



LEARNING TO LIVE WITH STRONG EMOTIONS: A SELF- GUIDED APPROACH

Enrollment Instructions

Step 1 – on the empoweredpathways.life website, click "register."

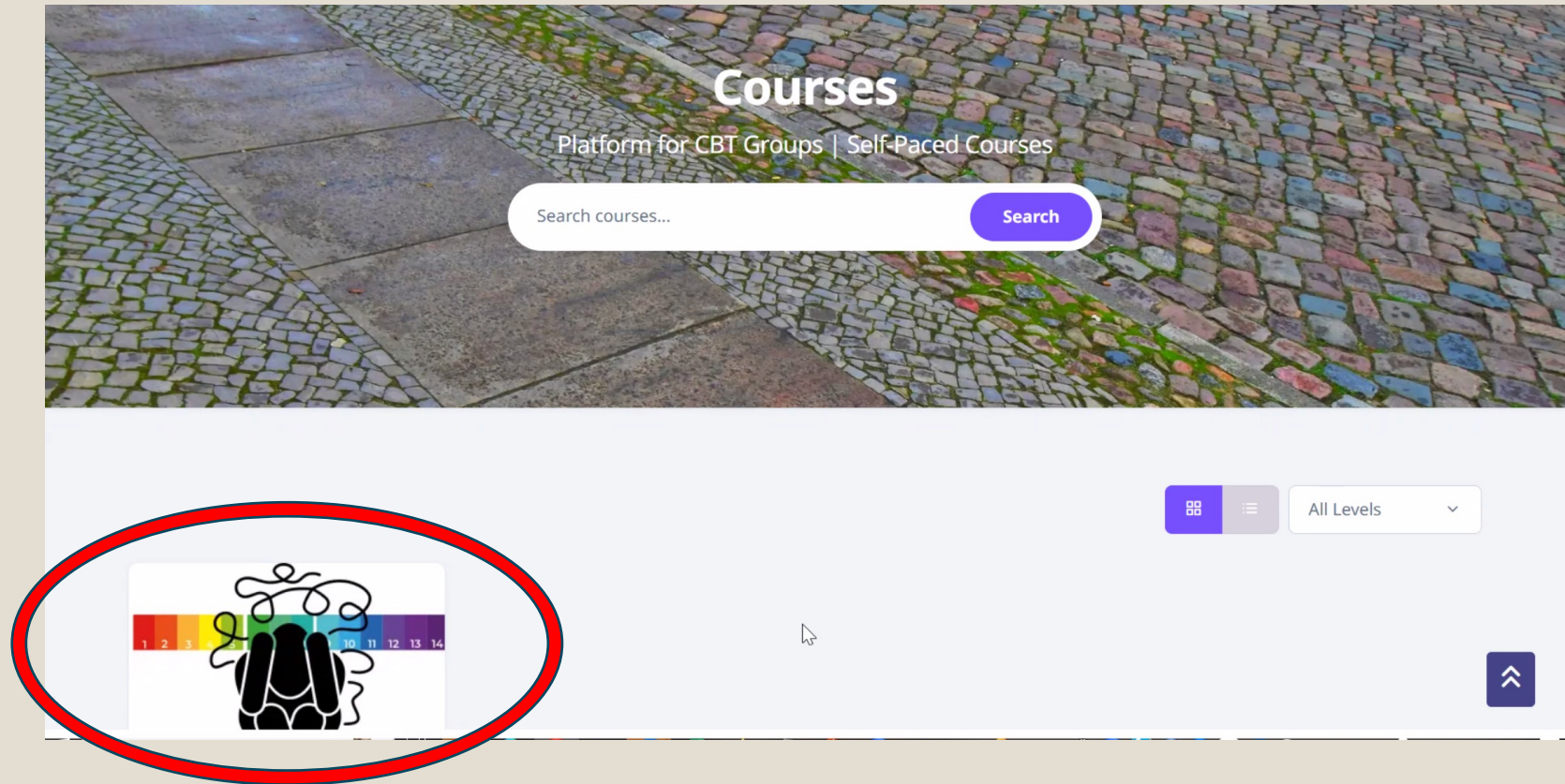
The screenshot displays the Empowered Pathways website interface. At the top left is the logo "EP Empowered Pathways". The top navigation bar includes links for "Home", "Depression", "Anxiety", "Good Faith Estimate", and "Crisis Services".

The main content area is divided into two sections:

- No-Cost Information Session (Virtual/Zoom)**: This section contains two options, each with a "Register" button.
 - Brief Behavioral Activation Treatment for Depression (Group)
 - Group UP for Anxiety and Depression (Group)
- No-Cost Self-Guided Course**: This section contains two options, each with a "Register" button.
 - Learning to Live with Strong Emotions: A Self-Guided Approach (Coming July 7, 2025)
 - Already Registered for Learning to Live with Strong Emotions? Click below (Coming July 7)

A red oval highlights the "Register" button for the "Learning to Live with Strong Emotions: A Self-Guided Approach" option.

Step 2 - On <https://empoweredpathways.braincert.com/courses>, click the course.



Step 3 – click enroll now.

The screenshot shows a web browser window with the URL `empoweredpathways.braincert.com/course/learning-to-live-with-strong-emotions-a-self-guided-approach`. The page features the Empowered Pathways logo and a 'Courses' tab. A sidebar on the left contains social media icons for Facebook, Twitter, Email, Pinterest, WhatsApp, and LinkedIn. The main content area has a blue background with the title 'LEARNING TO LIVE WITH STRONG EMOTIONS: A SELF-GUIDED APPROACH' and the subtitle 'Unified Protocol for Transdiagnostic Treatment of Emotional Disorders'. Below the title, it indicates 'All Levels', 'Certificate: No', and 'English (US)'. A navigation bar shows 'Contents', 'Description', and 'Instructors'. The 'Contents' section lists 'Introduction' with sub-items 'Getting Started' and 'Welcome!'. A 'Free' badge is prominently displayed above a green 'Enroll Now →' button, which is circled in red. Below this, a 'Highlights' section begins with the text 'Learn more about strong emotions like'.

empoweredpathways.braincert.com/course/learning-to-live-with-strong-emotions-a-self-guided-approach

EP Empowered Pathways Courses Sign in Register

LEARNING TO LIVE WITH STRONG EMOTIONS: A SELF-GUIDED APPROACH

Unified Protocol for Transdiagnostic Treatment of Emotional Disorders

All Levels Certificate: No English (US)

Contents Description Instructors

Introduction

- Getting Started
- Welcome!

Private Private

Free

Enroll Now →

Highlights

Learn more about strong emotions like

Step 4 – click "sign up"

The screenshot shows a web browser at the URL `empoweredpathways.braincert.com/account/login`. The page features a header with the 'EP Empowered Pathways' logo and a 'Courses' link. A 'Create account' button is in the top right. The main content area is titled 'Unified Training Platform' with the tagline 'Let's learn something new today!'. Below this is a graphic of five hanging spheres with icons for yoga, sleep, a person, an apple, and a heart. On the right, a 'Login!' form is displayed. The form includes a welcome message, a 'Signup here' link circled in red, an 'Email address' field with a placeholder 'pe', a 'Password' field with a strength indicator, a 'Remember me' checkbox, a 'Forgot password?' link, and a 'Login' button.


empoweredpathways.braincert.com/account/login

EP Empowered Pathways Courses

Create account

Unified Training Platform

Let's learn something new today!



Login!

Nice to see you! Please login with your account.

Don't have an account? [Signup here](#)

Email address *

pe

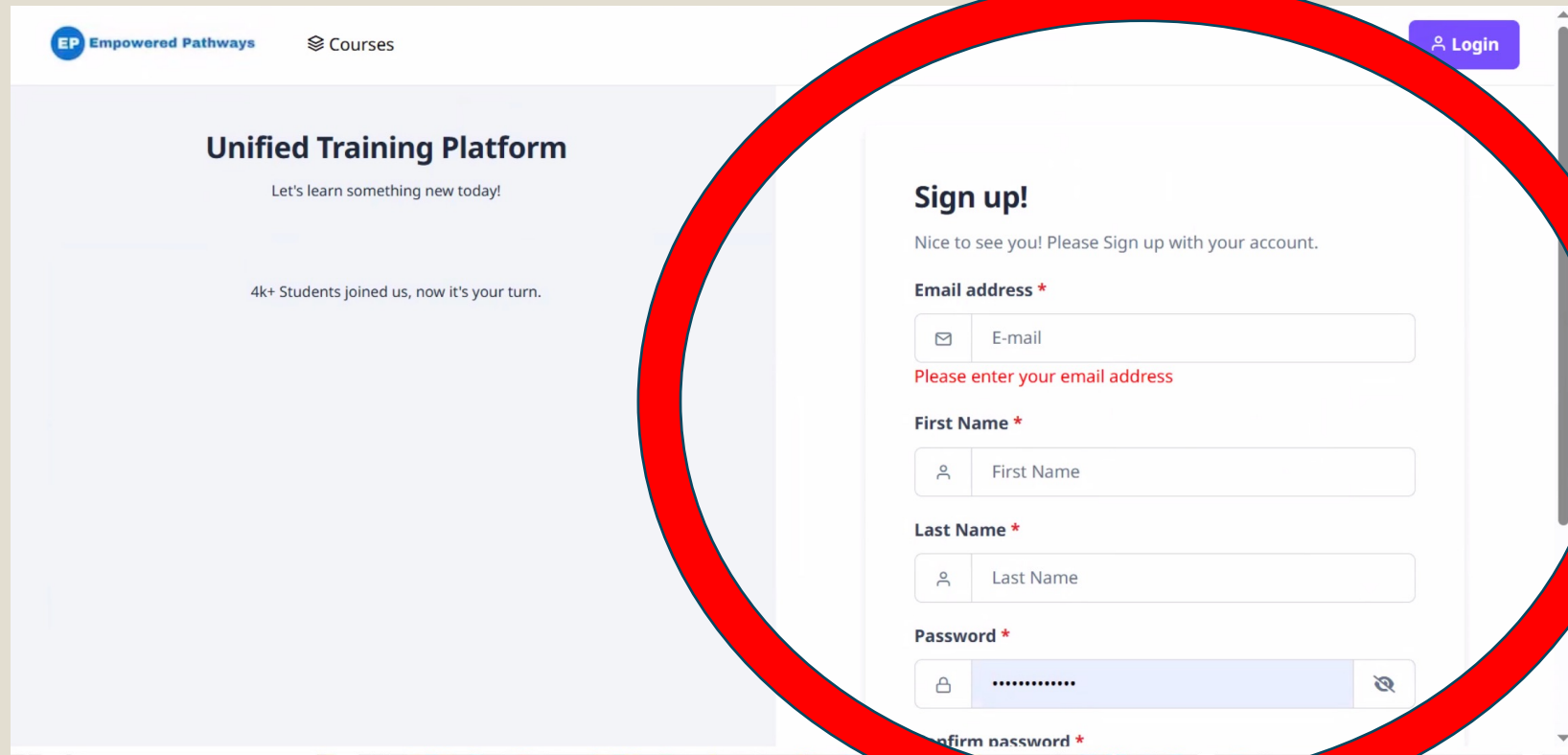
Password *

Your password must be 8 characters at least

☐ Remember me [Forgot password?](#)

Login

Step 5 – enter your information to register



The screenshot shows the 'Unified Training Platform' registration page. A large red circle highlights the 'Sign up!' form on the right side of the page. The form includes fields for Email address, First Name, Last Name, Password, and Confirm password. The left side of the page features the 'EP Empowered Pathways' logo, a 'Courses' link, and a message stating '4k+ Students joined us, now it's your turn.' A 'Login' button is located in the top right corner.

EP Empowered Pathways Courses

Unified Training Platform
Let's learn something new today!

4k+ Students joined us, now it's your turn.

Sign up!
Nice to see you! Please Sign up with your account.

Email address *

Please enter your email address

First Name *

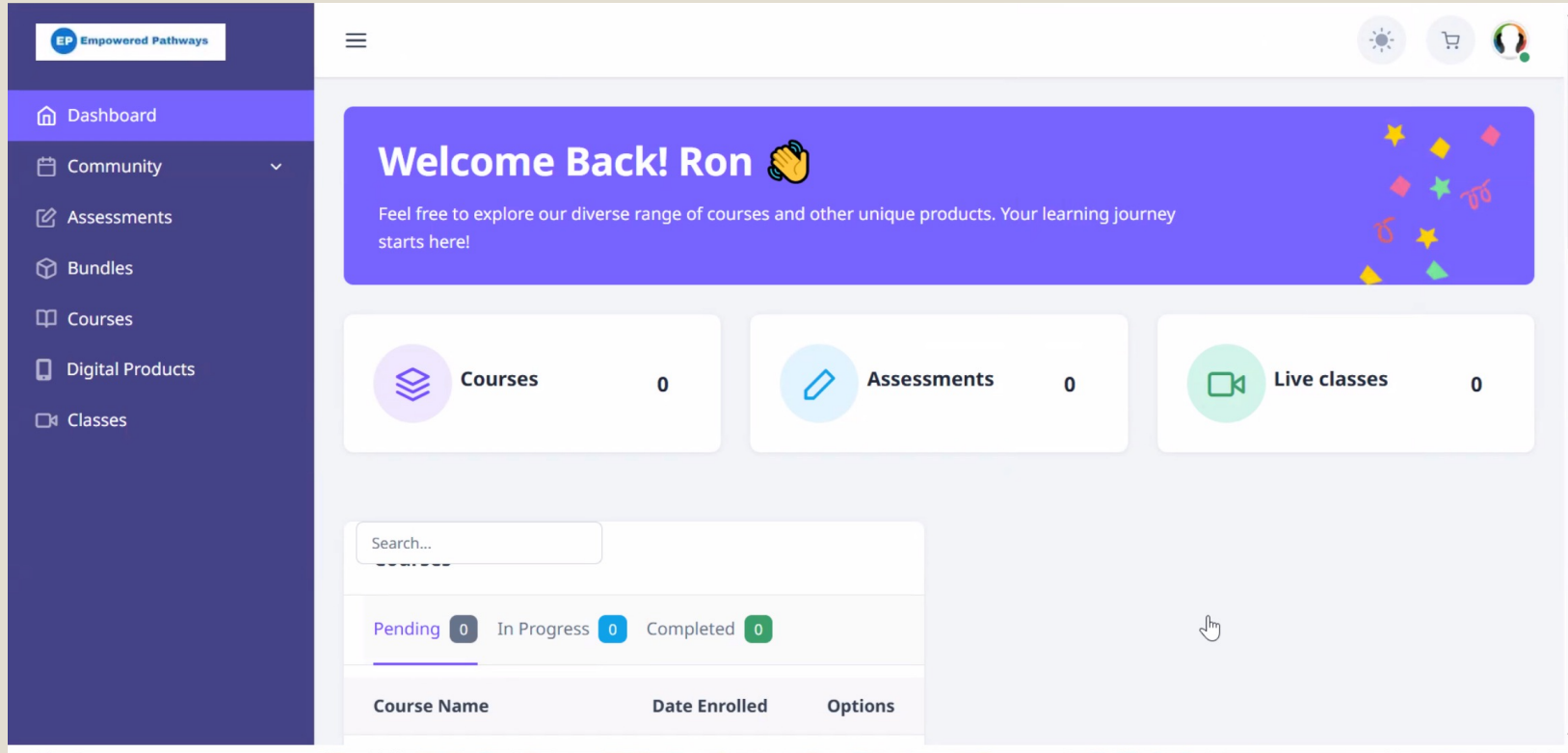
Last Name *

Password *

Confirm password *

Login

Step 6 – On this page, scroll down



The screenshot displays the Empowered Pathways dashboard. On the left is a dark blue sidebar with navigation links: Dashboard, Community, Assessments, Bundles, Courses, Digital Products, and Classes. The main content area has a white header with a hamburger menu, a settings icon, a shopping cart icon, and a user profile icon. Below the header is a large purple banner with the text "Welcome Back! Ron" and a clapping hands emoji. Underneath the banner are three white cards showing "Courses 0", "Assessments 0", and "Live classes 0". Below these cards is a search bar and a filter section with tabs for "Pending 0", "In Progress 0", and "Completed 0". At the bottom, a table header is visible with columns for "Course Name", "Date Enrolled", and "Options".

EP Empowered Pathways

Dashboard

Community

Assessments

Bundles

Courses

Digital Products

Classes

Welcome Back! Ron 🖐️

Feel free to explore our diverse range of courses and other unique products. Your learning journey starts here!

Courses 0

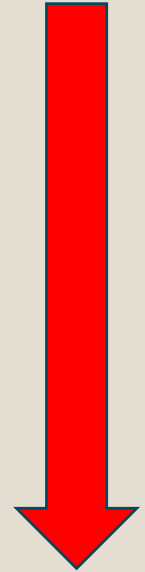
Assessments 0

Live classes 0

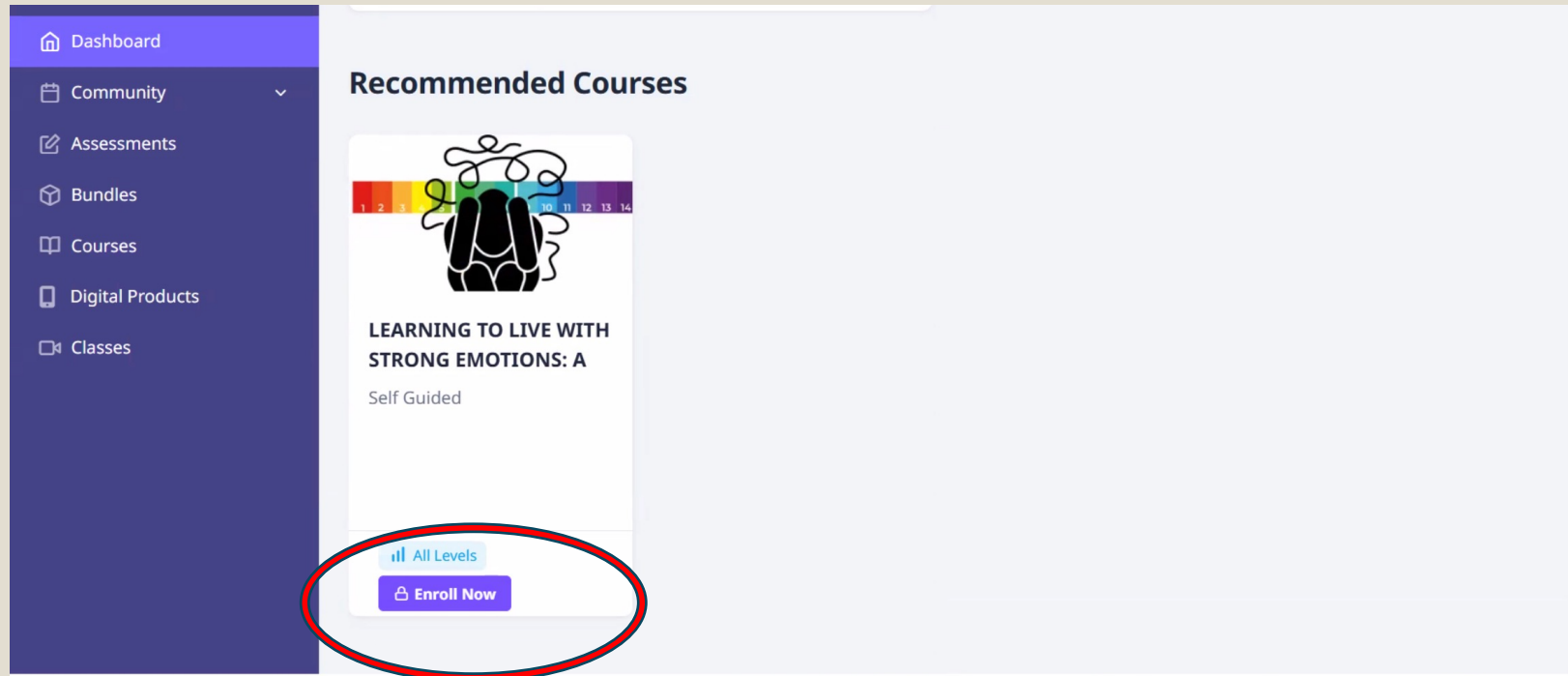
Search...

Pending 0 In Progress 0 Completed 0

Course Name	Date Enrolled	Options
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Step 6 continued, click enroll now



The screenshot shows a web interface with a dark blue sidebar on the left containing navigation links: Dashboard, Community, Assessments, Bundles, Courses, Digital Products, and Classes. The main content area is light blue and titled "Recommended Courses". It features a course card for "LEARNING TO LIVE WITH STRONG EMOTIONS: A", which is a self-guided course. The card includes a graphic of a hand with a rainbow-colored bar above it. At the bottom of the card, there is a filter button labeled "All Levels" and a prominent purple "Enroll Now" button, which is circled in red. The "Enroll Now" button includes a small icon of a person.

Dashboard

Community

Assessments


Bundles

Courses

Digital Products

Classes

Recommended Courses



LEARNING TO LIVE WITH STRONG EMOTIONS: A

Self Guided

All Levels

Enroll Now

Step 7 – click "enroll now"

The screenshot displays the Empowered Pathways website interface. At the top left is the 'EP Empowered Pathways' logo. The top right corner contains icons for a sun, a shopping cart, and a user profile. The main header features a blue background with the title 'LEARNING TO LIVE WITH STRONG EMOTIONS: A SELF-GUIDED APPROACH' in large white letters, followed by the subtitle 'Unified Protocol for Transdiagnostic Treatment of Emotional Disorders'. Below the title, there are filters for 'All Levels', 'Certificate: No', and 'English (US)'. On the left side, a vertical stack of social media icons (Facebook, Twitter, Email, Pinterest, WhatsApp, LinkedIn) is visible. The main content area is divided into three tabs: 'Contents', 'Description', and 'Instructors'. The 'Contents' tab is active, showing a list of course modules under the heading 'Introduction'. The first two modules are 'Getting Started' and 'Welcome!', both marked as 'Private'. To the right of the 'Contents' tab, there is a white box with a green 'Enroll Now' button, which is circled in red. Below this box is a 'Highlights' section with a link to 'Learn more about strong emotions like'.

EP Empowered Pathways

LEARNING TO LIVE WITH STRONG EMOTIONS: A SELF-GUIDED APPROACH

Unified Protocol for Transdiagnostic Treatment of Emotional Disorders

All Levels Certificate: No English (US)

Contents Description Instructors

Introduction

- Getting Started Private
- Welcome! Private

Free

Enroll Now

Highlights

Learn more about strong emotions like

Step 8 – begin the self-guided course. You may proceed using the buttons or navigation.

The screenshot displays the 'EP Empowered Pathways' interface. The left sidebar features a navigation menu with the following items: 'Introduction' (0/4), 'Getting Started' (highlighted with a red circle), 'Welcome!', 'Welcome Video: Password is: UPIClass', and 'Video Presenters'. Below these are 'Workbook Chapter 1' (0/1) and 'Workbook Chapter 2' (0/1). The main content area is titled 'Getting Started' and includes a section 'How to Get Started!' with three numbered steps:

- 1. Decide if a self-guided format is right for you**
 - Are you comfortable working independently through a workbook and is a self-guided workbook approach appropriate for you?
 - Do you like moving at your own pace?
If so, keep reading!
- 2. Purchase the workbook**

Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Workbook – Second Edition.
(You'll find a direct link to the workbook and details on a special discount code in the full Welcome Message that follows this section.)
- 3. Use this online course to support your workbook journey**

Here's what you'll find inside:

At the bottom right of the main content area, there is a button labeled 'Complete & Continue', which is also circled in red.

Logging Back in to Resume Course

Step 1 - On the empoweredpathways.life website, click “sign in”

No-Cost Information Session (Virtual/Zoom)

Brief Behavioral Activation Treatment for Depression
(Group)

Register

Group UP for Anxiety and Depression (Group)

Register

No-Cost Self-Guided Course

Learning to Live with Strong Emotions: A Self Guided
Approach

Register

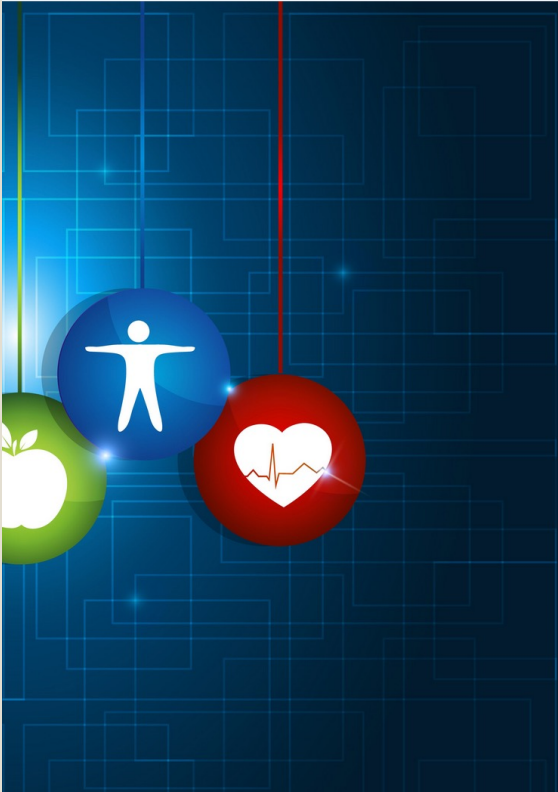
Already Registered for Learning to Live with Strong
Emotions? Click below

Sign in

Step 2 - Enter your log in credentials

ing Platform

Something new today!



Login!

Nice to see you! Please log in with your account.

Don't have an account? [Signup here](#)

Email address *

Password *

Your password must be 8 characters at least

☐ Remember me [Forgot password?](#)

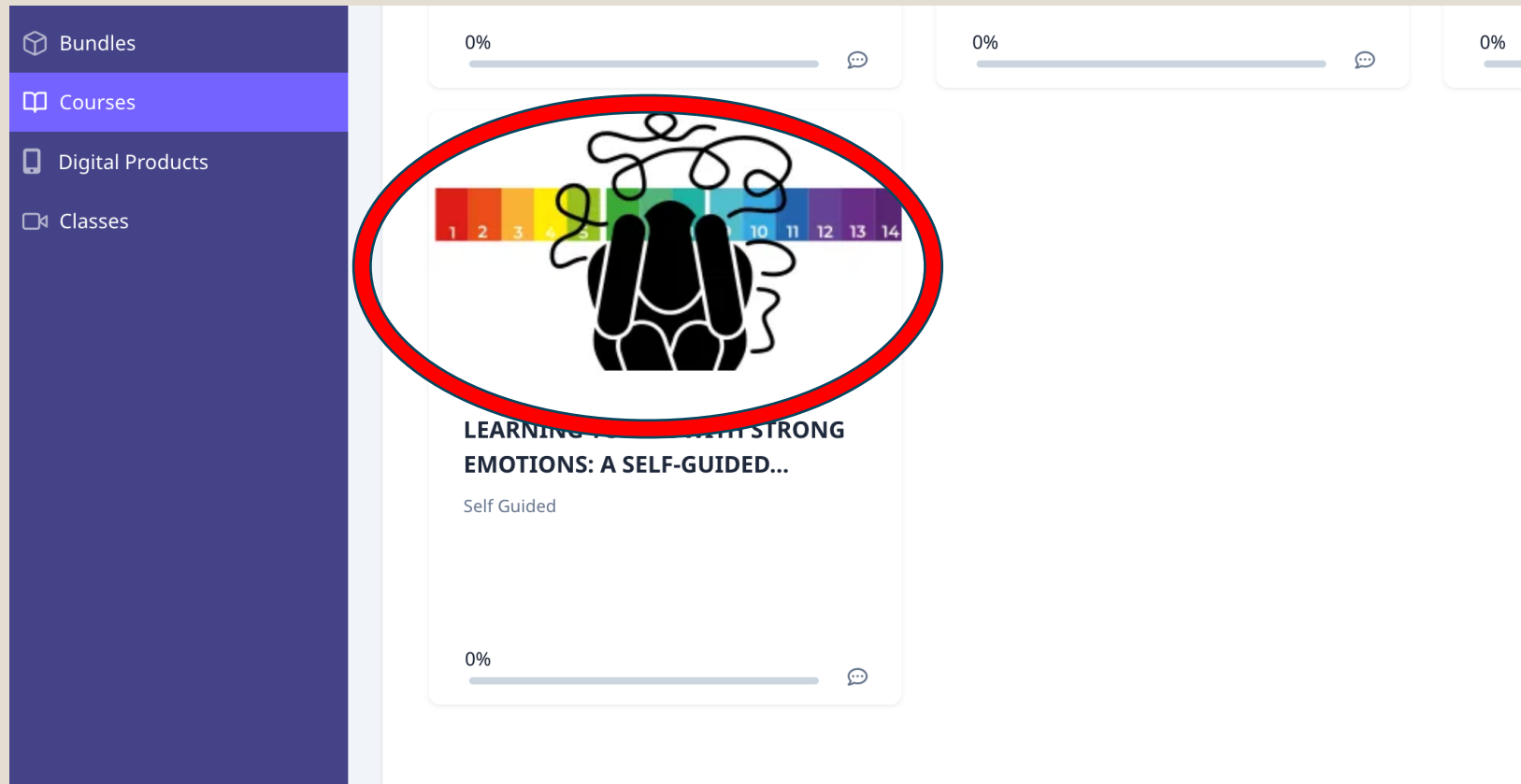
Login

Step 3 – click “courses”

The screenshot displays the Empowered Pathways dashboard. On the left is a dark blue sidebar with a menu containing: Dashboard, Community, Assessments, Bundles, Courses, Digital Products, and Classes. The 'Courses' menu item is highlighted with a red circle. The main content area has a white header with the 'EP Empowered Pathways' logo, a hamburger menu, and icons for settings, shopping, and user profile. Below the header is a purple banner that says 'Welcome Back! Stephen' with a clapping hands emoji and a message about 6 courses in progress. Underneath the banner are three white cards: 'Courses' with a stack icon and the number 7, 'Assessments' with a document icon and the number 0, and 'Live classes' with a video camera icon and the number 0. Below these cards is a section for course status with tabs for 'Pending' (7), 'In Progress' (0), and 'Completed' (0). The 'Pending' tab is active, showing a table with columns for 'Course Name', 'Date Enrolled', and 'Options'.

Course Name	Date Enrolled	Options
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Enter the course by clicking on it



You may resume course by using the navigation or green button

LEARNING TO LIVE WITH STRONG EMOTIONS: A SELF-GUIDED APPROACH

Unified Protocol for Transdiagnostic Treatment of Emotional Disorders

All Levels Certificate: No English (US)

Contents

Description

Instructors

Introduction

Welcome Video

Getting Started

Welcome!

Welcome Video: Password is: UPIClass

Video Presenters

Workbook Chapter 1

Workbook Chapter 2

Workbook Chapter 3

Take this Course

Highlights

Learn more about strong emotions like anxiety/depression or related emotions.

Learn more about why trying to avoid certain emotions may not be helpful at times.

Learn generalizable skills for tolerating strong emotions.

Respond to emotions in a way that aligns with personal values and goals.