

# Psychotherapy.net's Streaming Platform:

## User Guide

Please use this guide to help faculty, students, interns, and staff to ease and enhance their use of your Psychotherapy.net video library.

### Captions

Our streaming videos have captions/English subtitles. To turn captions on, please wait until the video has moved past the introduction containing the Psychotherapy.net logo. Once the video begins a CC symbol can be found in the bottom right corner. If you would like to view subtitles, click the CC symbol and select "English". To turn them off, simply click the CC again and select "None."

WATCH: ASSESSMENT AND INTERVENTION WITH SUICIDAL CLIENTS VOLUME 1  
by John Sommers-Flanagan

Click on any word to play video at that point

Search Transcript... Q

was-we were getting inversions, and the weather was really pray  
Even when I would exercise, I couldn't- I would make myself exercise to try to feel better. But I couldn't. And I would just go back to the couch.  
SOMMERS-FLANAGAN: Yeah

Clips Description

In Volume 1 of this comprehensive and highly acclaimed series, you'll see Dr. Sommers-Flanagan demonstrate his collaborative and research-based approach in multiple sessions with each of the following clients: Michelle, a recently divorced mother of a young daughter, who seeks relief from the punishing symptoms of depression, inertia and self-doubt. Cory, a previously proud and optimistic 22-year-old college student and citizen of the Lakota-Sioux nation, who upon returning from the Iraq war finds his family and his tribe in disarray. Significant alcohol use and access to guns compounds his suicide risk. Through compassionate and targeted interviewing, Sommers-Flanagan will teach

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### Downloadable Instructor's Manuals

Most videos include a downloadable Instructor's Manual. The manuals include transcripts and provide reflective exercises meant to enrich the learning opportunities gained via our videos, such as role-plays, suggestions for discussion questions, reaction/response papers, and other such beneficial resources.

You can find the Instructor's Manuals via the green "Download Manual" button on the lower right next to the transcript.

WATCH: ASSESSMENT AND INTERVENTION WITH SUICIDAL CLIENTS VOLUME 1  
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Our tribe's a Band of Brule  
And then when the cavalry chased us to Canada, and then we stayed and fought. And then he eventually went back to Standing Rock Reservation to-- that's where he settled over there-- Rosebud.  
And then we got caught-- our tribe got caught. And they kept us at the Fort Peck. They call it Fort Poplar there. And that's kind of like where they kept us, and life kind of changed there.  
But we're fighters. And I guess thinking about just continuing to fight, or is the flight worth it?  
SOMMERS-FLANAGAN: Yeah. The stories-- the identity a lot focused on pride, honor, fighting, being warriors. And I hear you saying there at the very end, is it worth it anymore? Is the flight worth it is that--  
CORY: Yeah. It's like, you know, I look back, and my tribe is just in disarray-- drugs, alcohol. My uncle was in Vietnam-- or my dad's uncle was in Vietnam. And he came back. He couldn't take anymore, so he drank himself to death and drove his truck off a bridge. He didn't feel like he

Clips Description

Interviewing, Sommers-Flanagan will teach you how to recognize and address the eight dimensions of suicidality. In the process, your clients will begin to gain clarity around their suicidality and you will develop a clearer clinical picture that will help you to lay the groundwork for intervention. Descriptive and informative pre and post-demonstration discussions between Sommers-Flanagan and Victor Yalom will teach you how to seamlessly integrate the research-based and clinically-proven "seven fundamental clinical tasks" into your own assessment and early intervention planning. By the conclusion of this training video you will be far better-equipped to attend to the clinical challenges of the suicidal client.

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What else is in your video library?  
Find Out Now >>

## Features of Our Interactive Transcripts (Used to track, navigate and search the video)

Our streaming platform offers a synchronized transcript for all our videos. The transcript rolls with the video while it is playing.

### Track:

This feature also highlights the words in the transcript as they are spoken. This feature can be beneficial for a variety of learning style needs.

### Navigate:

The transcript enables one to easily navigate the video. The words in the transcript are clickable. When you click on any word in the transcript, the video will move to that point in the video. This tool allows you to repeat learning points with ease.

### Search:

Our transcripts are searchable by keyword as well. To search for any term in the transcript, simply type the term you would like to find in the “search video” box. This is located at the top left of the transcript. The results will appear highlighted throughout the transcript. When you click the highlighted results, the video will start from that location.

## How to Download a Video’s Transcript

At any point you can download a video’s transcript by clicking on the download icon located in the top right of the box that the transcript is in.

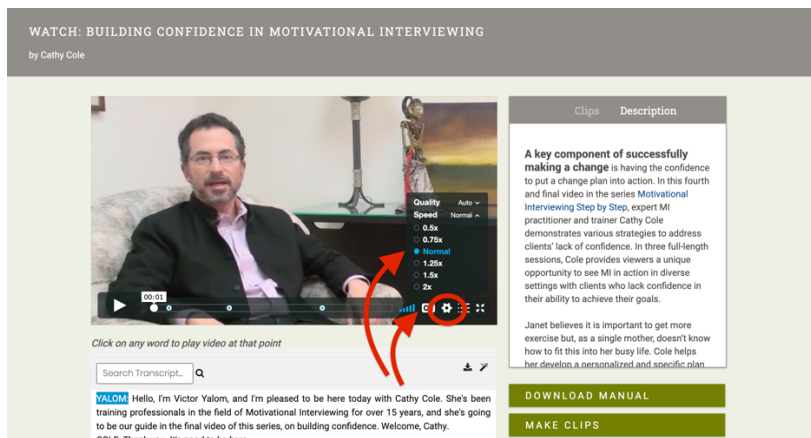
The screenshot shows a video player interface for the video "WATCH: BUILDING CONFIDENCE IN MOTIVATIONAL INTERVIEWING" by Cathy Cole. The video player is on the left, and the transcript is on the right. A red arrow points to a download icon in the top right corner of the transcript box. Below the video player, there is a search bar and a transcript snippet. The transcript snippet reads: "COLE: Exactly. So in Motivational Interviewing, yes, we are really very goal directed and that means that we're helping the client decide what is it that they want to focus on, what are they looking at in terms of what they want for themselves that might be different from the way things are now and then we're strategically listening to how the client is speaking about the issue".

## How to Adjust the Speed and Quality of a Video’s Playback

You can easily adjust the video quality, which is especially useful when you find yourself with limited bandwidth or you are unsure about the stability of your internet connection. The default setting for all videos is “Auto” which means that our platform will analyze your connection and choose a resolution that offers you the best playback. If you know you have an unstable connection, or if you are experiencing buffering delays, you can always select a lower resolution to mitigate playback issues. To ensure you’re viewing a video at the best available resolution, try a higher quality. To adjust the quality, click on the gear icon located in the bottom right of the play bar and choose the appropriate setting.

The screenshot shows a video player interface for the video "WATCH: ASSESSMENT AND INTERVENTION WITH SUICIDAL CLIENTS VOLUME 1" by John Sommers-Flanagan. The video player is on the left, and the transcript is on the right. A red arrow points to a gear icon in the bottom right corner of the play bar. Below the video player, there is a search bar and a transcript snippet. The transcript snippet reads: "VICTOR YALOM: Hello, I'm Victor Yalom, and I'm pleased to be here today with John Sommers-Flanagan. He's a psychologist and Professor of counselor education at the University of Montana. And he's the co-author of several texts with his wife Rita Sommers-Flanagan, including his best known work Clinical Interviewing, now in its sixth edition. Welcome, John. JOHN SOMMERS-FLANAGAN: Thank you, Victor. It's good to be here. YALOM: So we are here to learn about working with suicidal clients, how to do assessment and".

The playback speed can also be adjusted by clicking the gear icon and choosing a slower or faster setting.



### How to Make Clips and Where to Find Embed Codes and Permalinks for Clips

Our platform includes an easy to use clip making function. This allows faculty and students to name and generate unique clips for any video in your collection. Clips can be of any length.

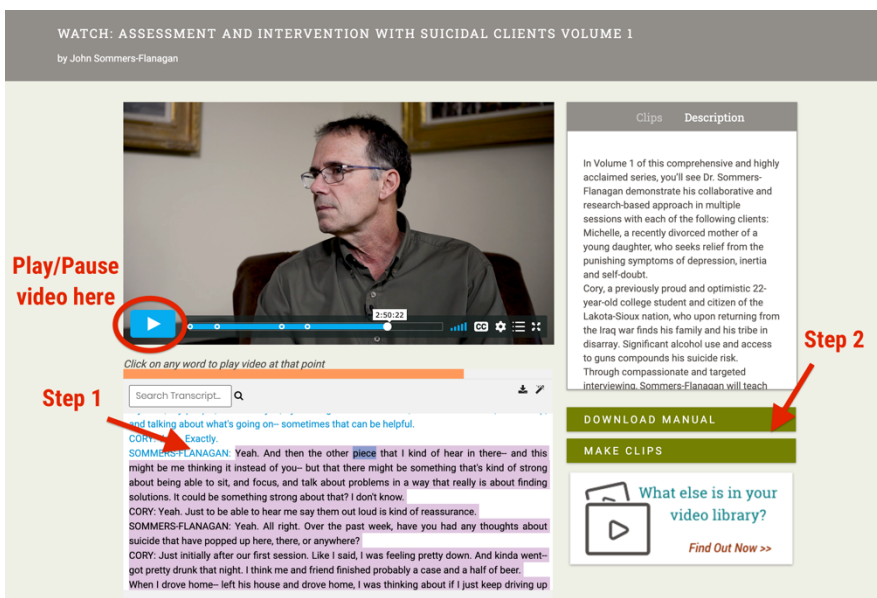
We find clips are often integrated into curricula by professors for lectures and assignments and suggested by clinical supervisors to be used as ongoing resources as clips can be accessed autonomously and become valuable tools to use as one works on gaining skill proficiencies.

A *permalink* will allow faculty/students to directly link to and share any customized clip in your collection.

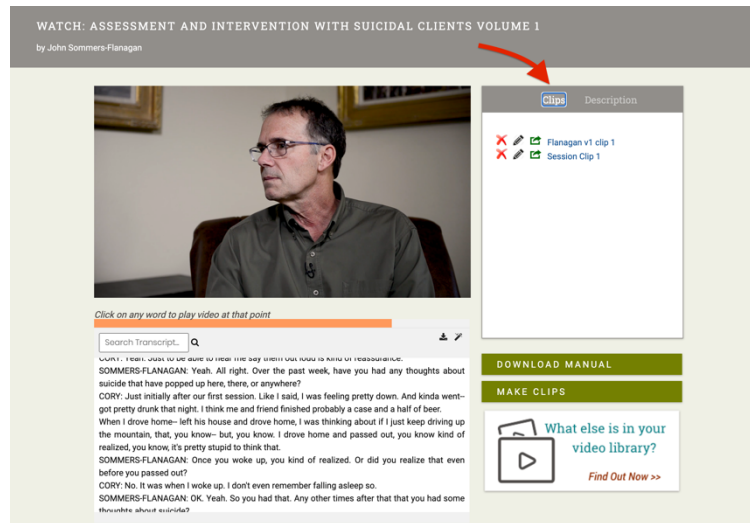
*Embed code* allows one to add a clip to an ILS or LMS. (e.g. Moodle, Blackboard, Canvas, etc)

**Please note: If you wish to embed the entire video into an LMS, please make a clip of the entire video.**

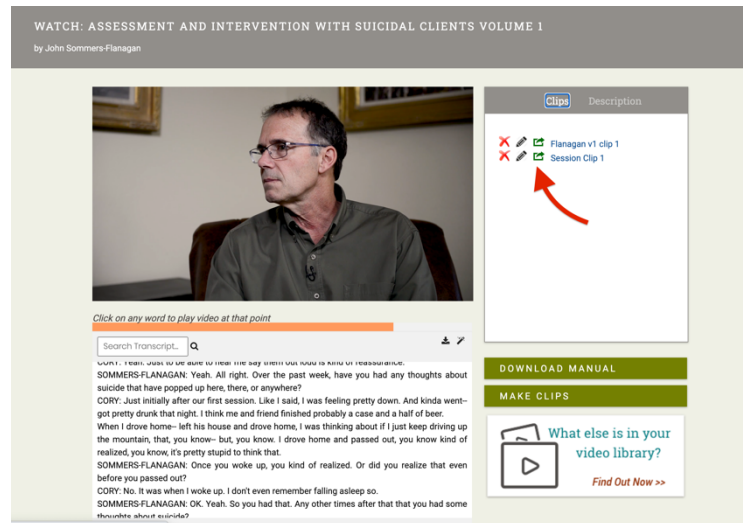
1. To make a clip, **pause the video** and then simply follow these two steps: 1) Select the content in the transcript you wish to clip and 2) Click on the “Make Clips” button to the right of the transcript, and then name it. *When a clip is created, a permalink and embed code are automatically generated.*



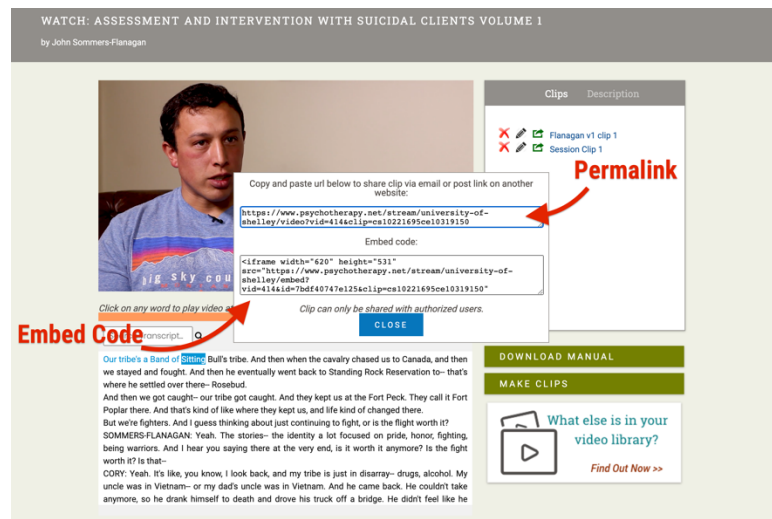
- To find the clip, please go to the "Clips" tab found to the right of the video viewer.



- To find the permalink and embed code, once on the "Clips" tab, click on the "Green Share Icon" next to the clip's name.



- When the share icon is clicked, this pop-up window will appear. This popup window contains the Permalink for the clip (the URL all may use to directly access the clip from anywhere) and the Embed code for the clip, if you wish to embed into an LMS.



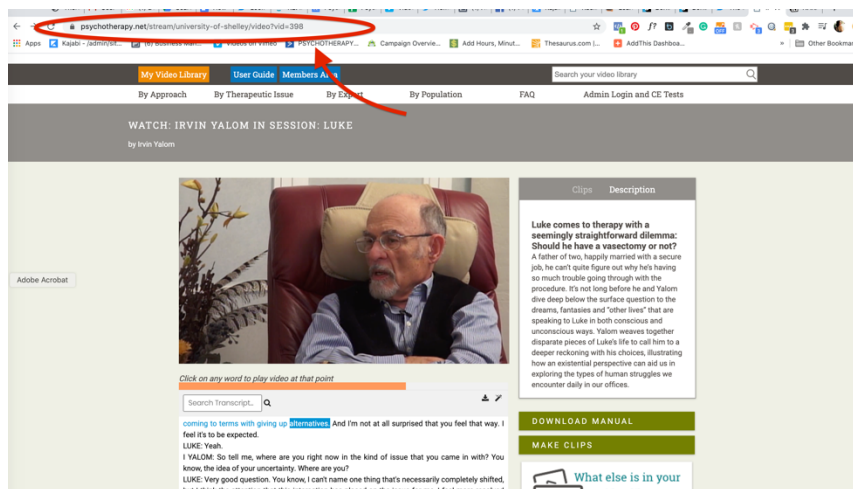
## How to Discover Videos Based on Content Areas

1. **Learning Centers:** Our discovery learning centers can be found via the Top Navigation. (Look for a row of text just below the dark grey bar towards the top of the screen.) They assist one in finding videos that address specific content areas. One may view titles by *Approach*, *Therapeutic Issue*, *Expert* and *Population*.
2. **Keyword Search:** One may also use the "Search your video library" search field found in the top right within the dark grey bar to find titles.
3. **Topics:** When one clicks a video's image in the video library, a window pops up. At the bottom of that pop-up window, a section is offered with the title, "Topics". These include all the topics the video addresses. These Topics are hyperlinked and will link one to a page in the video library showing other titles that address that content area as well.

## How to Find Direct Links for a Video or Groups of Videos so you can easily share with others

### 1. Direct Single Video URL Access

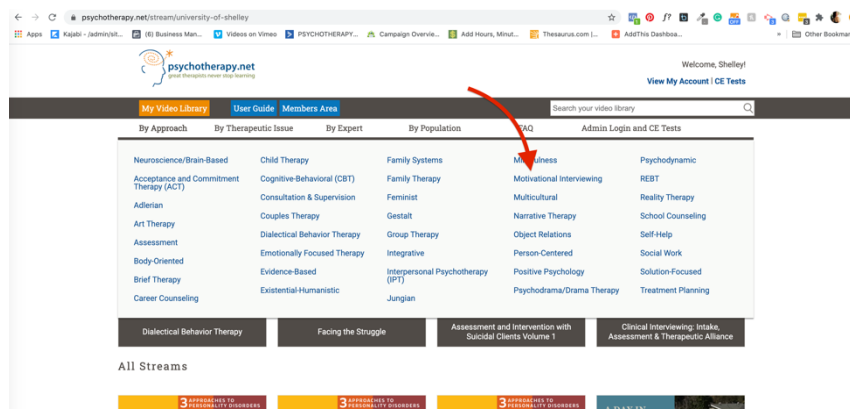
All videos in your video library will have their own URL. Once one has entered the video library and has selected a title to view, the URL in the address bar may be copied and shared with other users for direct access to any of the videos in your library.

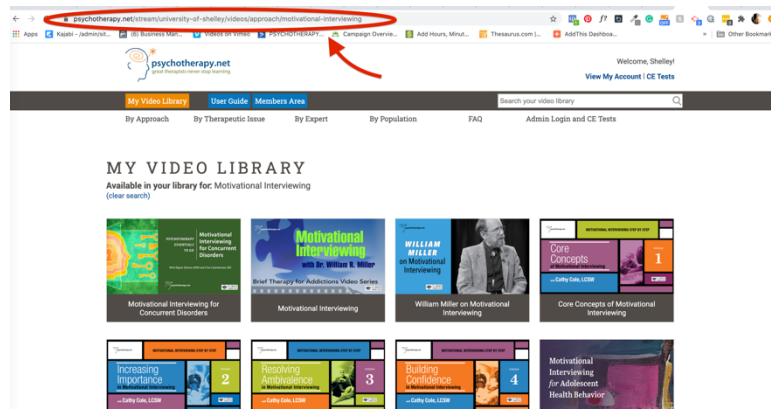


### 2. Obtain a URL to directly access and/or share videos that address specific content areas

When one selects a content area via a learning center, uses the keyword search bar, or selects a topic in the pop-up window, a URL is generated in the address bar, and a list of videos that match that content area/search criteria will appear in the video library.

The URL in the address bar may be utilized in the future to directly access this list of titles or shared with students or colleagues who also have access to your video library.





## How to Identify and Navigate to Chapters

When a video has chapters, you'll see small circles on the play bar, which identify the video's chapters. Hovering over those circles will reveal the name of the chapter. Clicking on the circles will take you to the chapter.

WATCH: BUILDING CONFIDENCE IN MOTIVATIONAL INTERVIEWING  
by Cathy Cole

Click on any word to play video at that point

Search Transcript...

COLE: Exactly. So in Motivational Interviewing, yes, we are really **very** goal directed, and that means that we're helping the client decide what is it that they want to focus on, what are they looking at in terms of what they want for themselves that might be different from the way things are now, and then we're strategically listening to how the client is speaking about the issue.

Clips Description

**A key component of successfully making a change** is having the confidence to put a change plan into action. In this fourth and final video in the series **Motivational Interviewing Step by Step**, expert MI practitioner and trainer Cathy Cole demonstrates various strategies to address clients' lack of confidence. In three full-length sessions, Cole provides viewers a unique opportunity to see MI in action in diverse settings with clients who lack confidence in their ability to achieve their goals.

Janet believes it is important to get more exercise but, as a single mother, doesn't know how to fit this into her busy life. Cole helps her develop a personalized and specific plan

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## How to Create a Direct Link for a Specific Video using the Video's ID#

Our Full Collection and Social Work Collection title lists contain each title's corresponding video ID. We have listed the Video IDs in their own column on our title lists. They may be found in the column furthest to the right.

Title lists may be found here:

- Full Collection title list: [http://www.psychotherapy.net/data/fe/file/Full\\_Collection.pdf](http://www.psychotherapy.net/data/fe/file/Full_Collection.pdf)
- SW Collection title list: [http://www.psychotherapy.net/data/fe/file/SW\\_collection.pdf](http://www.psychotherapy.net/data/fe/file/SW_collection.pdf)



### Psychotherapy.net Video Streaming

#### Full Collection

List of Videos as of 4/3/2017; Collection will grow as new titles are added

Note: Video series are listed first, followed by single titles.

	Series Name	Name	Therapist	Time (hh:mm)	ID#
1	3 Approaches to Personality Disorders	CBT for Personality Disorders	Arthur Freeman, EdD	2:46	293
2	3 Approaches to Personality Disorders	Dialectical Behavior Therapy	Marsha Linehan, PhD	1:48	225
3	3 Approaches to Personality Disorders	Psychoanalytic Psychotherapy	Otto Kernberg, MD	4:15	264
4	ACT in Action	Cognitive Defusion	Steven Hayes, PhD	2:04	236
5	ACT in Action	Control and Acceptance	Steven Hayes, PhD	1:44	237
6	ACT in Action	Facing the Struggle	Steven Hayes, PhD	1:57	238
7	ACT in Action	Mindfulness, Self, and Contact with the Present Moment	Steven Hayes, PhD	1:46	239
8	ACT in Action	Psychological Flexibility	Steven Hayes, PhD	2:00	240
9	ACT in Action	Values and Action	Steven Hayes, PhD	1:39	241
10	ADHD in the Classroom: Assessment and Intervention	Assessing ADHD in the Schools	George J. DuPaul, PhD, and Gary Stoner, PhD	0:40	50



For example, for the title *Building Confidence in Motivational Interviewing* in the *Motivational Interviewing from the Step by Step 4* video series, the Video ID is 209.

98	Moreno Movies	Psychodrama of a Marriage (around 1940)	Jacob Moreno	1:19	100
	Moreno Movies	Psychodrama of a Marriage: A Motion Picture	Jacob Moreno	1:41	108
99	Moreno Movies	Spontaneity Training and Role Re-Training and Introduction to Psychodrama	Jacob Moreno	0:54	105
100	Motivational Interviewing: Step by Step	Building Confidence in Motivational Interviewing	Cathy Cole, LCSW	1:06	209
101	Motivational Interviewing: Step by Step	Core Concepts of Motivational Interviewing	Cathy Cole, LCSW	2:15	206
102	Motivational Interviewing: Step by Step	Increasing Importance in Motivational Interviewing	Cathy Cole, LCSW	2:03	207
103	Motivational Interviewing: Step by Step	Resolving Ambivalence in Motivational Interviewing	Cathy Cole, LCSW	1:41	208
104	Perspectives in Behavior Therapy	Alan Marlatt on Harm Reduction for Substance Abuse	G. Alan Marlatt, PhD	1:11	255
105	Perspectives in Behavior Therapy	Albert Bandura on Behavior Therapy, Self Efficacy & Modeling	Albert Bandura, PhD	0:54	269
106	Perspectives in Behavior Therapy	Arnold Lazarus on Multimodal Therapy	Arnold Lazarus, PhD	0:27	256

To create a URL for this title to directly access in the future, simply add the Video ID (the blue number in the below example) to the end of your video library URL.

<http://www.psychotherapy.net/stream/institution ID/video?vid=209>

The **institution ID** is site specific. To determine your institution ID, simply look at the URL in the address bar of your browser. The institution ID will always be found after **"/stream/"** in the URL.

In this case, the institution ID is "university-of-shelley".

[www.psychotherapy.net/stream/university-of-shelley/video?vid=209](http://www.psychotherapy.net/stream/university-of-shelley/video?vid=209)

The screenshot shows a web browser window with the URL [psychotherapy.net/stream/university-of-shelley/vid=209](http://psychotherapy.net/stream/university-of-shelley/vid=209) highlighted in red. The page header includes the psychotherapy.net logo and navigation links like 'My Video Library', 'User Guide', and 'Members Area'. Below the header, there are filters for 'By Approach', 'By Therapeutic Issue', 'By Expert', 'By Population', and 'FAQ'. The main content area features a video player with a play button and a progress bar. To the right of the video player is a 'Clips' section with a 'Description' tab. The description text reads: 'A key component of successfully making a change is having the confidence to put a change plan into action. In this fourth and final video in the series Motivational Interviewing Step by Step, expert MI practitioner and trainer Cathy Cole demonstrates various strategies to address clients' lack of confidence. In three full-length sessions, Cole provides viewers a unique opportunity to see MI in action in diverse settings with clients who lack confidence in their ability to achieve their goals. Janet believes it is important to get more exercise but, as a single mother, doesn't know how to fit this into her busy life. Cole helps her develop a personalized and specific plan...'. Below the video player is a search transcript box and a list of buttons: 'DOWNLOAD MANUAL', 'MAKE CLIPS', and 'TAKE CE TEST'.

If your library is using a proxy server the URL above will look a bit different, however the video ID will always be placed after "**video?vid=**" in the URL.

For example, a URL may look like:

<http://0-www.psychotherapy.net.ezproxy.xxx.edu/stream/InstitutionID/video?vid=209>

### **Title lists:**

Full Collection title list: [http://www.psychotherapy.net/data/fe/file/Full\\_Collection.pdf](http://www.psychotherapy.net/data/fe/file/Full_Collection.pdf)

SW Collection title list: [http://www.psychotherapy.net/data/fe/file/SW\\_collection.pdf](http://www.psychotherapy.net/data/fe/file/SW_collection.pdf)