PTSD, obsessive-compulsive disorder, depression, anxiety) and young adults with substance use disorders
- Co-led dialectical behavior therapy (DBT) groups for adults with borderline personality disorder
- Conducted brief individual therapy on an inpatient psychiatric unit with adults with severe depressive disorders, psychotic disorders, substance use disorders, and suicidal behavior
- Attended weekly interdisciplinary team meetings and psychiatry rounds on adult inpatient unit
- Participated in three hours of weekly clinical supervision (group and individual)

- Attended three hours of weekly didactic seminars on evidence-based treatment and assessment of a broad range of psychopathology, as well as topics including ethics, diversity, and clinical supervision

Center Therapist 2012 – 2016
Center for Anxiety and Related Disorders, *Boston University*
Supervisors: Lisa Smith, Ph.D., Todd Farchione, Ph.D., Shannon Sauer-Zavala, Ph.D.

- Provided individual therapy utilizing CBT and other evidence-based strategies for patients with anxiety, depressive, and related disorders
- Administered semi-structured diagnostic assessments at intake and provide feedback to patients
- Conducted case formulation, treatment planning, and monitoring of outcomes during treatment
- Attended weekly individual and group supervision meetings, including audio review of sessions
- Co-led transdiagnostic CBT group for patients with heterogeneous emotional disorders

Study Therapist, Study Evaluator 2013 – 2016
Transdiagnostic Treatment Laboratory, *Boston University*
Supervisor: David H. Barlow, Ph.D.

- Provided individual, outpatient treatment using the Unified Protocol to individuals engaging in nonsuicidal self-injury for dissertation research
- Monitored frequency and severity of self-injury daily
- Conducted risk assessments and deliver crisis interventions as needed
- Administered semi-structured diagnostic interviews to determine initial eligibility
- Participated in biweekly individual supervision meetings, including audio review of sessions to monitor protocol adherence

Study Therapist 2014 – 2015
Transdiagnostic Treatment Laboratory, *Boston University*
Supervisor: Shannon Sauer-Zavala, Ph.D.

- Provided treatment using a five-session version of the Unified Protocol modified for suicidal individuals within an inpatient setting
- Administered clinician-rated interviews and self-report assessments to determine initial eligibility

Student Clinical Supervisor 2014 – 2015
Center for Anxiety and Related Disorders, *Boston University*
Supervisor: Lisa Smith, Ph.D.

- Served as primary supervisor for junior doctoral student carrying a caseload of five patients with anxiety, depressive, and related disorders
- Provided one to two hours of individual supervision per week, in addition to live observation and audio review of sessions, and biannual evaluations of student's performance
- Participated in weekly group supervision meetings and didactic seminars covering different models of supervision, ethical issues of supervision, and case conceptualization

Study Therapist 2012 – 2015
Transdiagnostic Treatment Laboratory, *Boston University*
Supervisors: Todd Farchione, Ph.D., Shannon Sauer-Zavala, Ph.D.

- Provided treatment using the Unified Protocol and single-disorder protocols for principal panic disorder, social anxiety disorder, generalized anxiety disorder, and obsessive-compulsive disorder to research participants enrolled in large R01 clinical trial
- Obtained certification in study protocols by means of audio review of cases by experts
- Participated in weekly group supervision meetings
- Provided the Unified Protocol treatment to participants who completed the trial waitlist

Independent Evaluator 2012 – 2015
Transdiagnostic Treatment Laboratory, *Boston University*
Supervisor: Todd Farchione, Ph.D.

- Served as an independent evaluator, administering semi-structured diagnostic interviews and clinician-rated assessments of symptom severity and functional impairment to determine participants' initial eligibility and evaluate change during R01 trial
- Led weekly diagnostic consensus meetings for other study independent evaluators
- Obtained certification in all study assessments by project director
- Trained junior graduate students in administering study assessments and provided supervision during the certification process

Practicum Student 2013 – 2014
Freedom Trail Clinic, *Massachusetts General Hospital*
Supervisor: Corinne Cather, Ph.D.

- Received training in evidence-based assessment and treatment of psychosis
- Provided weekly, individual outpatient therapy to patients diagnosed with schizophrenia, schizoaffective, and related disorders
- Co-led weekly Illness Recovery and Management (IMR) groups
- Worked with interdisciplinary treatment team and community resources to coordinate patient care
- Conducted risk assessments and crisis interventions as needed
- Participated in weekly group supervision meetings and didactic trainings

Practicum Student 2012 – 2013
Psychological Services Center, *Boston University*
Supervisors: Lisa Smith, Ph.D., Rosemary Toomey, Ph.D.

- Conducted semi-structured diagnostic intake assessments for adults with anxiety, depressive, and related disorders, and prepared comprehensive diagnostic summary reports
- Delivered manualized and non-manualized interventions under supervision
- Participated in individual and group weekly supervision meetings and didactic seminars on evidence-based therapeutic strategies
- Attended weekly didactic seminars on neuropsychological assessment
- Provided neuropsychological test batteries for adults presenting with questions of cognitive difficulties, prepared integrative testing reports, and provided feedback and recommendations

Center Diagnostician 2012 – 2013
Center for Anxiety and Related Disorders, *Boston University*
Supervisor: Timothy A. Brown, Psy.D.

- Administered semi-structured diagnostic intake assessments using the Anxiety Disorders Interview Schedule (ADIS) for incoming patients
- Presented summary of assessment to intake team
- Prepared diagnostic summary reports and provided treatment disposition to patients
- Trained junior graduate students in ADIS administration, including live observation

Clinical Research Coordinator 2009 – 2011
Depression Clinical and Research Program, *Massachusetts General Hospital/Harvard Medical School*
Supervisors: Maurizio Fava, M.D., A. Eden Evins, M.D.

- Delivered individual smoking cessation behavioral interventions to patients with nicotine dependence
- Administered assessments and utilized clinical judgments to assist in treatment decisions for patients with depressive disorders and substance abuse/dependence
- Performed clinical laboratory evaluations including phlebotomy, vital signs, ECG, and EEG

JOURNAL ARTICLES

Bentley, K. H., Boettcher, H., Bullis, J. R., Carl, J. R., Conklin, L. R., Sauer-Zavala, S., Pierre-Louis, C., Farchione, T. J., & Barlow, D. H. (in press). Development of a single-session, transdiagnostic preventive intervention for young adults at risk for emotional disorders. *Behavior Modification.*

Cassiello-Robbins, C., Sauer-Zavala, S., Wilner, J. G., **Bentley, K. H.,** Conklin, L. R., Farchione, T. J., & Barlow, D. H. (in press). The effects of transdiagnostic versus single diagnosis protocols on anger during the treatment of anxiety disorders. *Journal of Nervous and Mental Disease.*

Bentley, K. H., Nock, M. K., Sauer-Zavala, S., Gorman, B. S., & Barlow, D. H. (2017). A functional analysis of two transdiagnostic, emotion-focused interventions on nonsuicidal self-injury. *Journal of Consulting and Clinical Psychology, 85*(6), 632-646.

Bentley, K. H., Sauer-Zavala, S., Cassiello-Robbins, C., Conklin, L. R., & Homer, D. (2017). Treating suicidal thoughts and behaviors within an emotional disorders framework: Acceptability and feasibility of the Unified Protocol in an inpatient setting. *Behavior Modification, 41*(4), 529-557.

Barlow, D. H., Farchione, T. J., Bullis, J. R., Gallagher, M. W., Latin, H., Sauer-Zavala, S., **Bentley, K. H.,** … Cassiello-Robbins, C. (2017). The Unified Protocol for Transdiagnostic Treatment of Emotional Disorders compared with diagnosis-specific protocols for anxiety disorders: A randomized clinical trial *JAMA Psychiatry.*

Bentley, K. H. (2017). Applying the Unified Protocol Transdiagnostic Treatment to nonsuicidal self-injury and co-occurring emotional disorders: A case illustration. *Journal of Clinical Psychology: In Session, 73*(5), 547-558.

Sauer-Zavala, S., Boswell, J. F., **Bentley, K. H.,** Thompson-Hollands, J., Farchione, T. J., & Barlow, D. H. (2017). Expectancy, working alliance, and outcomes in transdiagnostic and single diagnosis treatment for anxiety disorders: An investigation of mediation. *Cognitive Therapy and Research, 1-11.*

Franklin, J. C., Ribeiro, J. D., Fox, K. R., **Bentley, K. H.,** Kleiman, E. M., Huang, X., Musacchio, K., Jarosewski, A. C., Chang, B. P., & Nock, M. K. (2017). Risk factors for suicidal thoughts and behaviors: A meta-analysis of 50 years of research. *Psychological Bulletin*, *143*(2), 187-232.

Chang, B. P., Franklin, J. C., Ribeiro, R. D., Fox, K., **Bentley, K. H.,** Kleiman, E. M., & Nock. M. K. (2016). Biological risk factors for suicidal behaviors: A meta-analysis. *Translational Psychiatry, 6*(9), e887.

Bentley, K. H., Franklin, J. C., Ribeiro, J. D., Kleiman, E. M., Fox, K. R., & Nock, M. K. (2016). Anxiety and its disorders as risk factors for suicidal thoughts and behaviors: A meta-analytic review. *Clinical Psychology Review, 43*, 30-46.

Sauer-Zavala, S., **Bentley, K. H.,** & Wilner, J. G. (2016). Transdiagnostic treatment of borderline personality disorder and comorbid disorders: A clinical replication series. *Journal of Personality Disorders, 30*(1), 35-51.

Ribeiro, J., Franklin, J., Fox, K., Kleiman, E., **Bentley, K. H.,** Chang, B., & Nock, M. (2016). Suicide as a complex classification problem: Machine learning and related techniques can advance suicide prediction. *Psychological Medicine, 46*(9), 2009-2010.

Ribeiro, J. D., Franklin, J. C., Fox, K., Kleiman, E. M., **Bentley, K. H.,** Chang, B., & Nock, M. K. (2016). Self-injurious thoughts and behaviors as risk factors for future suicidal ideation, attempts, and death: A meta-analysis of prospective studies. *Psychological Medicine, 46*(2), 225-236.

Bentley, K. H., Cassiello-Robbins, C. F., Vittorio, L., Sauer-Zavala, S., & Barlow, D. H. (2015). The association between nonsuicidal self-injury and the emotional disorders: A meta-analytic review. *Clinical Psychology Review*, *37,* 72-88.

Bentley, K. H., Wilner, J. G., & Sauer-Zavala, S. E. (2015). The unique contributions of distinct experiential

avoidance domains to severity and functionality of nonsuicidal self-injury. *Journal of Experimental Psychopathology, 6*(1), 40-57.

Ito, M., **Bentley, K. H.,** Oe, Y., Nakajima, S., Fujisato, H., Kato, N., Miyamae, M., Kanie, A., Horikoshi, M., & Barlow, D. H. (2015). Psychometric properties of the Overall Depression Severity and Impairment Scale (ODSIS). *PLoS One, 10*(4), e0122969.

Bullis, J. R., Sauer-Zavala, S., **Bentley, K. H.,** Thompson-Hollands, J., Carl, J. R., & Barlow, D. H. (2015). The Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Preliminary exploration of effectiveness for group delivery. *Behavior Modification, 39*(2), 295-321.

Gallagher, M. W., Thompson-Hollands, J., Bourgeois, M. L., & **Bentley, K. H.** (2015). Cognitive behavioral treatments for adult Posttraumatic Stress Disorder: Current status and future directions. *Journal of Contemporary Psychotherapy, 45*(4), 235-243.

Fox, K. R., Franklin, J. C., Ribeiro, J. D., Kleiman, E. M., **Bentley, K. H.,** & Nock, M. K. (2015). Meta-analysis of risk factors for nonsuicidal self-injury. *Clinical Psychology Review, 42*, 156-167.

Bentley, K. H., Nock, M. K., & Barlow, D. H. (2014). The four-function model of nonsuicidal self-injury: Key directions for future research. *Clinical Psychological Science, 2*(5), 638-656.

Bentley, K. H., Gallagher, M. W., Carl, J. R., & Barlow, D. H. (2014). Development and validation of the Overall Depression Severity and Impairment Scale. *Psychological Assessment, 26*(3), 815-830.

Gallagher, M. W., **Bentley, K. H.,** & Barlow, D. H. (2014). Perceived control and vulnerability to anxiety disorders: A meta-analytic review. *Cognitive Therapy & Research, 38,* 571-584.

Thompson-Hollands, J. T., **Bentley, K. H.,** Gallagher, M. W., Boswell, J. F., & Barlow, D. H. (2014). Credibility and expectancy in the Unified Protocol: Relationship to outcomes. *Journal of Experimental Psychopathology, 5*(1), 72-82.

Carl, J. R., Sauer-Zavala, S. E., Gallagher, M. W., **Bentley, K. H.,** & Barlow. D. H. (2014). A preliminary investigation of the effects of the Unified Protocol on temperament. *Comprehensive Psychiatry, 55*(6), 1426-1434.

Bentley, K. H., Gallagher, M. W., Boswell, J. F., Gorman, J. M., Shear, M. K., Woods, S. W. & Barlow, D. H. (2013). The interactive contributions of perceived control and anxiety sensitivity in panic disorder: A triple vulnerabilities perspective. *Journal of Psychopathology and Behavioral Assessment*, *35*(1), 57-64.

Pedrelli, P., **Bentley, K. H.**, Vitali, M., Clain, A. J., Nyer, M., Fava, M., & Farabaugh, A. (2013). Compulsive use of alcohol among college students. *Psychiatry Research, 205*(1-2), 95-102.

Nierenberg, A. A., **Bentley, K. H.**, Farabaugh, A., Fava, M., & Deckersbach, T. (2012). The absence of depressive symptoms is not the presence of wellness: Validation of the Clinical Positive Affect Scale. *Australian and New Zealand Journal of Psychiatry, 46*(12), 1165-1172.

Sauer-Zavala, S. E., Boswell, J. B., Gallagher, M. W., **Bentley, K. H.**, Ametaj, A. A., & Barlow, D. H. (2012). The role of negative affectivity and negative reactivity to emotions in predicting outcomes in the Unified Protocol for the transdiagnostic treatment of emotional disorders. *Behaviour Research and Therapy, 50*(9), 551-557.

Witte, J., **Bentley, K. H.,** Evins, A. E., Clain, A. J., Baer, L., Pedrelli, P., Fava, M., & Mischoulon, D. (2012). A randomized controlled pilot study of acamprosate added to escitalopram in adults with major depressive disorder and alcohol use disorder. *Journal of Clinical Psychopharmacology, 32*(6), 787-796.

Iovieno, N., Tedeschini, E., **Bentley, K. H.,** Evins, A. E., & Papakostas, G. (2011). Antidepressants for major depressive disorder and dysthymic disorder in patients with co-morbid alcohol use disorders: A meta-analysis of placebo-controlled randomized trials. *The Journal of Clinical Psychiatry*, *72*(8), 1144-51.

Pedrelli, P., Iovieno, N., Vitali, M., Tedeschini, E., **Bentley, K. H.**, & Papakostas, G.I. (2011). Treatment of major depressive disorder and dysthymic disorder with antidepressants in patients with co-morbid opiate use disorders enrolled in methadone maintenance therapy: A meta-analysis. *Journal of Clinical Psychopharmacology*, *31*(5), 582-6.

Evins, A. E., Pachas, G., Mischoulon, D., Urbanoski, K., Carlini, S., Sousa, J., **Bentley, K. H.**, Rigotti, N. A., Nino-Gomez, J., Loebl, T., Janes, A. C., Kaufman, M. J., & Fava, M. (2011). A double-blind, placebo-controlled trial of the NMDA glycine site antagonist, GW468816, for prevention of relapse to smoking in females. *Journal of Clinical Psychopharmacology*, *31*(5), 597-602.

BOOK CHAPTERS

Bentley, K. H., Conklin, L. R., Boswell, J. F., Shapero, B. G., & Olesnycky, O. S. (in press). Unified Protocol for treatment of depression. In B. G. Shapero, D. Mischoulon, & C. Cusin (Eds.), *The Massachusetts General Hospital Guide to Depression*. New York, NY: Springer.

Sauer-Zavala, S., **Bentley, K. H.,** & Wilner, J. G. (in press). Conceptualizing borderline personality disorder within an emotional disorders framework: Implications for treatment with the Unified Protocol. In U. Kramer (Ed.), *Case Formulation for Personality Disorders: Tailoring Psychotherapy to the Individual Client.* Cambridge, MA: Elsevier.

Bentley, K. H., Sauer-Zavala, S., Cassiello-Robbins, C., & Vento, S. (in press). Applications of the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders to nonsuicidal and suicidal self-injury. In T. J. Farchione & D. H. Barlow (Eds.), *Applications of the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders*. New York: Oxford University Press.

Sauer-Zavala, S., **Bentley, K. H.,** & Wilner, J. G. (in press). Addressing borderline personality disorder with the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders. In T. J. Farchione & D. H. Barlow (Eds.), *Applications of the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders*. New York: Oxford University Press.

Bullis, J. R., **Bentley, K. H.,** & Kennedy, K. A. (in press). Group applications of the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders. In T. J. Farchione & D. H. Barlow (Eds.), *Applications of the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders*. New York: Oxford University Press.

Boswell, J. F., **Bentley, K. H.,** & Barlow, D. H. (2015). Motivation facilitation in the unified protocol for transdiagnostic treatment of emotional disorders. In H. Arkowitz, W. R. Miller, & S. Rollnick (Eds.), *Motivational Interviewing in the Treatment of Psychological Disorders, Second Edition* (pp. 33-57). New York: The Guilford Press.

Barlow, D. H., Conklin, L. R., & **Bentley, K. H.** (2015). Psychological treatments for panic disorder, phobia, and social and generalized anxiety disorder. In P. E. Nathan & J. M. Gorman (Eds.), *Treatments that Work, Fourth Edition* (pp. 409-462). New York: Oxford University Press.

OTHER NON-PEER REVIEWED PUBLICATIONS

Barlow, D. H., Farchione, T. J., Sauer-Zavala, S., Murray Latin, H., Ellard, K. K., Bullis, J. R., **Bentley, K. H.,** et al. *Unified Protocol for the Transdiagnostic Treatment of Emotional Disorders: Therapist Guide*. 2nd ed. New York, NY: Oxford University Press; 2018.

Barlow, D. H., Sauer-Zavala, S., Farchione, T. J., Murray Latin, H., Ellard, K. K., Bullis, J. R., **Bentley, K. H.,** et al. *Unified Protocol for the Transdiagnostic Treatment of Emotional Disorders: Client Workbook*. 2nd ed. New York, NY: Oxford University Press; 2018.

Bentley, K. H., & Nock, M. K. (2017). *Predicting and preventing suicide: Where are we?* Blog for Anxiety and Depression Association of America.

INVITED PRESENTATIONS

Bentley, K. H. (2017). *Transdiagnostic intervention research for self-injurious thoughts and behaviors and co-occurring disorders*. Talk presented for the Harvard University Clinical Psychology Program speaker series.

CONFERENCE PRESENTATIONS

Bentley, K. H. (2016). *Dissemination of the Unified Protocol in diverse settings: Flexibility within fidelity.* Panel presented at the 50th annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

Bentley, K. H., Bullis, J. R., Gallagher, M. W., Cassiello-Robbins, C., Sauer-Zavala, S., Farchione, T. J., & Barlow, D. H. (2016). *Exploring modifiable and dynamic predictors of attrition in a large clinical trial comparing the Unified Protocol Transdiagnostic Treatment to single diagnosis protocols for anxiety*. In C. Cassiello-Robbins (Chair), Going beyond the basics: Identifying modifiable and clinically useful predictors of attrition from cognitive-behavioral treatment. Paper presented at the 50th annual meeting of the Association for Behavioral and Cognitive Therapies. New York, NY.

Deming, C. A., Dinakar, K., Jaroszewski, A., **Bentley, K. H.,** Glenn, C., & Nock, M. K. (2016). *Machine learning as applied to online social media intervention for suicide and nonsuicidal self-injury.* In **K. H. Bentley** (Chair), Utilizing machine learning techniques to improve prediction and prevention of suicide and self-injury. Paper presented at the 50th annual meeting of the Association for Behavioral and Cognitive Therapies. New York, NY.

Jaroszewski, A., Dinakar, K., Deming, C. A., Glenn, C., **Bentley, K. H.,** & Nock, M. K. (2016). *Valinor: Latent variable model scrutiny of the four-function self-harm model.* In **K. H. Bentley** (Chair), Utilizing machine learning techniques to improve prediction and prevention of suicide and self-injury. Paper presented at the 50th annual meeting of the Association for Behavioral and Cognitive Therapies. New York, NY.

Bentley, K. H., Boswell, J. F., Sauer-Zavala, S., Ametaj, A. A., Farchione, T. J., & Barlow, D. H. (2016). *Changes in transdiagnostic skill-focused mechanisms as a function of treatment with the UP and single diagnosis protocols*. In D. H. Barlow (Chair), Unified Protocol for Transdiagnostic Treatment of Emotional Disorders compared to single diagnosis protocols: Initial results from a 5-year clinical trial. Paper presented at the 36th annual meeting of the Anxiety and Depression Association of America. Philadelphia, Pennsylvania.

Boswell, J. F., **Bentley, K. H.,** Sauer-Zavala, S., Farchione, T. J., & Barlow, D. H. (2016). *Unified Protocol versus single diagnosis protocols: Effects on comorbid diagnoses*. In D. H. Barlow (Chair), Unified Protocol for Transdiagnostic Treatment of Emotional Disorders compared to single diagnosis protocols:

Initial results from a 5-year clinical trial. Paper presented at the 36th annual meeting of the Anxiety and Depression Association of America. Philadelphia, Pennsylvania.

Boettcher, H., **Bentley, K. H.,** Carl, J., Bullis, J. R., Sauer-Zavala, S., Conklin, L., … & Barlow, D. H. (2016). *Evaluation of a unified prevention program for anxiety and depression in college students*. In H. Boettcher (Chair), The best offense is a good defense: Brief prevention programs for undergraduates across a diverse range of psychopathology targets. Paper presented at the 36th annual meeting of the Anxiety and Depression Association of America. Philadelphia, Pennsylvania.

Sauer-Zavala, S., **Bentley, K. H.,** Gallagher, M. W., Boettcher, H. T., Thompson-Hollands, J., Farchione, T. J., & Barlow, D. H. (2016). *Can we treat neuroticism: The effects of the Unified Protocol on temperament in a diagnostically diverse sample*. Paper presented at the annual meeting of the North American Society for the Study of Personality Disorders. New York, New York.

Farchione, T. F., Gallagher, M. W., Sauer-Zavala, S., Latin, H., Boswell, J. F., **Bentley, K. H.,** … Barlow, D. H. (2016). *Unified Protocol versus single-diagnosis protocols: Clinical outcomes*. In D. H. Barlow (Chair), Unified Protocol for Transdiagnostic Treatment of Emotional Disorders compared to single diagnosis protocols: Initial results from a 5-year clinical trial. Paper presented at the 36th annual meeting of the Anxiety and Depression Association of America. Philadelphia, Pennsylvania.

Bentley, K. H., Nock, M. K., & Barlow, D. H. (2015). *The role of mindfulness and cognitive reappraisal in nonsuicidal self-injury: An experimental analysis*. In S. Victor (Chair), How did you get there from here? How environmental and person-level characteristics contribute to nonsuicidal self-injury. Paper presented at the 49th annual meeting of the Association for Behavioral and Cognitive Therapies. Chicago, IL.

Bentley, K. H., Franklin, J. C., Ribeiro, J. D., Kleiman, E. M., Fox, K. R., & Nock, M. K. (2015). *The role of anxiety as a risk factor for suicidality: A meta-analysis.* In De Nadai, A., & Kleiman, E. M. (Co-chairs), Considering factors that underlie internalizing conditions: Comprehensive meta-analyses of suicidality, anxiety, and tic disorders. Paper presented at the 49th annual meeting of the Association for Behavioral and Cognitive Therapies. Chicago, IL.

Kleiman, E. M., Franklin, J. C., Fox, K. R., Ribeiro, J. D., **Bentley, K. H.,** & Nock, M. K. (2015). *Negative life events and suicide risk: A meta-analysis of suicidal thoughts, behaviors, and completions.* In De Nadai, A., & Kleiman, E. M. (Co-chairs), Considering factors that underlie internalizing conditions: Comprehensive meta-analyses of suicidality, anxiety, and tic disorders. Paper presented at the 49th annual meeting of the Association for Behavioral and Cognitive Therapies. Chicago, IL.

Franklin, J. C., Ribeiro, J. D., Fox, K., **Bentley, K. H.,** Kleiman, E. M., & Nock, M. K. (2015). *Risk factors for suicidal thoughts and behaviors: A meta-analysis of 50 years of research*. In J. D. Ribeiro (Chair), Advancing the prediction and prevention of suicidal thoughts and behaviors. Paper presented at the IASR/AFSP International Summit on Suicide Research. New York, NY.

Bentley, K. H., Nock, M. K., & Barlow, D. H. (2014). *Incorporating ecological momentary assessment and intervention during emotion-focused treatment for nonsuicidal self-injury*. In K. H. Bentley (Chair), Utilizing technology to advance treatment for the range of direct and indirect self-injurious behaviors. Paper presented at the 48th annual meeting of the Association for Behavioral and Cognitive Therapies. Philadelphia, PA.

Bentley, K. H., Nock, M. K., & Barlow, D. H. (2013). *Examining two emotion-focused treatment strategies for non-suicidal self-injury: A counterbalanced, combined-series single-case design.* In K. H. Bentley (Chair), Utilizing single-case experimental designs for research funding: NRSAs, K awards, and studies of mechanisms. Paper presented at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies. Nashville, TN.

Sauer-Zavala, S., **Bentley, K. H.,** Wilner, J., & Barlow, D. H. (2013). *Unified protocol for the treatment of BPD and comorbid mood and anxiety disorders: Preliminary data.* In H. Thompson-Brenner (Chair), Efficacy of transdiagnostic protocols for eating, mood, and anxiety disorders for patients with co-occurring borderline personality traits. Paper presented at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies. Nashville, TN.

Bentley, K. H., Gallagher, M. W., & Barlow, D. H. (2012). *The relations of perceived control with trait and disorder-specific anxiety: A meta-analytic review*. In M. W. Gallagher (Chair), Perceived control as a transdiagnostic predictor of vulnerability to and recovery from anxiety disorders. Paper presented at the 46th annual meeting of the Association for Behavioral and Cognitive Therapies. National Harbor, MD.

Dimeff, L. A., **Bentley, K. H.,** Murray, H. W., Zavternik, J., Rash, B., Welch, M., Dimidjian, S., & Barlow, D. H. (2012). *Development of a computer-assisted therapy tool for simultaneous training and treatment of panic disorder.* In K. H. Bentley & A. Edson (Chairs), Real-time strategies: Advancing training, treatment, and tracking with technology. Paper presented at the 46th annual meeting of the Association for Behavioral and Cognitive Therapies. National Harbor, MD.

CONFERENCE SYMPOSIA CHAIRED

Bentley, K. H., & Victor, S. (2017). *If I knew then what I know now: Best practices in ambulatory assessment of high-risk populations.* Symposium accepted for presentation at the 51st annual meeting of the Association for Behavioral and Cognitive Therapies. San Diego, CA.

Bentley, K. H. (2016). *Utilizing machine learning techniques to improve prediction and prevention of suicide and self-injury.* Symposium chaired at the 50th annual meeting of the Association for Behavioral and Cognitive Therapies. New York, NY.

Bentley, K. H. (2015). *Interventions for individuals at acute risk for suicide: Current research initiatives.* Symposium chaired at the 49th annual meeting of the Association for Behavioral and Cognitive Therapies. Chicago, IL.

Bentley, K. H. (2014). *Utilizing technology to advance treatment for the range of direct and indirect self-injurious behaviors*. Symposium chaired at the 48th annual meeting of the Association for Behavioral and Cognitive Therapies. Philadelphia, PA.

Bentley, K. H. (2013). *Utilizing single-case experimental designs for research funding: NRSAs, K awards, and studies of mechanisms*. Symposium chaired at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies. Nashville, TN.

Bentley, K. H. & Edson, A. (2012). *Real-time strategies: Advancing training, treatment, and tracking with technology.* Symposium chaired at the 46th annual meeting of the Association for Behavioral and Cognitive Therapies. National Harbor, MD.

WORKSHOPS

Sauer-Zavala, S., **Bentley, K. H.,** Cassiello-Robbins, C., & Wilner, J. (2017). *Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Boston Healthcare for the Homeless Program.* Center for Anxiety and Related Disorders, Boston University. Boston, MA.

Sauer-Zavala, S., Conklin, L., **Bentley, K. H.,** & Boettcher, H. (2015). *Unified Protocol for the Transdiagnostic Treatment of Emotional Disorders: Core treatment strategies and recent developments*. Center for Anxiety and Related Disorders, Boston University. Boston, MA.

Sauer-Zavala, S., Boettcher, H., **Bentley, K. H.,** Bullis, J. R., & Conklin, L. (2015). *Cognitive behavioral therapy: The Unified Protocol for visiting nurses*. Visiting Nurses Association of Boston & Affiliates, Boston, MA.

Sauer-Zavala, S., **Bentley, K. H.,** Bullis, J. R., & Conklin, L. (2014). *Unified Protocol for the Transdiagnostic Treatment of Emotional Disorders*. Center for Anxiety and Related Disorders, Boston University. Boston, MA.

Boswell, J. F., Sauer-Zavala, S., Thompson-Hollands, J., & **Bentley, K. H.** (2013). *Unified Protocol for the Transdiagnostic Treatment of Emotional Disorders*. Anxiety and Depression Association of America. La Jolla, CA.

POSTER PRESENTATIONS

Bentley, K. H., Sauer-Zavala, S., Stevens, K. A., & Washburn, J. J. (2018). *Adaptation of an evidence-based psychological intervention for affective disorders and suicidal thoughts and behaviors on a psychiatric inpatient unit: Process and preliminary results*. Poster presented at the 38th annual meeting of the Anxiety and Depression Association of America. Washington, DC.

Cassiello-Robbins, C., Sauer-Zavala, S., Wilner, J., **Bentley, K. H.,** Conklin, L. R., Farchione, T. J., & Barlow, D. H. (2017). *Do transdiagnostic treatments for anxiety disorders produce change in other dysregulated emotions? A preliminary examination of the effects of the Unified Protocol on anger.* Poster presented at the 51st annual meeting of the Association for Behavioral and Cognitive Therapies. San Diego, CA.

Cheung, J., **Bentley, K. H.,** Pedrelli, P., Bernstein, E., Cusin, C. (2017). *Pilot study of neurocognitive changes associated with ketamine treatment for treatment-resistant depression.* Poster presented at the annual Massachusetts General Hospital Clinical Research Day. Boston, MA.

Wilner, J. G., **Bentley, K. H.,** Cassiello-Robbins, C., Homer, D., Silverman, A., Sauer-Zavala, S. (2016). *Treatment as usual for suicidal thoughts and behaviors: A systematic review*. Poster presented at the 50th annual meeting of the Association for Behavioral and Cognitive Therapies. New York, NY.

Dufour, S., **Bentley, K. H.,** Boettcher, H., & Farchione, T. J. (2016). *Acceptability and preliminary efficacy of a novel, web-based peer support forum for prevention anxiety and depression in undergraduates*. Poster presented at the 50th annual meeting of the Association for Behavioral and Cognitive Therapies. New York, NY.

Cassiello-Robbins, C., Chang, W., Wilner, J. G., **Bentley, K. H.,** & Sauer-Zavala, S. (2016). Anger, shame, and nonsuicidal self-injury: Deconstructing the relationship. Poster presented at the 50th annual meeting of the Association for Behavioral and Cognitive Therapies. New York, NY.

Bentley, K. H., Sauer-Zavala, S., Cassiello-Robbins, C., Conklin, L.R., & Vento, S. (2015). *The Unified Protocol for suicidality: Acceptability, feasibility, and preliminary efficacy data from an acute crisis stabilization unit*. Poster presented at the IASR/AFSP International Summit on Suicide Research. New York, NY.

Boettcher, H., **Bentley, K. H.,** Pierre-Louis, C., Carl, J. R., Farchione, T. J., & Barlow, D. H. (2015). *Feasibility, acceptability, and skills uptake in a brief prevention program for anxiety and depression in college students.* Poster presented at the 49th annual meeting of the Association for Behavioral and Cognitive Therapies. Chicago, IL.

Cassiello-Robbins, C., **Bentley, K. H.,** Dufour, S., Harned, M. S., Latin, H. M., & Barlow, D. H. (2015). *Does*

computer assisted therapy overcome attitudinal barriers towards evidence based practice? Poster presented at the 49th annual meeting of the Association for Behavioral and Cognitive Therapies. Chicago, IL.

Bentley, K. H., Robbins, C. F., Vittorio, L., Sauer-Zavala, S., & Barlow, D. H. (2014). *The association between nonsuicidal self-injury and the emotional disorders: A meta-analytic review.* Poster presented at the 48th annual meeting of the Association for Behavioral and Cognitive Therapies. Philadelphia, PA.

Bentley, K. H., Bullis, J. R., Farchione, T. J., Ciraulo, D. A., & Barlow, D. H. (2014). *Exploring anxiety sensitivity in the context of transdiagnostic cognitive-behavioral treatment for comorbid anxiety and alcohol use disorders.* Poster presented at the 48th annual meeting of the Association for Behavioral and Cognitive Therapies. Philadelphia, PA.

Bentley, K. H., & Barlow, D. H. (2014). *Exploring a continuum of nonsuicidal self-injury severity typologies in a college student sample.* Poster presented at the 9th annual meeting of the International Society for the Study of Self-Injury. Chicago, IL.

Vittorio, L., **Bentley, K. H.,** & Barlow, D. H. (2014). *Minor versus moderate/severe forms of self-injury: Exploring differences in temperament, psychopathology, and emotion regulation skills*. Poster presented at the 48th annual meeting of the Association for Behavioral and Cognitive Therapies. Philadelphia, PA.

Boettcher, H., **Bentley, K. H.,** Fortune, M. R., Farchione, T. J., & Barlow, D. H. (2014). *Sex differences in the impact of anxiety and depression on quality of life and functional impairment.* Poster presented at the 48th annual meeting of the Association for Behavioral and Cognitive Therapies. Philadelphia, PA.

Bullis, J. R., Sauer-Zavala, S., **Bentley, K. H.,** Thompson-Hollands, J., Carl, J. R., & Barlow, D. H. (2014). *The Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Preliminary exploration of effectiveness for group delivery.* Poster presented at the 48th annual meeting of the Association for Behavioral and Cognitive Therapies. Philadelphia, PA.

Cassiello-Robbins, C., Lewis, J., **Bentley, K. H.,** Farchione, T. J., & Barlow, D. H. (2014). *Which transdiagnostic predictors rise above the rest when predicting emotional disorder severity?* Poster presented at the 48th annual meeting of the Association for Behavioral and Cognitive Therapies. Philadelphia, PA.

Ametaj, A. A., Fortune, M. R., **Bentley, K. H.,** & Barlow, D. H. (2014). Depression, emotion regulation difficulty, and mindfulness: A meditational analysis. Poster presented at the 48th annual meeting of the Association for Behavioral and Cognitive Therapies. Philadelphia, PA.

Bentley, K. H., Sauer-Zavala, S., & Barlow, D. H. (2013). *Distinct forms of experiential avoidance differentially predict the severity of non-suicidal self-injury.* Poster presented at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies. Nashville, TN.

Bentley, K. H., Gallagher, M. W., Rosellini, A. J., & Barlow, D. H. (2013). *The Overall Depression Severity and Impairment Scale: An item response theory analysis.* Poster presented at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies. Nashville, TN.

Carl, J. R., Gallagher, M. W., Sauer-Zavala, S., **Bentley, K. H.,** & Barlow, D. H. (2013). *A preliminary investigation of the effects of the unified protocol on temperament.* Poster presented at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies. Nashville, TN.

Rosellini, A. J., Lewis, J., **Bentley, K. H.,** & Brown, T. A. (2013). *Development and latent structure of the multidimensional emotional disorder inventory.* Poster presented at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies. Nashville, TN.

Wilner, J., Sauer-Zavala, S., & **Bentley, K. H.** (2013). *Mindfulness moderates the relationship between perceived control and anxiety symptoms.* Poster presented at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies. Nashville, TN.

Bentley, K. H., Gallagher, M. W., Rosellini, A. J., & Barlow, D. H. (2013). *Development and validation of an Overall Depression Severity and Impairment Scale*. Poster presented at the 33rd annual meeting of the Anxiety and Depression Association of America. La Jolla, CA.

Bentley, K. H., Gallagher, M. W., Boswell, J. F., & Barlow, D. H. (2012). *Diagnostic differences in outcome expectations across the emotional disorders: Exploring the contributions of temperament.* Poster presented at the 46th annual Association for Behavioral and Cognitive Therapies. National Harbor, MD.

Bentley, K. H., Gallagher, M. W., Boswell, J. F., & Barlow, D. H. (2012). *Outcome expectancy in the Unified Protocol: Benchmarking and predicting outcomes.* Poster presented at the annual meeting of the Society for Psychotherapy Research. Virginia Beach, VA.

Sacco, G., **Bentley, K. H.,** Pedrelli, P., Nyer, M., Fava, M., & Farabaugh, A. (2011). *Assessing suicidal ideation from start to finish on college campuses: University-based program for the prevention of youth suicide*. Poster presented at the 9th annual University of Michigan Depression on College Campuses conference. Ann Arbor, MI.

Pedrelli, P., **Bentley, K. H.,** Vitali, M., & Fava, M. (2011). *Development of a screening method for compulsive alcohol use among college students*. Poster presented at the 34th annual meeting of the Research Society on Alcoholism. Atlanta, GA.

Pollack, M. H., Jacoby, R. J., **Bentley, K. H.,** Keshaviah, A., Kredlow, M. A., Deckersbach, T., Simon, N. M., & Fava, M. (2011). *Psychometric properties of the Anxiety Symptoms Questionnaire (ASQ) in a college student sample*. Poster presented at the 31st annual meeting of the Anxiety and Depression Association of America. New Orleans, LA.

Bentley, K. H., & Sanderson, C. A. (2010). *Preventing college student suicide: Effects of a male-targeted invitation letter to the Interactive Screening Project.* Poster presented at the 2010 Society for Personality and Social Psychology Conference. Las Vegas, NV.

TEACHING EXPERIENCE

Guest Lecturer
Advancing Wellbeing Course, *Massachusetts Institute of Technology*
Professor: Rosalind W. Picard, Ph.D. 2016

- Co-planned and co-executed lecture on the role of technology in assessment and treatment of depression and self-injurious thoughts and behaviors to graduate students

Teaching Fellow 2015
Introduction to Clinical Psychology Course, *Boston University*
Professor: David H. Barlow, Ph.D.

- Planned and executed lectures on self-injury, prevention, and applying to graduate programs in clinical psychology to undergraduate students
- Assisted with course-related administrative duties, including creating exams and grading papers

Guest Lecturer 2015
Psychological Services Center Training Seminar, *Boston University*
Professor: Lisa Smith, Ph.D.

- Co-planned and co-executed lecture on the Unified Protocol treatment to practicum students

Guest Lecturer 2013, 2014, 2015
Scientist-Practitioner Course, *Boston University*
Professor: David H. Barlow, Ph.D.

- Independently planned and executed lectures on the development, preparation, and submission process for a NIH National Research Service Award to first-year doctoral students

MENTORSHIP EXPERIENCE

Work for Distinction Student Advisor 2015 – 2016
Center for Anxiety and Related Disorders, *Boston University*
Advisor: Todd Farchione, Ph.D.

- Serve as doctoral student advisor for senior undergraduate student conducting a work for distinction project exploring a novel online forum for prevention of emotional disorders in college students
- Provide mentorship on all aspects of study execution, including project design, IRB submission, clinical oversight, data collection and analysis, and manuscript preparation

Directed Study Student Advisor 2013 – 2014
Center for Anxiety and Related Disorders, *Boston University*
Advisor: David H. Barlow, Ph.D.

- Conducted a directed study on self-injurious behavior and trauma with a senior undergraduate student
- Met weekly for two semesters to discuss empirical readings, provide mentorship in clinical research, and collaborate on a publication

EDITORIAL ACTIVITY

Ad hoc Journal Reviewer

JAMA Psychiatry
Behaviour Research and Therapy
Psychological Assessment
Depression and Anxiety
Archives of Suicide Research
Cognitive Therapy and Research
Behavior Therapy
Anxiety, Stress, & Coping
Perspectives on Psychological Science
Journal of Affective Disorders
Journal of Psychopathology and Behavioral Assessment
Cognitive and Behavioral Practice
Health Reports
Child Psychiatry & Human Development
European Child & Adolescent Psychiatry
Clinical Psychologist
The British Journal of Psychiatry

Ad hoc Grant Reviewer

United Kingdom Medical Research Council

PROFESSIONAL AFFILITATIONS

Association for Behavioral and Cognitive Therapies 2009 – present
Suicide and Self-Injury Special Interest Group 2012 – present

Technology & Behavior Change Special Interest Group	2016 – present
Anxiety and Depression Association of America	2015 – present
Depression Subcommittee Member	2017 – present
International Society for the Study of Self-Injury	2014 – present
Association for Psychological Science	2014 – 2017
Society for the Science of Clinical Psychology (Campus representative for Boston University)	2014 – 2017
American Psychological Association	2012 – 2017
Division 12 (Clinical)	2012 – 2017
Division 29 (Psychotherapy)	2012 – 2017
Division 29 Student Development Committee	2013 – 2017

KRISTEN K. ELLARD, PHD

Position: Assistant Professor

Categories: Faculty

Dr. Ellard is the Director of Dimensional Neuroimaging Research in the Division of Neuropsychiatry and Neuromodulation at MGH. She completed her PhD in clinical psychology at Boston University under the mentorship of Dr. David Barlow, and completed her clinical internship and postdoctoral fellowship at Massachusetts General Hospital/Harvard Medical School. She was co-developer and co-author of the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders, a cognitive behavioral treatment designed to target emotion dysregulation across mood and anxiety disorders, which has now been translated into six languages. Dr. Ellard's research uses transdiagnostic, dimension-based neuroscience and behavioral approaches to understand the roots of severe cognitive and affective dysregulation in neuropsychiatric disorders, and to find more efficient and effective means to address this dysregulation through combined behavioral and neuromodulatory approaches such as transcranial magnetic stimulation (TMS) and deep brain stimulation (DBS). She has received several foundation awards and two NIH National Research Service Awards for her research program (F31/F32), including most recently a Fellowship Award through the MGH and Brown University Joint Training Program in Recovery and Restoration of CNS Health and Function (T32) and a Mentored Patient-Oriented Career Development Award (K23) from the NIMH.

Her research program focuses on bridging neuroscience, transdiagnostic functional assessment and cognitive-behavioral therapy (CBT) approaches to improve patient outcomes in neuropsychiatric disorders, and particularly bipolar mood and anxiety disorders. A particular emphasis in her research is the effect of neurocircuit dysfunction associated with emotion regulation on the cognitive, emotional, and behavioral impairments experienced by individuals suffering these disorders. The overall aim of her research program is to push the field towards a neuro-rehabilitative model of intervention for severe psychopathology, wherein the synergistic combination of behaviorally and dimensionally informed neuromodulation and CBT can serve to improve both the capacity and the ability to successfully regulate bipolar mood and anxiety symptoms, thereby improving wellness and daily functioning. To accomplish this, Dr. Ellard have been systematically investigating 1) the neural bases of emotion and cognitive dysfunction in bipolar mood and anxiety disorders, and the relationship to CBT treatment response; 2) the efficacy of innovative emotion focused CBT interventions in addressing emotion and cognitive dysfunction in bipolar mood and anxiety disorders, and barriers to treatment response; and 3) the development of novel non-invasive neuromodulatory approaches that target and improve neurocircuit function implicated in emotion regulation. The future goals of her research program will be to test the neuro-rehabilitative model, by evaluating whether sequentially combining non-invasive neuromodulation (aimed at rehabilitating emotion regulation related neurocircuitry) with emotion focused CBT (aimed at learning and consolidating adaptive emotion reguation skills) can improve outcomes for severe bipolar mood and anxiety disorders.

Shannon Sauer-Zavala

Associate Professor
Clinical

Contact Information
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343 Waller Ave, Suite 303

Research Interests
- Improving treatment for common mental health conditions
- High risk clinical presentations

Affiliations
- Psychology
- Clinical Psychology
- Boston University Department of Psychological and Brain Science

Treatment Development and Dissemination Research

Despite the existence of effective treatments for many common mental health conditions (e.g., anxiety, depression), only a fraction of patients receive research-supported care. The overarching goal of my work is to refine psychological interventions so that they stand a better chance of getting into the hands of the individuals that need them. This is accomplished through the following research aims:

- Identification of *transdiagnostic* mechanisms that drive symptom expression across the range of emotional disorders (i.e., anxiety, depressive, and related disorders)
- Development of psychological treatment elements that directly address these mechanisms
- Improving the potency and efficiency of existing treatments to increase the likelihood of their implementation in community practice
- Attention to stigmatized and understudied phenomena like borderline personality disorder and other high-risk sequlea of emotional disorders (e.g., self-injurious thoughts and behaviors, anger)

Publications

Books:

Sauer-Zavala, S. & Barlow, D.H. (2021). Neuroticism: A New Framework for Emotional Disorders and their Treatment. Guilford Press.

Barlow, D.H., Sauer-Zavala, S., Farchione, T.J., Murray Latin, H., Ellard, K.E., Bullis, J.R., Bentley, K.H., Boettcher, H.T., Cassiello-Robbins, C. (2018). The Unified Protocol for the Transdiagnostic Treamtent of Emotional Disorders: Client Workbook. New York, NY: Oxford University Press.

Barlow, D.H., Farchione, T.J., Sauer-Zavala, S., Murray Latin, H., Ellard, K.E., Bullis, J.R., Bentley, K.H., Boettcher, H.T., Cassiello-Robbins, C. (2018). The Unified Protocol for the Transdiagnostic Treamtent of Emotional Disorders: Therapist guide. New York, NY: Oxford University Press.

Todd J. Farchione

Professor (Associate)
Department of Psychology, Boston University, Boston, United States

Director
Unified Treatment Program, Boston, United States

Dr. Farchione's research interests are focused on the psychological factors associated with the development of anxiety and mood disorders. In particular, he is interested in the development of more effective treatments for these disorders and is currently working with Dr. David Barlow investigating a new unified transdiagostic treatment for anxiety and mood disorders. In addition, Dr. Farchione directs the Intensive Treatment Program for Panic Disorder and Specific Phobias.

PUBLICATIONS

Article

2021

Farchione, T. J., Fitzgerald, H. E., Curreri, A., Janes, A. C., Gallagher, M. W., Sbi, S., Eustis, E. H., & Barlow, D. H. (2021). Efficacy of the Unified Protocol for the treatment of comorbid alcohol use and anxiety disorders: Study protocol and methods. *Contemporary clinical trials*, *108*, 106512. Advance online publication. https://doi.org/10.1016/j.cct.2021.106512

Osma, J., Peris-Baquero, O., Suso-Ribera, C., Farchione, T. J., & Barlow, D. H. (2021) Effectiveness of the Unified Protocol for transdiagnostic treatment of emotional disorders in group format in Spain: Results from a randomized controlled trial with 6-months follow-up. *Psychotherapy Research*, 1-14. https://doi.org/10.1080/10503307.2021.1939190

Bentley, K. H., Cohen, Z. D., Kim, T., Bullis, J. R., Nauphal, M., Cassiello-Robbins, C., ... & Barlow, D. H. (2021). The Nature, Timing, and Symptom Trajectories of Dropout From Transdiagnostic and Single-Diagnosis Cognitive-Behavioral Therapy for Anxiety Disorders. *Behavior Therapy.* https://doi.org/10.1016/j.beth.2021.03.007

Sauer-Zavala, S., Rosellini, A. J., Bentley, K. H., Ametaj, A. A., Boswell, J. F., Cassiello-Robbins, C., ... & Barlow, D. H. (2021). Skill Acquisition During Transdiagnostic Treatment With the Unified Protocol. *Behavior Therapy*. https://doi.org/10.1016/j.beth.2021.03.001

Conklin, L. R., Curreri, A. J., Farchione, T. J., & Barlow, D. H. (2021). Homework Compliance and Quality in Cognitive Behavioral Therapies for Anxiety Disorders and Obsessive-Compulsive Disorder. Behavior therapy, 52(4), 1008–1018. https://doi.org/10.1016/j.beth.2021.01.001

Powell, C., Farchione, T. J., Barlow, D. H., & Leung, P. (2021). A pilot trial of a transdiagnostic treatment for emotional disorders-a locally adapted variant of group Unified

Protocol (UP) for Chinese adults. Translational behavioral medicine, 11(5), 1142–1150. https://doi.org/10.1093/tbm/ibaa104

2020

Eustis, E. H., Gallagher, M. W., Tirpak, J. W., Nauphal, M., Farchione, T. J., & Barlow, D. H. (2020). The Unified Protocol compared with diagnosis-specific protocols for anxiety disorders: 12-month follow-up from a randomized clinical trial. General hospital psychiatry, 67, 58–61. https://doi.org/10.1016/j.genhosppsych.2020.08.012

Curreri, A. J., Farchione, T. J., Sauer-Zavala, S., & Barlow, D. H. (2020). Mindful Emotion Awareness Facilitates Engagement with Exposure Therapy: An Idiographic Exploration Using Single Case Experimental Design. Behavior modification, 145445520947662. Advance online publication. https://doi.org/10.1177/0145445520947662

Barlow, D. H., Harris, B. A., Eustis, E. H., & Farchione, T. J. (2020). The unified protocol for transdiagnostic treatment of emotional disorders. World psychiatry : official journal of the World Psychiatric Association (WPA), 19(2), 245–246. https://doi.org/10.1002/wps.20748

Sauer-Zavala, S., Fournier, J. C., Jarvi Steele, S., Woods, B. K., Wang, M., Farchione, T. J., & Barlow, D. H. (2020). Does the unified protocol really change neuroticism? Results from a randomized trial. Psychological medicine, 1–10. Advance online publication. https://doi.org/10.1017/S0033291720000975

Eustis, E. H., Cardona, N., Nauphal, M., Sauer-Zavala, S., Rosellini, A. J., Farchione, T. J., & Barlow, D. H. (2020). Experiential avoidance as a mechanism of change across cognitive-behavioral therapy in a sample of participants with heterogeneous anxiety disorders. *Cognitive Therapy and Research*, *44*(2), 275-286. https://doi.org/10.1007/s10608-019-10063-6

Gallagher, M. W., Phillips, C. A., D'Souza, J., Richardson, A., Long, L. J., Boswell, J. F., Farchione, T. J., & Barlow, D. H. (2020). Trajectories of change in well-being during cognitive behavioral therapies for anxiety disorders: Quantifying the impact and covariation with improvements in anxiety. Psychotherapy (Chicago, Ill.), 57(3), 379–390. https://doi.org/10.1037/pst0000283

Boettcher, H., Correa, J., Cassiello-Robbins, C., Ametaj, A., Rosellini, A. J., Brown, T. A., ... & Barlow, D. H. (2020). Dimensional Assessment of Emotional Disorder Outcomes in Transdiagnostic Treatment: A Clinical Case Study. *Cognitive and Behavioral Practice*, *27*(4), 442-453. https://doi.org/10.1016/j.cbpra.2019.11.001

Woods, B. K., Sauer-Zavala, S., Farchione, T. J., & Barlow, D. H. (2020). Isolating the Effects of Mindfulness Training Across Anxiety Disorder Diagnoses in the Unified Protocol. *Behavior therapy*, *51*(6), 972–983. https://doi.org/10.1016/j.beth.2020.01.001

Wilner, J. G., Dufour, S., Kennedy, K., Sauer-Zavala, S., Boettcher, H., Farchione, T. J., & Barlow, D. H. (2020). Quality of Life in Heterogeneous Anxiety Disorders: Changes Across Cognitive-Behavioral Treatments. *Behavior modification*, *44*(3), 343–364. https://doi.org/10.1177/0145445518815603

Sauer-Zavala, S., Bentley, K. H., Steele, S. J., Tirpak, J. W., Ametaj, A. A., Nauphal, M., Cardona, N., Wang, M., Farchione, T. J., & Barlow, D. H. (2020). Treating depressive disorders with the Unified Protocol: A preliminary randomized evaluation. *Journal of affective disorders*, *264*, 438–445. https://doi.org/10.1016/j.jad.2019.11.072

Gallagher, M. W., Long, L. J., Richardson, A., D'Souza, J., Boswell, J. F., Farchione, T. J., & Barlow, D. H. (2020). Examining Hope as a Transdiagnostic Mechanism of Change Across Anxiety Disorders and CBT Treatment Protocols. *Behavior therapy*, *51*(1), 190–202. https://doi.org/10.1016/j.beth.2019.06.001

2019

Bullis, J. R., Boettcher, H., Sauer-Zavala, S., Farchione, T. J., & Barlow, D. H. (2019). What is an emotional disorder? A transdiagnostic mechanistic definition with implications for assessment, treatment, and prevention. *Clinical Psychology: Science and Practice*, *26*(2), e12278. https://doi.org/10.1111/cpsp.12278

Wilner Tirpak, J., Cassiello-Robbins, C., Ametaj, A., Olesnycky, O. S., Sauer-Zavala, S., Farchione, T. J., & Barlow, D. H. (2019). Changes in positive affect in cognitive-behavioral treatment of anxiety disorders. *General hospital psychiatry*, *61*, 111–115. https://doi.org/10.1016/j.genhosppsych.2019.06.008

Rosenfeld, E. A., Kennedy, K., Farchione, T. J., & Roberts, J. E. (2019). Cleansing the Attentional Palate: A Preliminary Test of a Novel Approach to Facilitate Disengagement From Rumination. *Journal of cognitive psychotherapy*, *33*(2), 128–139. https://doi.org/10.1891/0889-8391.33.2.128

2018

Steele, S. J., Farchione, T. J., Cassiello-Robbins, C., Ametaj, A., Sbi, S., Sauer-Zavala, S., & Barlow, D. H. (2018). Efficacy of the Unified Protocol for transdiagnostic treatment of comorbid psychopathology accompanying emotional disorders compared to treatments targeting single disorders. *Journal of psychiatric research*, *104*, 211–216. https://doi.org/10.1016/j.jpsychires.2018.08.005

Bentley, K. H., Boettcher, H., Bullis, J. R., Carl, J. R., Conklin, L. R., Sauer-Zavala, S., Pierre-Louis, C., Farchione, T. J., & Barlow, D. H. (2018). Development of a Single-Session, Transdiagnostic Preventive Intervention for Young Adults at Risk for Emotional Disorders. *Behavior modification*, *42*(5), 781–805. https://doi.org/10.1177/0145445517734354

Cassiello-Robbins, C., Sauer-Zavala, S., Wilner, J. G., Bentley, K. H., Conklin, L. R., Farchione, T. J., & Barlow, D. H. (2018). A Preliminary Examination of the Effects of Transdiagnostic Versus Single Diagnosis Protocols on Anger During the Treatment of Anxiety Disorders. *The Journal of nervous and mental disease*, *206*(7), 549–554. https://doi.org/10.1097/NMD.0000000000000834

Tulbure, B. T., Rusu, A., Sava, F. A., Sălăgean, N., & Farchione, T. J. (2018). A Web-Based Transdiagnostic Intervention for Affective and Mood Disorders: Randomized Controlled Trial. *JMIR mental health*, *5*(2), e36. https://doi.org/10.2196/mental.8901

Sauer-Zavala, S., Boswell, J. F., Bentley, K. H., Thompson-Hollands, J., Farchione, T. J., & Barlow, D. H. (2018). Expectancies, working alliance, and outcome in transdiagnostic and single diagnosis treatment for anxiety disorders: An investigation of mediation. *Cognitive therapy and research*, *42*(2), 135–145. https://doi.org/10.1007/s10608-017-9855-8

2017

Barlow, D. H., Gallagher, M. W., & Farchione, T. J. (2018). Equivalence? Clarifications Required-Reply. *JAMA psychiatry*, *75*(1), 103–104. https://doi.org/10.1001/jamapsychiatry.2017.3500

Farchione, T. J., Boswell, J. F., & Wilner, J. G. (2017). Behavioral activation strategies for major depression in transdiagnostic cognitive-behavioral therapy: An evidence-based case study. *Psychotherapy (Chicago, Ill.)*, *54*(3), 225–230. https://doi.org/10.1037/pst0000121

Boswell, J. F., Iles, B. R., Gallagher, M. W., & Farchione, T. J. (2017). Behavioral activation strategies in cognitive-behavioral therapy for anxiety disorders. *Psychotherapy (Chicago, Ill.)*, *54*(3), 231–236. https://doi.org/10.1037/pst0000119

Barlow, D. H., Farchione, T. J., Bullis, J. R., Gallagher, M. W., Murray-Latin, H., Sauer-Zavala, S., Bentley, K. H., Thompson-Hollands, J., Conklin, L. R., Boswell, J. F., Ametaj, A., Carl, J. R., Boettcher, H. T., & Cassiello-Robbins, C. (2017). The Unified Protocol for Transdiagnostic Treatment of Emotional Disorders Compared With Diagnosis-Specific Protocols for Anxiety Disorders: A Randomized Clinical Trial. *JAMA psychiatry*, *74*(9), 875–884. https://doi.org/10.1001/jamapsychiatry.2017.2164

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