

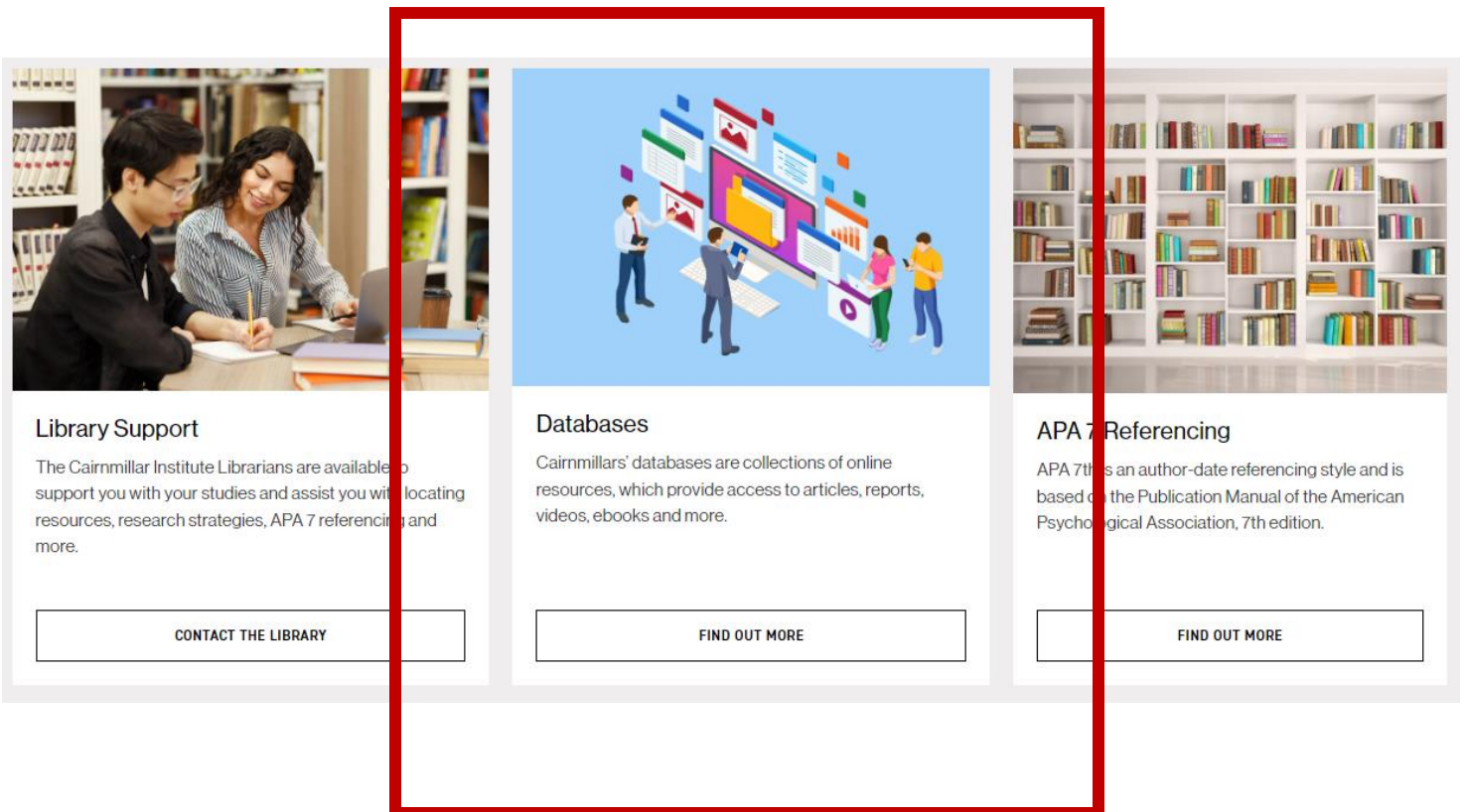
Accessing, Searching and Viewing EBSCO APA PsycTherapy Videos

APA PsycTherapy® is an EBSCO database of more than 500 streaming video demonstrations, with 20-30 hours of new content added each year. This database provides clinicians, counsellors, and trainees the opportunity to observe candid psychotherapy videos featuring known therapists. This proven counselling training method is an invaluable tool to remain up to date with the latest psychotherapy techniques.

To Access APA PsycTherapy:

STEP 1: Access the Library Homepage - <https://www.cairnmillar.org.au/library/>

- a) Scroll down and access databases





Library Support

The Cairnmillar Institute Librarians are available to support you with your studies and assist you with locating resources, research strategies, APA 7 referencing and more.

[CONTACT THE LIBRARY](#)



Databases

Cairnmillars' databases are collections of online resources, which provide access to articles, reports, videos, ebooks and more.

[FIND OUT MORE](#)



APA 7 Referencing

APA 7th is an author-date referencing style and is based on the Publication Manual of the American Psychological Association, 7th edition.

[FIND OUT MORE](#)

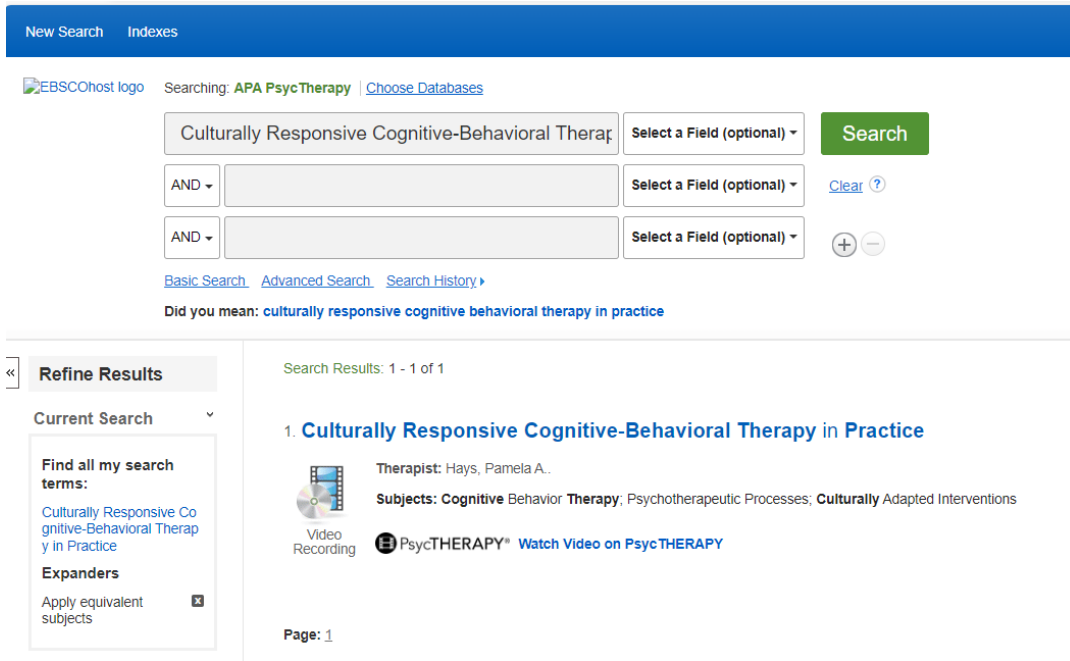
STEP 2: From the Library Homepage, scroll down to the databases and select EBSCOhost:



STEP 3: Select EBSCOhost Research Databases



- d) In the empty search field, you can enter words which represent the topic of the video you are seeking.
- Alternatively, if you already know the title, you can either type it in or simply cut & paste into the search box.
- e) Click **SEARCH** button

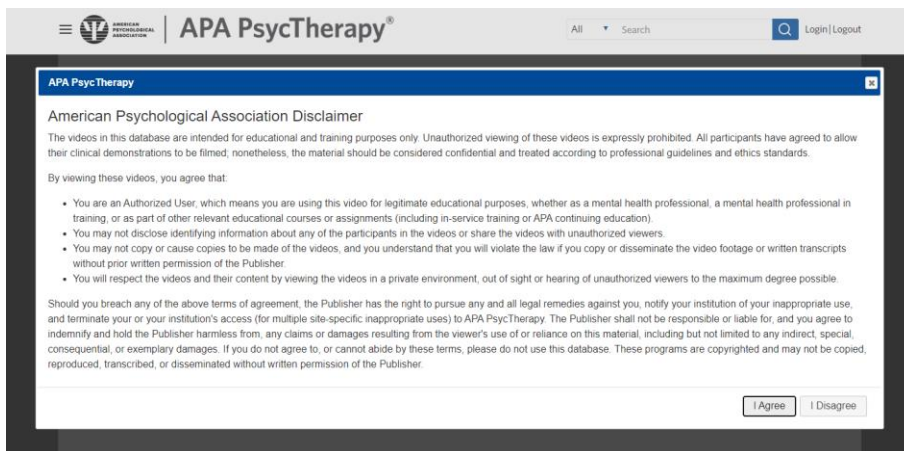


The screenshot shows the EBSCOhost search interface. At the top, there's a blue header with "New Search" and "Indexes" links. Below this, the search bar contains the text "Culturally Responsive Cognitive-Behavioral Therap". To the right of the search bar is a "Search" button. Below the search bar, there are three rows for adding more search terms, each with an "AND" dropdown, a text input field, and a "Select a Field (optional)" dropdown. A "Clear" link is also present. Below the search bar, there are links for "Basic Search", "Advanced Search", and "Search History". A suggestion line says "Did you mean: culturally responsive cognitive behavioral therapy in practice". On the left, there's a "Refine Results" sidebar with a "Current Search" section showing the search terms and expanders. The main results area shows "Search Results: 1 - 1 of 1" and a single result titled "1. Culturally Responsive Cognitive-Behavioral Therapy in Practice". The result includes a video icon, the therapist's name "Hays, Pamela A.", and subjects "Cognitive Behavior Therapy", "Psychotherapeutic Processes", and "Culturally Adapted Interventions". There is a "Watch Video on PsycTHERAPY" link.

- f) To **VIEW** click on the words **Watch Video on PsycTHERAPY**

STEP 5: Viewing APA PsycTherapy Videos

- a) An APA Disclaimer will appear, to view video, select "I Agree"



The screenshot shows the APA PsycTherapy disclaimer. At the top, there's a header with the APA logo and "APA PsycTherapy". Below this, there's a "Search" bar and "Login/Logout" links. The main content area is titled "American Psychological Association Disclaimer". It contains a paragraph stating that the videos are for educational and training purposes only and that unauthorized viewing is prohibited. Below this, there's a section "By viewing these videos, you agree that:" followed by a list of terms of agreement. The terms include: being an authorized user, not disclosing identifying information, not copying or causing copies to be made, and respecting the videos and their content. At the bottom, there's a paragraph stating that the publisher has the right to pursue legal remedies against users who breach the terms of agreement. At the very bottom, there are two buttons: "I Agree" and "I Disagree".

b) The Video will now load and be available to view, click play to start



The screenshot shows the APA Psychotherapy video player interface. The video title is "Culturally Responsive Cognitive-Behavioral Therapy in Practice". The video player shows a blue screen with the title text. The transcript on the right is titled "Culturally Responsive Cognitive-Behavioral Therapy in Practice" and includes the following text:

1: Opening Interview

- Hi, I'm Jon Carlson.

I'd like to welcome you to the APA Psychotherapy Series. This series is on multicultural counseling. And this program is on culturally responsive cognitive behavior therapy. Our guest expert is Dr. Pam Hays. Welcome, Pam. - Thank you. - Just what is culturally responsive CBT, or cognitive behavioral therapy?

- I think of it as a melding of two main areas. The area of multicultural therapy, which has provided a rich source of information about working with culturally diverse people, and the area of cognitive behavior therapy. It has a good research base, empirically supported research base, but it's pretty limited in terms of who those therapies have been used with.

So the two areas complement each other nicely and they go together well for a number reasons. - Now I've heard

Below the video player, there are buttons for "Favorite", "Create Clip", and "Add To List". The video title "Culturally Responsive Cognitive-Behavioral Therapy in Practice" is displayed. Below the title, there is a description: "In Culturally Responsive Cognitive-Behavioral Therapy in Practice, Pamela A. Hays demonstrates her change-oriented approach to psychotherapy, adapting mainstream cognitive-behavior therapy (CBT) to fit the client's cultural identity, context, and preferences. Key aspects of culturally responsive CBT include acceptance of core cultural beliefs, an emphasis on culturally related strengths and supports, and

On the right side, there is a "RELATED" section titled "Related Content" with a thumbnail image of a woman.

c) Subtitles and a full transcript are available to view on the right of the screen