The unified protocol for transdiagnostic treatment of emotional disorders (UP) includes therapeutic techniques and methods that have proven their efficacy and it is focused specifically on emotion regulation. Although the efficacy of UP has been proven in individual format, it is important to evaluate the delivery of the UP in other formats with the aim of improving cost-benefit. The aim of this pilot study was to evaluate the effectiveness and feasibility of UP in group format. Eleven patients with emotional disorders who attended a public mental health unit participated in the study. Primary outcomes were anxiety and depression symptoms, and secondary outcomes were positive and negative affect, impairment, general functioning, quality of life, and personality dimensions. At 12-month follow-up, 100% of the participants no longer met the diagnostic criteria for their main diagnosis, significant improvements were achieved in the primary outcomes and also in most secondary outcomes, including neuroticism scores. The administration of UP in a group format could be a suitable approach to treat emotional disorders in public mental health settings.