

Psychotherapy.net's Streaming Platform:

Feature Optimization 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 "Off"

EFT Stage 1: Reaching De-escalation
by Rebecca Jorgensen

Click on any word to play video at that point

Search Video

JORGENSEN: So that may be one way you get out of it, **it** stops. But you have another way in mind?
CASSANDRA: Even so, even when it is like that, it's like, I feel like he's just saying it just to, like, end it.
JORGENSEN: You don't really trust it.
CASSANDRA: Just to get that peace and calm.
JORGENSEN: Right
CASSANDRA: Yeah.
JORGENSEN: So it's a way that you both kind of call a truce. Like, you don't really buy it, but you'll go along with

Chapters Clips Description

Stage 1: Complete De-escalation
Step 1: Assessment and Alliance
Step 2: Identifying the Cycle
Step 3: Identifying Primary Emotions
Step 4: Accepting the Reframe and Reaching De-escalation

DOWNLOAD MANUAL

MAKE CLIPS

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

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, and reaction/response papers. Also the manuals include additional resources that one may find beneficial.

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

Irvin Yalom in Session: Eugenia
by Irvin Yalom

Click on any word to play video at that point

Search Video

I. YALOM: OK. Was last week in any way unusual? Was there any particular **influence** of anything we talked about last week that may have contributed to this?
EUGENIA: I don't think it was anything particular. I just think it's me becoming overwhelmed and frustrated that because I feel like I'm trying to figure this out and that I'm stronger than all of these thoughts or whatever.
I. YALOM: Sure.
EUGENIA: But I just feel like maybe I'm not trying hard enough, or it's just like, why can't I figure this out kind of thing.
I. YALOM: How are your feelings, especially about anything that happened or we talked about last week, or

Chapters Clips Description

Introduction
Session 1
Session 2
Session 7
Session 9

DOWNLOAD MANUAL

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Interactive Transcripts (Use 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 Make Clips

Where to find Embed Code 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 have found these clips are often integrated into curricula by professors for lectures and assignments, and suggested by clinical supervisors as ongoing resources that can be accessed autonomously 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 a 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.*

The screenshot displays a video player interface for a video titled "Group Therapy for Addictions: An Interpersonal Relapse Prevention Approach" by Devin Ashwood & Tim Leighton. The video player shows a scene with three men sitting on a couch. A red arrow labeled "Step 1" points to a search box in the transcript area. The transcript text includes: "SABINA: Well, yeah, all the comments are very nice and all and probably very helpful. But it's not anything I haven't really considered before. None of it's really worked. And to be honest, I don't think in the grand scheme of things it's that big a deal, really. I think Gemma's probably got bigger problems than me.", "GEMMA: No, I just don't see the point of this. I just don't get it.", "NATHAN: Maybe your problem is best addressed in one-to-one counseling, Gemma.", "GEMMA: Well, that's what I wanted in the first place. I just don't get group.", "MARK: At least, give it a go. Give it some time.", "NATHAN: Gemma, don't play with your towel now.", "JIMMY: Yeah, do you know what? You're a real valued member of this group. Don't give up". A red arrow labeled "Step 2" points to a "MAKE CLIPS" button in the right-hand panel. The panel also contains a "LOAD MANUAL" button and a "What else is in your video library?" section with a "Find Out Now >>" link.

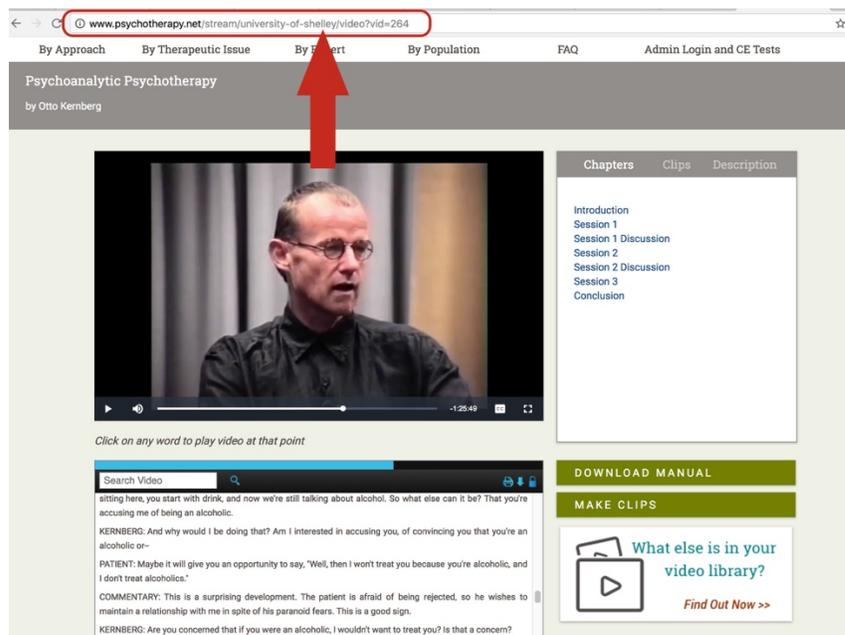
Discover Videos Based on Content Areas

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.



The screenshot shows a web browser window with the address bar containing the URL www.psychotherapy.net/stream/university-of-shelley/video?vid=264. A red arrow points to this URL. Below the address bar, there are navigation tabs: "By Approach", "By Therapeutic Issue", "By Expert", "By Population", "FAQ", and "Admin Login and CE Tests". The main content area is titled "Psychoanalytic Psychotherapy by Otto Kernberg". A video player is embedded, showing a man speaking. To the right of the video player is a "Chapters" list: Introduction, Session 1, Session 1 Discussion, Session 2, Session 2 Discussion, Session 3, and Conclusion. Below the video player is a search bar with the text "Search Video" and a magnifying glass icon. Below the search bar is a transcript of the video content, including dialogue between Kernberg and a patient, and a commentary. To the right of the transcript are buttons for "DOWNLOAD MANUAL" and "MAKE CLIPS". At the bottom right, there is a promotional box with a play button icon and the text "What else is in your video library? Find Out Now >>".

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.

My Video Library Search your video library

By Approach By Therapeutic Issue By Expert By Population FAQ Admin Login and CE Tests

Acceptance and Commitment Therapy (ACT)	Cognitive-Behavioral (CBT)	Family Therapy	Motivational Interviewing	Reality Therapy
Adlerian	Continuation & Supervision	Feminist	Multicultural	REBT
Art Therapy	Couples Therapy	Gestalt	Narrative Therapy	School Counseling
Assessment	Dialectical Behavior Therapy	Group Therapy	Object Relations	Self-Help
Body-Oriented	Emotionally Focused Therapy	Integrative	Person-Centered	Social Work
Brief Therapy	Evidence-Based	Interpersonal Psychotherapy (IPT)	Positive Psychology	Solution-Focused
Career Counseling	Existential-Humanistic	Jungian	Psychodrama/Drama Therapy	Treatment Planning
Child Therapy	Family Systems	Mindfulness	Psychodynamic	

SHOW MORE

All Streams

3 APPROACHES TO PERSONALITY DISORDERS 3 APPROACHES TO PERSONALITY DISORDERS 3 APPROACHES TO PERSONALITY DISORDERS

www.psychotherapy.net/stream/university-of-shelley/videos/approach/dialectical-behavior-therapy



Admin Login

My Video Library Search your video library

By Approach By Therapeutic Issue By Expert By Population FAQ Admin Login and CE Tests

Available in your library for: Dialectical Behavior Therapy (clear search)

3 APPROACHES TO PERSONALITY DISORDERS

<p>Dialectical Behavior Therapy</p>	<p>Dialectical Behavior Therapy with Suicidal Clients Vol. 1</p>	<p>Dialectical Behavior Therapy with Suicidal Clients Vol. 2</p>	<p>Dialectical Behavior Therapy Techniques for Emotional Dysregulation</p>
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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: [https://www.psychotherapy.net/data/fe/file/Full Collection.pdf](https://www.psychotherapy.net/data/fe/file/Full%20Collection.pdf)
 - SW Collection title list: [https://www.psychotherapy.net/data/fe/file/SW Collection.pdf](https://www.psychotherapy.net/data/fe/file/SW%20Collection.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
99	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.

<https://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”.

The screenshot shows a web browser with the URL www.psychotherapy.net/stream/university-of-shelley/video?vid=209. The page title is "Building Confidence in Motivational Interviewing" by Cathy Cole. The video player shows two people in a session. The right sidebar contains a "Chapters" list: Introduction, Janet: Clarifying a plan of action, Julie: Eliciting Personal Strengths, and Vance: Increasing Commitment. Below the video player is a search bar and buttons for "DOWNLOAD MANUAL" and "MAKE CLIPS".

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:

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

Title lists:

Full Collection title list: [https://www.psychotherapy.net/data/fe/file/Full Collection.pdf](https://www.psychotherapy.net/data/fe/file/Full%20Collection.pdf)

SW Collection title list: [https://www.psychotherapy.net/data/fe/file/SW Collection.pdf](https://www.psychotherapy.net/data/fe/file/SW%20Collection.pdf)