<table>
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<tr>
<th>Modality</th>
<th>Audiovisual Resources Available Through U of T Library</th>
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| ACT           | Alexander Street Counseling*:  
• Acceptance and Commitment Therapy (Psychotherapy.net, 2012)  
• Acceptance & Commitment Therapy: Immediate, Effective Clinical Interventions That Really Work! (CMI/Premier Education Solutions, 2012)  
• The ACT Model & Approach (CMI/Premier Education Solutions, 2010)  
• Developing ACT Skills (CMI/Premier Education Solutions, 2010) |
| Child & Family| • Cognitive therapy with children CD (Christine Padesky; Centre for Cognitive Therapy, 2001)  
• CBT Child Therapy  
• Adolescent Family Therapy (Allyn and Bacon, 2002)  
• Adolescent Family Therapy (Psychotherapy.net)  
• Attachment and Trauma in Children and Families (CMI/Premier Education Solutions 2011)  
• Communication and Congruence (Thinking Allowed Productions, 2011)  
• Culturally Sensitive Family Therapy (Allyn and Bacon, 1998)  
• Dialectical Behavior Therapy for Children and Adolescents (CMI/Premier Education Solutions, 2012)  
• Empowerment Family Therapy (Psychotherapy.net)  
• Experiential Therapy (Psychotherapy.net)  
• Explosive, Challenging & Resistant Kids: Over 101 Quick, Creative Techniques for Children & Adolescents  
• (CMI/Premier Education Solutions)  
• Family Systems Therapy: Client A (Psychotherapy.net)  
• Family Systems Therapy: Client B (Psychotherapy.net)  
• Family Therapy: Universal and Unique Approaches to Solving Problems (Microtraining Associates, 2012)  
• Feedback Informed Treatment, Part 3 (Alexander Street Press, 2011)  
• Feminist Family Therapy (Allyn and Bacon, 1998)  
• Directive Family Therapy (Jay Haley, Triangle Productions, 2000)  
• The Legacy of Unresolved Loss: A Family Systems Approach (Psychotherapy.net, 2006)  
• Motivational Interviewing with Adolescents and Young Adults (CMI/Premier Education Solutions, 2011)  
• Psychotherapy with Gay, Lesbian, and Bisexual Clients, Program 3: Relationships, Families and Couples  
• Counselling (Psychotherapy.net, 2005)  
• Reflections on Family Therapy (Milton H Erickson Foundation, 2011)  
• Satir Family Therapy: Client B (Psychotherapy.net)  
• Tools and Techniques for Family Therapy (Psychotherapy.net, 2006)  
• Working with Remarried Couples (www.drbilldoherty.org)  
• Over 75 Quick, On-The_Spot Techniques for Children with Emotional and Behaviour Problems  
• (CMI/Premier Education Solutions, 2012) |

*Alexander Street Counseling: access by searching the University of Toronto Library catalogue “Alexander Street Counseling”; then click on Digital Collections under Holdings
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</table>
| CBT      | • Goal setting in cognitive therapy CD (Christine Padesky; Centre for Cognitive Therapy, 2003)  
|          | • Constructing new underlying assumptions & behavioral experiments DVD (Christine Padesky; Centre for Cognitive Therapy, 2004)  
|          | • Behavioral experiments: testing the rules that bind CD (Christine Padesky; Centre for Cognitive Therapy, 1997)  
|          | • Guided discovery using Socratic dialogue DVD (Christine Padesky; Centre for Cognitive Therapy, 1996)  
|          | • Testing automatic thoughts with thought records DVD (Christine Padesky; Centre for Cognitive Therapy, 1996)  
|          | • The continuum and positive data log methods to change schemas: detailed discussion and demonstration CD (Christine Padesky; Centre for Cognitive Therapy, 1993)  
|          | • Collaborative case conceptualization DVD (Christine Padesky; Centre for Cognitive Therapy, 1997)  
|          | • Case conceptualization: an in-session collaboration CD (Christine Padesky; Centre for Cognitive Therapy, 2004)  
|          | • A step-by-step model of collaborative case conceptualization CD (Christine Padesky; Centre for Cognitive Therapy, 2011)  
|          | • Guided discovery: leading and following (Christine Padesky; Centre for Cognitive Therapy, 2003)  
|          | • Imagery in CBT: clinical lecture with questions and answers CD (Christine Padesky; Centre for Cognitive Therapy, 2009)  
|          | • Constructing new core beliefs DVD (Christine Padesky; Centre for Cognitive Therapy, 2003)  
|          | • Cognitive therapy’s past and future: a conversation hour with Q & A’s CD Christine Padesky; Centre for Cognitive Therapy, 2004)  
|          | • Love is never enough CD (Aaron Beck and Christine Padesky; Centre for Cognitive Therapy, 1990)  
|          | • Cognitive therapy for challenging problems DVD (Judith Beck in cooperation with the Beck Institute, 2010)  
|          | • Therapist beliefs: protocols, personalities and guided exercises CD (Christine Padesky; Centre for Cognitive Therapy, 1999)  
|          | • Group cognitive therapy: a balancing act CD (Christine Padesky; Centre for Cognitive Therapy, 2001)  
|          | • Essential CBT Skill Series Volumes 1 -8 DVD [in PAL format] (Uckfield, UK, 2011)  
|          | • Cognitive Therapy with Judith Beck DVD (American Psychological Association, 2006)  
|          | • Cognitive-Behavioral Therapy Strategies DVD (American Psychological Association, 2011)  
|          | • Three approaches to psychotherapy with a female client: the next generation DVD (American Psychological Association, 2012)  
|          | • Three approaches to psychotherapy with a male client: the next generation DVD (American Psychological Association, 2012)  
| Anxiety  | • Psychotherapy Essentials To Go: CBT for anxiety DVD (W.W. Norton & Company, 2013)  
|          | • Cognitive therapy for anxiety disorders CD (Christine Padesky; Centre for Cognitive Therapy, 1994)  
|          | • Brief cognitive therapy for phobias & generalized anxiety disorder CD (Christine Padesky; Centre for Cognitive Therapy, 1994)  
| Depression| • Psychotherapy Essentials To Go: CBT for depression DVD (W.W. Norton & Company, 2013)  
|          | • Advanced cognitive therapy of depression CD (Christine Padesky; Centre for Cognitive Therapy, 1990)  
|          | • Mind over mood in therapy CD (Christine Padesky; Centre for Cognitive Therapy, 2001)  
|          | • Cognitive therapy for depression DVD (Zeig, Tucker & Co, 2000)  

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| CBT Cont’d | • Cognitive therapy of depression: foundations & innovations CD (Christine Padesky; Centre for Cognitive Therapy, 1997)  
• Cognitive therapy of depression: Hopelessness DVD (Aaron Beck, Beck Institute for Cognitive Therapy and Research, 1979)  

Panic Disorder  
• Cognitive therapy for panic disorder DVD (Christine Padesky; Centre for Cognitive Therapy, 1993)  

Obsessive Compulsive Disorder  
• Cognitive therapy for OCD & hypochondriasis CD (Christine Padesky; Centre for Cognitive Therapy, 1994)  

Personality Disorders  
• CT conceptualization and treatment of BPD CD (Susan Byers et al; Centre for Cognitive Therapy, 1990)  
• Cognitive therapy of personality disorders: principles and methods to change schemas CD (Aaron Beck and Christine Padesky; Centre for Cognitive Therapy, 1990)  

Post Traumatic Stress Disorder  
• Cognitive therapy for posttraumatic stress disorder CD (Christine Padesky; Centre for Cognitive Therapy, 2004)  

Social Anxiety Disorder  
• CBT for social anxiety CD (Christine Padesky; Centre for Cognitive Therapy, 2008)  
• Cognitive behavioural therapy for social anxiety DVD (Christine Padesky; Centre for Cognitive Therapy, 2008)  

Couples  
• Constructive and deconstructive language in couples therapy “when you wish upon a star” CD (Christine Padesky; Centre for Cognitive Therapy, 2002)  
• Cognitive therapy for couples conflict “what lies beneath” CD (Christine Padesky; Centre for Cognitive Therapy, 2002)  
• The Angry Couple DVD (Newbridge Communications 1995)  
• Schema Therapy With Couples DVD (American Psychological Association, 2012)  
• Emotionally Focused Therapy with Couples DVD (American Psychological Association, 2007)  

Alexander Street Counseling Collection*:  
• Addressing Economic Inequality In Marriage: A New Therapeutic Approach (Microtraining Associates, 2008)  
• Clinical Dilemmas in Marriage: The Search for Equal Partnership (Microtraining Associates, 2008)  
• Cognitive Therapy with Couples: Initial Phase of Treatment (Harper & Row, 1994)  
• Emotionally Focused Couples Therapy (psychotherapy.net, 2009)  

DBT  
• Psychotherapy Essentials To Go: DBT for emotion dysregulation DVD (W.W. Norton & Company, 2013)  
• Three Approaches to Personality Disorders: Dialectical Behavior Therapy DVD (Psychotherapy.net, 2013)  

Alexander Street Counseling Collection*:  
• Treating Borderline Personality Disorder with Marsha Linehan (Guilford Publications 1995)  
• Understanding Borderline Personality Disorder with Marsha Linehan (Guilford Publications 1995)  
• Advanced Dialectical Behavior Therapy (CMI/Premier Education Solutions, 2011 [262 min])  
• Advanced Dialectical Behavior Therapy (CMI/Premier Education Solutions, 2011 341 min])  

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| DBT Cont’d | Alexander Street Counseling Collection*:  
- DBT Series: DBT Innovations and Adaptations (CMI/Premier Education Solutions, 2011)  
- DBT Series: Developing Your DBT Program (CMI/Premier Education Solutions, 2011)  
- DBT Series: Ethics of Evidence-Based Treatment (CMI/Premier Education Solutions, 2011)  
- DBT Series: Fundamentals of Dialectical Behavior Therapy (CMI/Premier Education Solutions, 2011)  
- DBT Series: Master the Behavioral Chain Analysis – DBT’s Most Essential Strategy (CMI/Premier Education Solutions, 2011)  
- DBT Series: Using DBT with Axis I Disorders (CMI/Premier Education Solutions, 2009)  
- DBT Skills Training (CMI/Premier Education Solutions, 2011; 373 min)  
- DBT Skills Training (CMI/Premier Education Solutions, 2011; 341 min)  
- Dialectical Behavior Therapy: Advanced Ideas, Innovations and Interventions (CMI/Premier Education Solutions)  
- Dialectical Behavior Therapy: Basics & Beyond (CMI/Premier Education Solutions, 2011)  
- Dialectical Behavior Therapy: In-Session Client Demonstration (CMI/Premier Education Solutions, 2011)  
- Personality Disorders: The Challenges of the Hidden Agenda (CMI/Premier Education Solutions, 2012)  
- Personality Disorders & Trauma: The Connection and the Treatment (CMI/Premier Education Solutions)  
- Suicide, Parasuicide and Other Out-of-Control Behaviors (CMI/Premier Education Solutions, 2010)  
| Group |  
- Existential-humanistic psychotherapy in action a demonstration DVD (psychotherapy.net, 2005)  
- Understanding Group Psychotherapy: An Interview with Irwin Yalom (psychotherapy.net, 2006)  
- Understanding Group Psychotherapy: Inpatients Part 1 (psychotherapy.net, 2006)  
- Understanding Group Psychotherapy: Inpatients Part 2 (psychotherapy.net, 2006)  
- Understanding Group Psychotherapy: Outpatients Part 1 (psychotherapy.net, 2006)  
- Understanding Group Psychotherapy: Outpatients Part 2 (psychotherapy.net, 2006)  
| IPT |  
- Psychotherapy Essentials To Go: IPT for depression DVD (W.W. Norton & Company, 2013)  
- https://www.ipsrt.org/training  
| MI |  
- Assessing Alcohol Problems Using Motivational Interviewing DVD (American Psychological Association, 2008)  
- Psychotherapy Essentials To Go: Motivational interviewing for concurrent disorders DVD (W.W. Norton & Company, 2013)  
- The Essentials of Motivational Interviewing (CMI/Premier Education Solutions, 2011)  
- Introduction to Motivational Interviewing (Alexander Street Press, 2011)  
- Introduction to Structured Relapse Prevention (Australian Counselling Association, 2010)  
- Motivational Interviewing: Eliciting Clients’ Own Arguments for Change (CMI/Premier Education Solutions)  
- Motivational Interviewing with William R Miller (Allyn and Bacon, 2000)  

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<td>• Motivational Interviewing Demonstration with William R Miller (psychotherapy.net, 2008)</td>
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<td>• Motivational Interviewing for Depression with William R Miller (psychotherapy.net, 2008)</td>
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<td>• Motivational Interviewing for Mental Health Disorders (CMI/Premier Education Solutions)</td>
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<td>• Motivational Interviewing with Elderly Woman with William R Miller (psychotherapy.net, 2008)</td>
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<td>• Therapeutic Journeys, Alcohol Counselling Skills: Working with Binge Drinking (Sushi Productions, 2009)</td>
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<td>• Therapeutic Journeys, Counselling Aboriginal Clients and Their Families. Series Three: Alcohol &amp; Drug Counselling Skills (Sushi Production, 2003)</td>
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<td>• Therapeutic Journeys, Mental Health &amp; Drug Problems. Series One: Working with Adults (Sushi Productions, 2003)</td>
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<td>• Therapeutic Journeys: Techniques for Managing Trauma and Drug Use (Sushi Productions, 2012)</td>
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<td>Psycho-dynamic</td>
<td>• Brief Dynamic Therapy DVD (American Psychological Association, 2004)</td>
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<td>• Object Relations Therapy DVD (interview with Jill Scharff; psychotherapy.net, 2008)</td>
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<td>Alexander Street Counseling*:</td>
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<td>• Getting It Together (discussion of Freudian Analysis; Aquarius Health Care Media, 2006)</td>
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<td>• Transactional Analysis (interview with Mary Goulding; Allyn and Bacon, 1997)</td>
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