

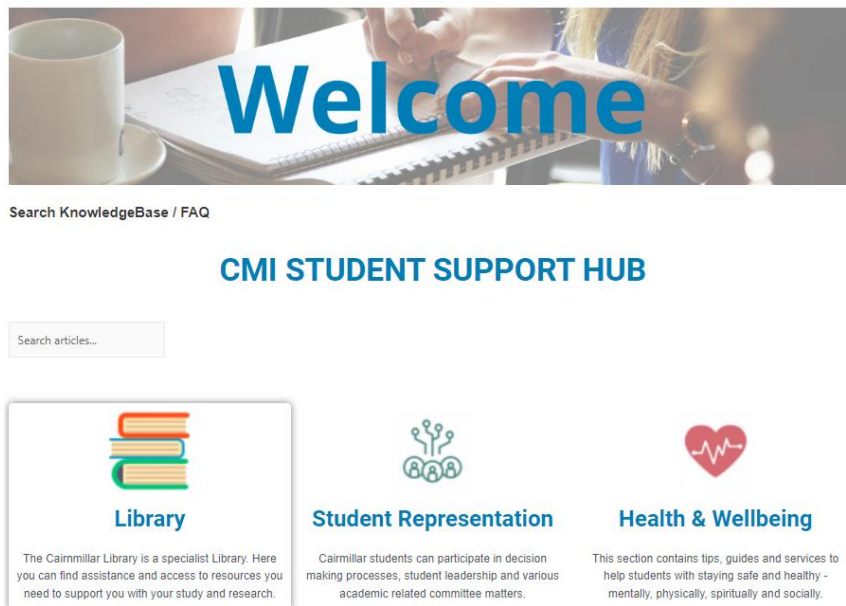
Accessing, Searching and Viewing APA PsycTherapy Videos

APA PsycTherapy is a resource which offers streaming psychotherapy videos featuring renowned therapists counselling individuals, couples, and families. The videos in this database cover cognitive therapy approaches to more than 250 topics, including life satisfaction, self-perception, and cognitive distortions. The database is continually expanding, and is valuable for students, educators and clinicians and shows proven approaches and common obstacles faced during therapy sessions. The content of the database is endorsed by and is wholly unique to the APA.

To Access APA PsycTherapy

STEP 1: Access the [Library Homepage](#)

- Go to my.CMI Student Support Hub and click on the **Library** button



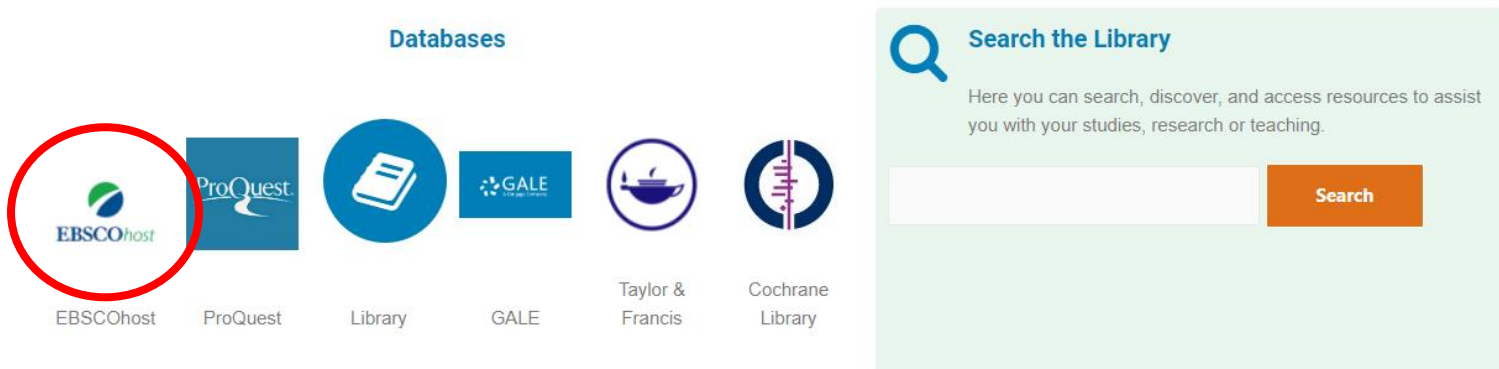
- Under *Library Resources* Click on the link to the Library Homepage

Library Resources

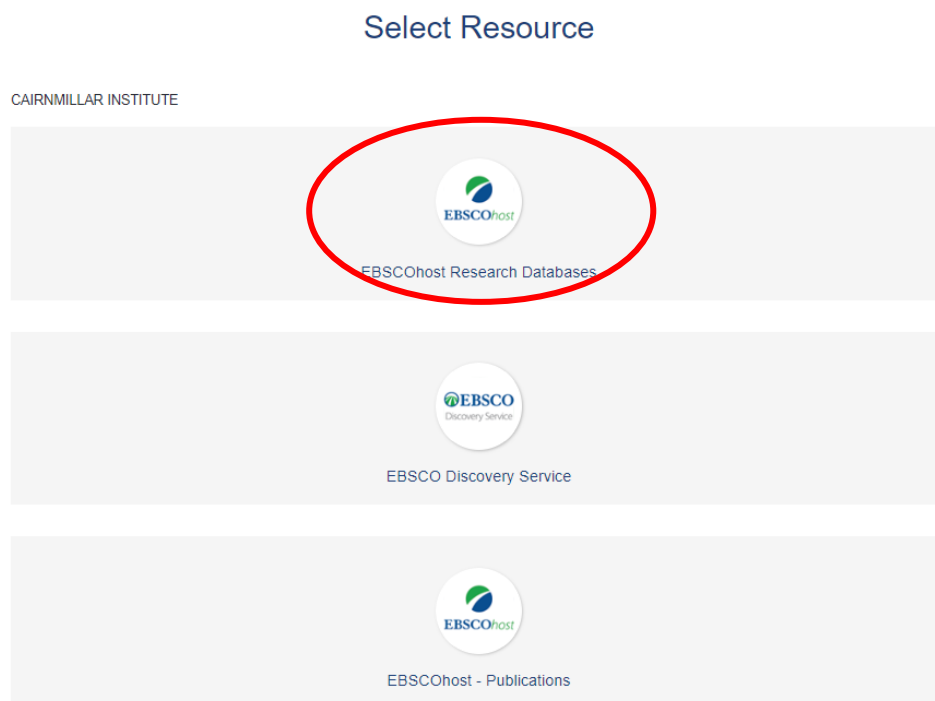
To go to the Library's homepage, click [here](#)



STEP 2: From the Library Homepage, scroll down to the databases and select *EBSCOHost* by clicking on the logo:



STEP 3: Select EBSCOhost Research Databases



STEP 4: Select PsycTherapy

- Scroll down the list of databases
- Tick the box adjacent to PsycTherapy
- Click on the yellow Continue box

☐ CINAHL with Full Text

CINAHL® with Full Text is the world's most comprehensive source of full text for nursing & allied health journals, providing full text text coverage dates back to 1981.

 [Title List](#)  [More Information](#)

☐ OpenDissertations

OpenDissertations is an open-access database built to assist researchers in locating both historic and contemporary dissertations released American Doctoral Dissertations, and features additional dissertation metadata contributed by select colleges and univer will continue to grow through regular updates and new partnerships with graduate degree-granting institutions.

 [More Information](#)

☐ Child Development & Adolescent Studies

Child Development & Adolescent Studies, produced by NISC, is today's source for references to the current and historical literatur technical reports, books, book chapters, theses and dissertations covering biomedical and social sciences worldwide are indexed.

 [More Information](#)

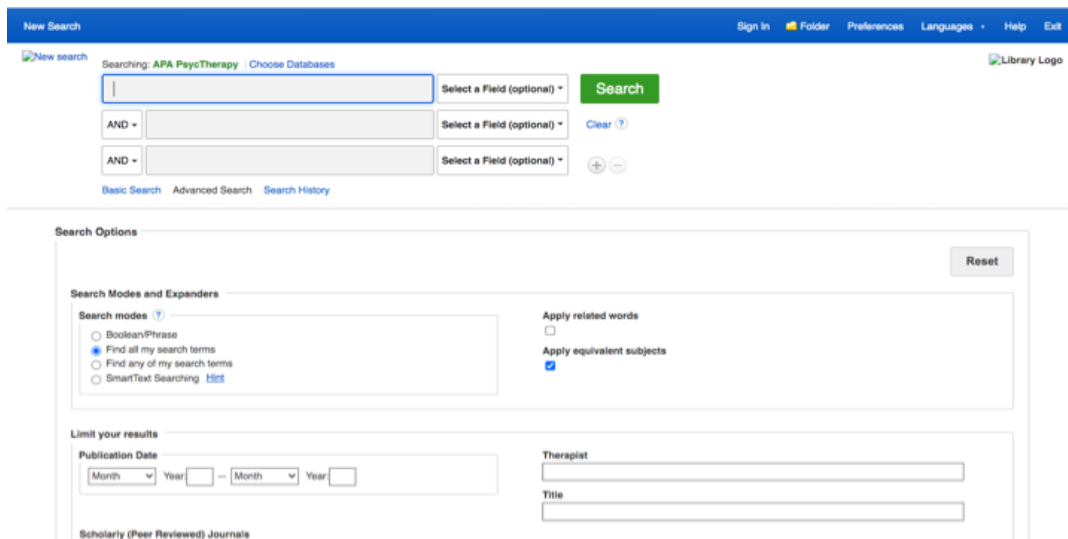
☒ APA PsycTherapy

APA PsycTherapy® is a continually expanding resource offering streaming psychotherapy videos that provide a gateway for stude tool, APA PsycTherapy provides a rich assortment of filmed interactions between known therapists and individuals, couples, and f satisfaction, self-perception and cognitive distortions. The content of APA PsycTherapy is wholly unique to this APA database.

 [More Information](#)

Continue

- An empty search field will appear



Searching APA PsycTherapy

In the empty search field, you can enter words which represent the topic of the video you are seeking.

- Remember to keep it simple, for example:

“Eating disorders AND CBT”

“PTSD AND CBT”

Please Note - If you already know the title, you can either type it in or simply cut & paste into the search box.

To search on a topic, for example, to locate a video on “CBT and depression”:

- Remember to include alternative words for CBT such as Cognitive Behavioral Therapy and the alternative spellings, for example Cognitive Behavioural Therapy
- PsycTherapy will provide options to populate the search field:

Searching: [APA PsycTherapy](#) | [Choose Databases](#)

Select a Field (optional) ▾

- cbt
- cbt or cognitive behavioral therapy
- cbt or cognitive behavioral therapy or cognitive behavior therapy
- cbt or cognitive behavioral therapy or cognitive behavior therapy or cognitive behavioral treatment or cogn
- cbt made simple: a clinician's guide to practicing cognitive behavioral therapy.
- cbt interventions
- cbt therapy
- cbt for depression
- cbt-i
- cbt and anxiety

Alternately, you could enter a search in this manner:

- LINE 1: CBT OR cognitive behaviour therapy OR cognitive behavioral therapy
- LINE 2: (AND) Depression
- Click **SEARCH** button

Searching: [APA PsycTherapy](#) | [Choose Databases](#)

CBT OR cognitive behaviour therapy OR cognitive		Select a Field (optional) ▾	Search Clear ? + -
AND ▾	depression	Select a Field (optional) ▾	
AND ▾		Select a Field (optional) ▾	

[Basic Search](#)
[Advanced Search](#)
[Search History](#)

PsycTherapy will search for all videos which meet the search criteria you have entered.

- To VIEW click on the words [Watch Video on PsycTHERAPY](#)

New Search Sign In Folder Preferences

New search Searching: [APA PsycTherapy](#) | [Choose Databases](#)

cognitive behavior therapy or cognitive behavioral t Select a Field (optional) ▾ Search

AND ▾ depression Select a Field (optional) ▾ Clear ?

AND ▾ Select a Field (optional) ▾ + -

[Basic Search](#) [Advanced Search](#) [Search History](#)

« **Refine Results**

Current Search ▾

Find all my search terms:

(cognitive behavior therapy or cognitive behavioral therapy) AN...

Expanders

Apply equivalent subjects ✕

Limiters

Publication Date: 20110101-20221231 ✕

Limit To ▾

Search Results: 1 - 10 of 30 Relevance ▾

1. Teaching **Cognitive Behavioral** Techniques to an Adolescent With **Depression**

Therapist: Curry, John F.

PsycTHERAPY® [Watch Video on PsycTHERAPY](#)
2. Applying **Cognitive Behavioral** Therapeutic Strategies When Working With Adolescent **Depression** [Split Screen]

Therapist: Curry, John F.

PsycTHERAPY® [Watch Video on PsycTHERAPY](#)

Viewing APA PsycTherapy Videos

- An APA Disclaimer will appear, to view video, select “I Agree”
- The Video will now load and be available to view, click play ► to start
- Subtitles and a full transcript are available to view on the right of the screen

APA PsycTherapy®

All ▾ Search 🔍 [Login](#) | [Logout](#)

Teaching Cognitive Behavioral Techniques to an Adolescent With Depression

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0:00 39:46 CC 1x 🔊

🔍

Transcript

Teaching Cognitive Behavioral Techniques to an Adolescent With Depression

[Sil.]

[00:00] DR. CURRY Well, Kim, thanks for coming in today. Uh... Can you just tell me like, where you go to school or what grade you're in?

KIM: Well, I actually graduated earlier. I graduated last year.

DR. CURRY: Okay.

[00:10] KIM I graduated from (inaudible) Academy.

DR. CURRY: Okay, good.

KIM: And, well, now I'll be a freshmen in college.

[00:15] DR. CURRY Oh, great. That's wonderful.

KIM: So, yeah.

Teaching Cognitive Behavioral Techniques to an Adolescent With Depression

Dr. John Curry provides cognitive behavioral strategies to a seventeen-year-old, African-American girl with depression. Curry begins the session by showing the client the "Depression Triangle," a classic visual demonstration of the interplay among one's thoughts, emotions, and behaviors. He notes that the first component of cognitive behavioral therapy involves monitoring emotions to

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