

# COUNSELLING & THERAPY



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## COUNSELING

# Prepare your counseling students to make a difference with the best, most up-to-date applied training and research materials available.

## Counseling and Therapy in Video Series

**A Library Journal Best Reference Award Winner**

Perhaps the greatest source of anxiety for students in the mental health field is the prospect of working with clients in face-to-face counseling encounters. The four-volume *Counseling and Therapy in Video Series* provides an invaluable firsthand look at the realities of working with clients and the challenges associated with putting theoretical concepts into practice. This series contains more than 2,500 hours of footage from actual therapy sessions, training videos, and reenactments conducted by renowned counseling professionals.

The four volumes work in tandem to support counseling programs at all levels, with earlier volumes laying a strong foundation for counselor education with therapists like Carl Rogers, Allen Ivey, and Monica McGoldrick, and later volumes placing particular focus on emerging topics such as brain-based therapy, mindfulness,

and multicultural issues. Content explores dozens of therapeutic methods, diagnoses, and client types.

### Volume I

*Volume I* features prominent therapists such as Jon Carlson, Sue Johnson, Allen Ivey, Insoo Kim Berg, Derald Wing Sue, and others as they demonstrate their methods. The material is clustered around easy-to-search and easy-to-browse topical subject areas and therapeutic methods, which include addiction, brief therapy, career counseling, child therapy, cognitive-behavioral therapy, domestic violence, family therapy, group therapy, narrative therapy, supervision, and working with LGBT clients.

### Volume II

*Volume II* updates and expands upon the first collection, with 300 hours of video, placing special emphasis on contemporary topics such as neuroscience, coaching, family therapy, child therapy, geriatric therapy, play therapy, weight control and eating disorders, post-traumatic stress disorder, sex therapy, and culturally sensitive therapy.

World-renowned therapists such as Albert Ellis, Allen Ivey, John Norcross, Arnold Lazarus, Otto Kernberg, and Violet Oaklander demonstrate their methods in true-to-life situations. With more than 70 percent of the films created since 2005, the collection stays apace with the evolving practices and theories of the counseling field.

### Volume III

*Volume III* presents a firm grounding in the theoretical modalities of counseling and psychotherapy while expanding into new and emerging areas such as social media, veterans, cyberbullying, mindfulness, and neuroscience. This volume adds more than 300 hours to the series, with 70 percent of titles filmed in 2012 or later.

This collection features the “giants” of counseling and psychotherapy such as Viktor Frankl, Albert Bandura, Albert Ellis, Aaron Beck, Virginia Satir, Jay Haley, Carl Rogers, Pat Love, Samuel Gladding, Jon Kabat-Zinn, Jon Carlson, Natalie Rogers, and John Arden. Together, these films form a collection that emphasizes the evolution of the field, juxtaposing this



history of counseling and psychotherapy with future directions by examining new techniques, methods, and research-informed practice.

## Volume IV

In the past few years, counselors have seen a steady rise in cases involving specific underserved populations such as transgender individuals, victims of racial trauma, and veterans suffering from PTSD. At the same time, the counseling profession has developed new guidelines with regard to cultural and gender sensitivity as well as the deeper connections between neuroscience and counseling. Additionally, there is the growing threat of compassion fatigue by experienced counselors themselves. *Volume IV* rounds out the series by providing all-new video and text resources tied to these prevalent issues.

Students and scholars can access demonstrations, interviews with experts, transcripts from actual counseling sessions, and other rich resources that will supplement any counseling, social work, or psychology course, and better prepare students to become the practitioners of tomorrow. Students benefit from observing theory in practice, interacting with content that tightly aligns with CACREP eight common core areas, and becoming familiar with DSM-5® and ICD-10. Instructors benefit from lecture replacement videos

that supplement in-class lectures and homework assignments while addressing challenging topics such as psychopharmacology, neuroscience, LGBTQ, and research methods.

At completion, *Volume IV* will include:

- 300 hours of video, most of which have been created since 2012
- 400 transcripts from real therapy sessions, providing a wealth of opportunity for research and learning
- 1,200 hours of presentations, lectures, and workshops from renowned counselors, psychologists, and practitioners
- 45,000 pages of ebooks and periodicals, including digitized archives of *Psychotherapy Networker* and the American Counseling Association's *Counseling Today*



## Counseling and Psychotherapy Transcripts Series

The two-volume *Counseling and Psychotherapy Transcripts Series* features more than 4,500 anonymized transcripts and 55,000 pages of reference material that let students and researchers peer deeply into the client-therapist relationship and follow the progress—and the setbacks—of clients across multiple therapy sessions. All transcripts are in strict compliance with the American Psychological Association's ethics guidelines for use and anonymity, and are HIPAA compliant.

Topical coverage within the series is expansive, and includes everything from anger management and chemical dependence to eating disorders, sexual abuse, and PTSD.

## Best Value! The Complete Counseling and Therapy Package

Subscribe to all of the counseling and therapy resources Alexander Street has to offer. The complete package includes *Counseling and Therapy in Video: Volumes I–IV* and *Counseling and Psychotherapy Transcripts: Volumes I–II*.

## Psychological Experiments Online

*Psychological Experiments Online* is a multimedia resource featuring the most influential psychological experiments of the 20th and 21st centuries. The collection pairs 65 hours of audio and video recordings of the

original experiments (when existent) with 47,000 pages of primary-source documents. It begins at the turn of the 20th century with Ivan Pavlov's work in classical conditioning and continues through a century of ground-breaking psychological experiments from Solomon Asch, B.F. Skinner, Stanley Milgram, Philip Zimbardo, and more.

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**free  
trial**

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# CACREP:

## ESSENTIAL SKILLS FOR COUNSELING PRACTICE

*CACREP: Essential Skills for Counseling Practice* is a series of nine videos addressing the CACREP eight common core areas. This series is designed to help students and professionals acquire the knowledge and skills to demonstrate professional excellence. Each video begins with a brief discussion, followed by a demonstration or interview. Dr. Shannon Dermer then conducts a debrief with the featured expert in which they unpack the demonstration and provide important conclusions to these complex issues.

**Assessment and Testing:**  
Psychometric Tests –  
What Do They Really Tell Us?

**Research & Program Evaluation:**  
Evidence-Based Practice

**Career Development:**  
Using a Narrative Approach

**Professional Orientation/Ethics:**  
Ethical Dilemmas: Boundary Issues

**Group Work:**  
Dealing with Problems in a Group

**Helping Relationships:**  
Creating Measureable Outcomes for  
Counseling

**Social & Cultural Diversity:**  
Counseling Transgender Clients

**Social & Cultural Diversity:**  
Discussing Race

**Human Growth & Development:**  
Working with Adolescents  
and Young Adults

## DIAGNOSING MENTAL DISORDERS: DSM-5® AND ICD-10

This new video series explores a variety of disorders and their relevant codes in DSM-5® and ICD-10, along with the diagnostic criteria for each.

**Diagnostic Criteria**

Schizophrenia and Other Psychotic  
Disorders

Bipolar Disorder

Depressive Disorders

Anxiety Disorders

Obsessive-Compulsive Disorders

Trauma-Related Disorders

**MORE TITLES COMING SOON**

# GREAT TEACHERS, GREAT COURSES

This series covers a variety of topics, many of which can be challenging to address. Faculty may not feel qualified or comfortable lecturing on topics such as suicide prevention, human sexuality, counseling theory, psychopharmacology, and research methods. These videos present this challenging material in a compelling way and feature top faculty in their respective fields.

**Interviewing the “Challenging” Client:**  
Scripts and Solutions

**The Initial Clinical Interview: Goals,  
Process, and Procedures**

**No Questions Asked:**  
Understanding the Foundations of  
Clinical Interviewing

**On Being an Effective, Empowering  
and Compassionate Therapist**

**Rational Emotive Behavior Therapy:**  
Tools, Techniques, and Practice

**Positive Psychology and the Study of  
Human Strengths**

**Aging with Grace:**  
Supporting Aging Among Older Adults

**How Clinicians Can Take a Scientific  
Approach to Practice**

**Understanding Psychotherapy  
Outcome Research**

**The Psychopharmacology of  
Depression**

**Counseling Theory, Models, and  
Techniques**

**Understanding Counseling Theory**

**AND MORE**

## ABOUT OUR SINGLE-TITLE FILMS

In addition to our award-winning collections, Alexander Street’s portfolio of individual films includes thousands of high-quality titles, with new selections added each month. In addition to DVD, many titles are available in convenient online streaming format.

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