

# PsycTherapy

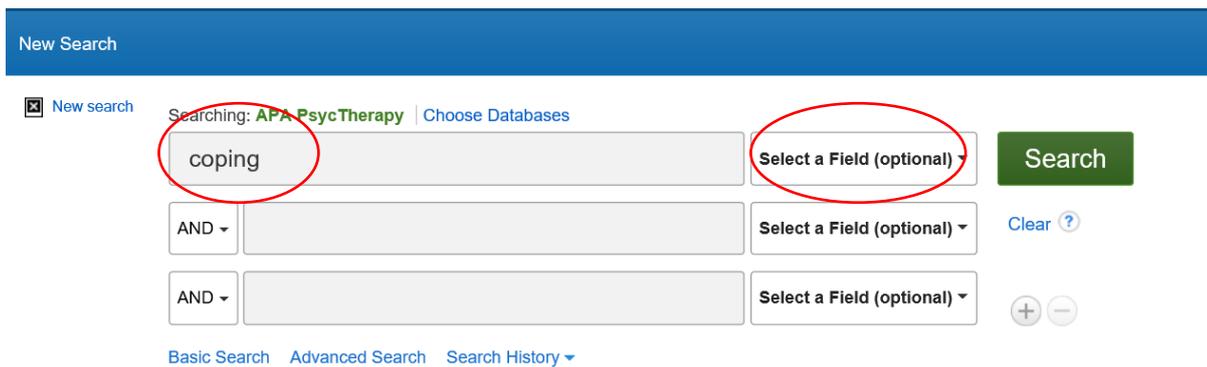
## Accessing PsycTherapy

Click on the link to PsycTherapy from the Searching library resources page on Nexus, the Berkshire Healthcare Knowledge and Library Hub, or go to [lead.me/lkspsyctherapy](http://lead.me/lkspsyctherapy) Login with your OpenAthens account.

## Searching for videos on PsycTherapy

You should see a search screen and then type in keywords like: therapy, coping , depression or limit the search to words in the title by selecting a Field on the right.

You can also do multiple terms e.g. Depression AND cognitive.



Look at the results and select any of the videos. Click on Watch video on PsycTHERAPY and you will go straight into APA PsycTherapy website. From there it is much easier to do a search, save favourites or save short clips of a video.

## 2. Cognitive Behavioral Therapy for Depression



**Therapist:** Dobson, Keith S..

Katherine Helm, PhD, leads a discussion about cognitive behavioral therapy (CBT) with Keith S. Dobson, PhD. They discuss application of CBT to depression symptoms and introduce a session between ...

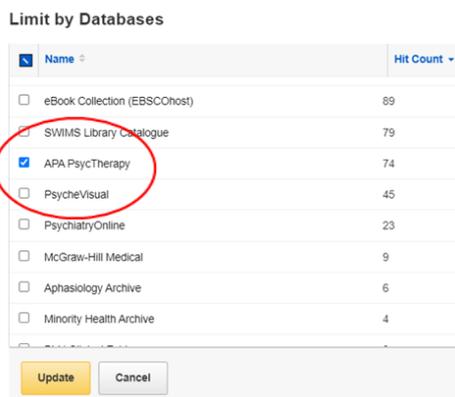
**Subjects:** Family Relations; Interpersonal Relationships; Rumination (Cognitive Process); Major Depression; Social Anxiety; Complex Trauma; **Coping Behavior**; Avoidance

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## Searching for a video in the Knowledge and Library Hub

If you search in the Knowledge and Library Hub for a topic, filter results to find PsycTherapy videos. Click on Limit by Databases, then Show more. Scroll down the list to select APA PsycTherapy and click update.



## Watching a video

To watch a video click on Watch video on PsycTherapy.

### Cognitive Behavioral Therapy for **Depression**



Video Recording

**Therapist:** Dobson, Keith S., Database: APA PsycTherapy

Katherine Helm, PhD, leads a discussion about cognitive behavioral therapy (CBT) with Keith S. Dobson, PhD. They discuss application of CBT to **depression** symptoms and introduce a session between ...

**Subjects:** Family Relations; Interpersonal Relationships; Rumination (Cognitive Process); **Major Depression;** Social Anxiety; Complex Trauma; Coping Behavior; Avoidance

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Once you have watched a video on the APA PsycTherapy website you can browse and search for further videos by topic, approach, therapist etc.

## To save a list of videos

To save a list videos to view later use the MyEbscohost folder to save. Click on the Folder symbol on the right of each video.

To view your saved videos in your folder click on Folder at the top of the screen.

You may need to click Sign In to see your folder.

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