

Unified Protocol (UP)

for Transdiagnostic Cognitive Behavioural Therapy

Level 1 : Three-day Training

The Unified Protocol is an innovative, **emotion-focused cognitive behavioural intervention** that aims to focus on the commonalities between different emotional disorders rather than their subtle differences. It adopts a **transdiagnostic approach** to address a broad range of co-occurring mental disorders simultaneously.

- ✓ **Certificated training**
- ✓ **Evidence-based treatment backed by extensive research**
- ✓ **Core UP principles and essential skill drilling practice**
- ✓ **Group-based intervention applications with localised protocol and facilitator manual**



1st in-person training in HK

Taught by UP co-developer:
Prof. Todd J. FARCHIONE



Hong Kong Management Association
4/F, Pico Tower,
66 Gloucester Road,
Wan Chai, Hong Kong



Day 1-2: English
Day 3: Cantonese

[Sign up here](#)



Early Bird:
HK\$ 7,388

Standard:
HK\$ 8,888
(until 31 Oct)

Extended until
15 Oct!

Further discount for group enrolment of 3:
HK\$400 off per person

Our Trainers



Prof. Todd J. FARCHIONE

Prof. Todd Farchione is a leading expert in emotional disorders and transdiagnostic treatment approaches. A Research Professor in the Department of Psychological and Brain Sciences at Boston University, Prof. Farchione brings decades of clinical and research experience to his work at the renowned Centre for Anxiety and Related Disorders (CARD), where he leads a team dedicated to advancing our understanding of emotion regulation and developing more effective, accessible treatments.

Prof. Farchione earned his doctorate from UCLA and completed his clinical internship at the West Los Angeles VA Medical Centre, followed by prestigious postdoctoral fellowships at the UCLA Neuropsychiatric Institute and CARD. His work has centred on identifying core psychological mechanisms that cut across anxiety, depression, and related disorders—insights that have shaped his contributions to the Unified Protocol (UP), which he co-developed as a groundbreaking, transdiagnostic approach to emotional disorders.

A prolific scholar and passionate clinician, Prof. Farchione has published extensively on the UP and the treatment of mood and anxiety disorders. His research continues to bridge science and practice, helping clinicians around the world apply evidence-based strategies to complex, comorbid presentations in everyday practice.

Dr An Tong GONG

Dr An Tong Gong is currently a lecturer in the Department of Psychology at the Chinese University of Hong Kong, providing clinical teaching and supervision and professional training to undergraduate and postgraduate students. She obtained her doctoral degree in clinical psychology at University College London. She also completed her Master's degree in Developmental Psychology and Clinical Practice at Anna Freud Centre in the UK. She is a registered practising clinical psychologist (HCPC, CPsychol, HKPS DCP, and HKICP) in Hong Kong, the UK, and Mainland China. Her work focuses on the development of evidence-based mental health intervention and programmes and she has extensive experiences working with young and neurodivergent populations and their families.



Dr Candice POWELL

Dr Candice Powell joined Mind HK in September 2022. She is trained as a clinical psychologist at The Chinese University of Hong Kong. Before joining Mind HK, she worked at New Life Psychiatric Rehabilitation Association, one of Hong Kong's largest community mental health NGOs, for 13 years. She is an honorary lecturer at The University of Hong Kong and a fellow of The Hong Kong Psychological Society, vice-chair of the Division of Clinical Psychology of HKPS, and a training officer of the Association of Contextual and Behavioural Science (Hong Kong Chapter). She is an awardee of Hong Kong Professional Elite Ladies Selection 2022.

Candice is diversely trained in evidence-based psychological intervention. Apart from being a practitioner, she is also a rigorous researcher and widely published in academic journals and presented her study findings at local and international conferences. She has developed innovative intervention programmes for improving people's mental health and well-being. She introduced Mindful Parenting, digitised Unified Protocol for emotional disorders, and established a stepped-care psychological service in Hong Kong. She hopes everyone with emotional distress can easily access quality psychological services.

Training Outline

Day 1: Understanding the Unified Protocol (UP) (English)

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| Discover the rationale | behind using a transdiagnostic framework and why it is effective across multiple emotional disorders. |
| Review the evidence | Over 70 clinical trials demonstrating the efficacy of the UP will be discussed, highlighting its broad applicability and success. |
| Dive into the UP modules | All eight treatment modules will be introduced, with live demonstrations showcasing how the content is applied in practice. |
| Compare and contrast | Learn the key similarities and differences between the UP and traditional Cognitive Behavioural Therapy (CBT). |
| Engage in demonstrations | Core intervention components will be illustrated, and attendees will be encouraged to participate actively in these hands-on exercises to deepen their understanding. |

Day 2: Skill Building and Hands-On Practice (English)

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| Drill core skills | Engage in focused practice sessions to master the application of UP techniques. |
| Teach-back opportunities | Practise explaining and teaching the techniques to peers, solidifying understanding and application. Receive real-time feedback and answers to questions directly from experienced trainers, ensuring clarity and confidence in implementation. |

Day 3: Group Therapy Applications and Localised Protocols (廣東話)

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| Learn the structure | of the 15-session group therapy protocol which is locally adapted and validated. A step-by-step guide will be provided, with demonstrations of each session to ensure participants are ready to lead effectively. |
| Engage in teach-back exercises | Practise delivering group content to enhance facilitation skills. |
| Free resources | Participants will receive a complimentary copy of the Facilitator Manual in Chinese , offering a comprehensive guide to implementing group therapy. |

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