

AMITA Health Behavioral Medicine Treatment Framework (ATF)

(Adapted from Barlow's Unified Protocol (UP) for Transdiagnostic Treatment of Emotional Disorders)

Anchoring the Present

I will focus on the present, rather than the past or future.

Monitoring

I am aware of my physical sensations, thoughts, actions, & the progress I am making.

Non-judgmental Awareness

I observe my thoughts, physical sensations, feelings, and behaviors without judging them.

EMOTION

ARC of Emotions

I understand my triggers, responses, and short and long term consequences to a particular emotion.

Emotional Exposure

I will sit and experience my emotions even if it is uncomfortable.

Emotional Awareness

I understand the interactions between my thoughts, physical sensations and behaviors.

Motivation

I have established specific goals and I know my reasons for meeting them.

COGNITIVE

Identify Thinking Traps

I understand I sometimes have a quick and limited interpretation of events and situations in my life.

Cognitive Reappraisal

I learn how to be more flexible in my thinking and see other ways to make sense of situations.

BEHAVIOR

Emotion Driven Behaviors

I understand how I can be driven to act the same way repeatedly when experiencing a particular emotion.

Identify Safety Signals

I am aware of how I avoid facing emotions, situations and experiences, which is not always helpful.

Alternate Actions

I know my healthy ways of responding to emotions rather than engaging in unhealthy behaviors.

Medication Management

I understand a combination of medication and talk therapy can often be helpful.

Relapse Prevention

I have a plan for responding to my symptoms when they re-appear.

Family Involvement

I will involve my family in meeting my goals and looking at changes necessary in the family system.