

TRANSDIAGNOSTIC PSYCHOTHERAPY

**Conférences de l'Institut Universitaire de Psychothérapie :
Actualités en psychothérapie 2026-27**



Prof. Ladislav Timulak, Ph.D, Professor in Counselling psychology, Trinity College, Dublin

Webinaire le 16 février 2027 de 16h30 à 18h00

*Auditoire Aloïse-Corbaz – Nouvel hôpital – Bâtiment 60, rez – Salle 179
Site de Cery – 1008 Prilly*

Entrée libre (La présentation se fera en anglais)

ou via Teams (inscription automatique permettant de visionner la conférence) :

<https://events.teams.microsoft.com/event/3e245c17-d0fd-4c2e-8921-a5fda8810b47@624cac4a-9d46-4160-b59b-c6eaddb1c7d9?source=copyLinkOneEventsShareDialog>

Recent years have seen the emergence of transdiagnostic psychotherapeutic treatments, typically targeting depression, anxiety and related disorders. The rationale for developing transdiagnostic protocols is based on a number of factors; shared etiology and maintenance mechanisms, high co-morbidity, hypothesising that discrete disorders may be underpinned by common psychological vulnerabilities, and the burden currently placed on clinicians to master multiple disorder-specific interventions. This talk will present a transdiagnostic model of therapy with a particular example from Emotion-Focused Therapy (EFT-T), which combines modular (targeting specific clusters of symptoms) and shared mechanisms (targeting underlying vulnerability) approaches to the treatment of depression, anxiety and related disorders such as obsessive-compulsive and trauma/stressor related disorders.

*Mr. Ladislav Timulak, PhD is Professor in Counselling Psychology at Trinity College Dublin, Ireland. He is Course Director of the Doctorate in Counselling Psychology. Ladislav ("Laco"—read "Latso") is involved in various psychotherapy trainings in Ireland and internationally. His main research interest is psychotherapy research, particularly the development and adaptation of emotion-focused therapy (EFT). He currently is adapting this form of therapy as a transdiagnostic treatment for depression, anxiety, and related disorders. He is also researching the use of mental health interventions delivered online. He has written or co-written ten books, more than 130 peer reviewed papers and chapters in both his native language, Slovak, and in English. His most recent books include *Transforming Emotional Pain in Psychotherapy: An Emotion-Focused Approach* (2015; second edition coming out in 2027), *Transforming Generalized Anxiety: An Emotion-Focused Approach* (with James McElvaney; 2018); *Essentials of Descriptive-Interpretive Qualitative Research: A Generic Approach* (with co-author Robert Elliott); *Transdiagnostic Emotion-Focused Therapy* (with co-author Daragh Keogh); *Essentials of Qualitative Meta-Analysis* (with Mary Creaner) and *Transforming Emotional Pain: An Emotion-Focused Workbook*. with several co-authors. He is the current president of the international Society for Psychotherapy Research. He maintains a part-time private practice.*