

Modality	Audiovisual Resources Available Through U of T Library
ACT	Alexander Street Counseling*: <ul style="list-style-type: none"> <li>• Acceptance and Commitment Therapy (Psychotherapy.net, 2012)</li> <li>• Acceptance &amp; Commitment Therapy: Immediate, Effective Clinical Interventions That Really Work! (CMI/Premier Education Solutions, 2012)</li> <li>• The ACT Model &amp; Approach (CMI/Premier Education Solutions, 2010)</li> <li>• Developing ACT Skills (CMI/Premier Education Solutions, 2010)</li> </ul>
Child & Family	<ul style="list-style-type: none"> <li>• Cognitive therapy with children CD (Christine Padesky; Centre for Cognitive Therapy, 2001)</li> </ul> Alexander Street Counseling*: <ul style="list-style-type: none"> <li>• CBT Child Therapy</li> <li>• Adolescent Family Therapy (Allyn and Bacon, 2002)</li> <li>• Adolescent Family Therapy (Psychotherapy.net)</li> <li>• Attachment and Trauma in Children and Families (CMI/Premier Education Solutions 2011)</li> <li>• Communication and Congruence (Thinking Allowed Productions, 2011)</li> <li>• Culturally Sensitive Family Therapy (Allyn and Bacon, 1998)</li> <li>• Dialectical Behavior Therapy for Children and Adolescents (CMI/Premier Education Solutions, 2012)</li> <li>• Empowerment Family Therapy (Psychotherapy.net)</li> <li>• Experiential Therapy (Psychotherapy.net)</li> <li>• Explosive, Challenging &amp; Resistant Kids: Over 101 Quick, Creative Techniques for Children &amp; Adolescents (CMI/Premier Education Solutions)</li> <li>• Family Systems Therapy: Client A (Psychotherapy.net)</li> <li>• Family Systems Therapy: Client B (Psychotherapy.net)</li> <li>• Family Therapy: Universal and Unique Approaches to Solving Problems (Microtraining Associates, 2012)</li> <li>• Feedback Informed Treatment, Part 3 (Alexander Street Press, 2011)</li> <li>• Feminist Family Therapy (Allyn and Bacon, 1998)</li> <li>• Directive Family Therapy (Jay Haley, Triangle Productions, 2000)</li> <li>• The Legacy of Unresolved Loss: A Family Systems Approach (Psychotherapy.net, 2006)</li> <li>• Motivational Interviewing with Adolescents and Young Adults (CMI/Premier Education Solutions, 2011)</li> <li>• Psychotherapy with Gay, Lesbian, and Bisexual Clients, Program 3: Relationships, Families and Couples</li> <li>• Counselling (Psychotherapy.net, 2005)</li> <li>• Reflections on Family Therapy (Milton H Erickson Foundation, 2011)</li> <li>• Satir Family Therapy: Client B (Psychotherapy.net)</li> <li>• Tools and Techniques for Family Therapy (Psychotherapy.net, 2006)</li> <li>• Working with Remarried Couples (<a href="http://www.drilldoherty.org">www.drilldoherty.org</a>)</li> <li>• Over 75 Quick, On-The_Spot Techniques for Children with Emotional and Behaviour Problems (CMI/Premier Education Solutions, 2012)</li> </ul>

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CBT	<ul style="list-style-type: none"> <li>• Goal setting in cognitive therapy CD (Christine Padesky; Centre for Cognitive Therapy, 2003)</li> <li>• Constructing new underlying assumptions &amp; behavioral experiments DVD (Christine Padesky; Centre for Cognitive Therapy, 2004)</li> <li>• Behavioral experiments: testing the rules that bind CD (Christine Padesky; Centre for Cognitive Therapy, 1997)</li> <li>• Guided discovery using Socratic dialogue DVD (Christine Padesky; Centre for Cognitive Therapy, 1996)</li> <li>• Testing automatic thoughts with thought records DVD (Christine Padesky; Centre for Cognitive Therapy, 1996)</li> <li>• The continuum and positive data log methods to change schemas: detailed discussion and demonstration CD (Christine Padesky; Centre for Cognitive Therapy, 1993)</li> <li>• Collaborative case conceptualization DVD (Christine Padesky; Centre for Cognitive Therapy, 1997)</li> <li>• Case conceptualization: an in-session collaboration CD (Christine Padesky; Centre for Cognitive Therapy, 2004)</li> <li>• A step-by-step model of collaborative case conceptualization CD (Christine Padesky; Centre for Cognitive Therapy, 2011)</li> <li>• Guided discovery: leading and following (Christine Padesky; Centre for Cognitive Therapy, 2003)</li> <li>• Imagery in CBT: clinical lecture with questions and answers CD (Christine Padesky; Centre for Cognitive Therapy, 2009)</li> <li>• Constructing new core beliefs DVD (Christine Padesky; Centre for Cognitive Therapy, 2003)</li> <li>• Cognitive therapy's past and future: a conversation hour with Q &amp; A's CD Christine Padesky; Centre for Cognitive Therapy, 2004)</li> <li>• Love is never enough CD (Aaron Beck and Christine Padesky; Centre for Cognitive Therapy, 1990)</li> <li>• Cognitive therapy for challenging problems DVD (Judith Beck in cooperation with the Beck Institute, 2010)</li> <li>• Therapist beliefs: protocols, personalities and guided exercises CD (Christine Padesky; Centre for Cognitive Therapy, 1999)</li> <li>• Group cognitive therapy: a balancing act CD (Christine Padesky; Centre for Cognitive Therapy, 2001)</li> <li>• Essential CBT Skill Series Volumes 1 -8 DVD [in PAL format] (Uckfield, UK, 2011)</li> <li>• Cognitive Therapy with Judith Beck DVD (American Psychological Association, 2006)</li> <li>• Cognitive-Behavioral Therapy Strategies DVD (American Psychological Association, 2011)</li> <li>• Three approaches to psychotherapy with a female client: the next generation DVD (American Psychological Association, 2012)</li> <li>• Three approaches to psychotherapy with a male client: the next generation DVD (American Psychological Association, 2012)</li> </ul> <p>Anxiety</p> <ul style="list-style-type: none"> <li>• Psychotherapy Essentials To Go: CBT for anxiety DVD (W.W. Norton &amp; Company, 2013)</li> <li>• Cognitive therapy for anxiety disorders CD (Christine Padesky; Centre for Cognitive Therapy, 1994)</li> <li>• Brief cognitive therapy for phobias &amp; generalized anxiety disorder CD (Christine Padesky; Centre for Cognitive Therapy, 1994)</li> </ul> <p>Depression</p> <ul style="list-style-type: none"> <li>• Psychotherapy Essentials To Go: CBT for depression DVD (W.W. Norton &amp; Company, 2013)</li> <li>• Advanced cognitive therapy of depression CD (Christine Padesky; Centre for Cognitive Therapy, 1990)</li> <li>• Mind over mood in therapy CD (Christine Padesky; Centre for Cognitive Therapy, 2001)</li> <li>• Cognitive therapy for depression DVD (Zeig, Tucker &amp; Co, 2000)</li> </ul>

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CBT Cont'd	<ul style="list-style-type: none"> <li>• Cognitive therapy of depression: foundations &amp; innovations CD (Christine Padesky; Centre for Cognitive Therapy, 1997)</li> <li>• Cognitive therapy of depression: Hopelessness DVD (Aaron Beck, Beck Institute for Cognitive Therapy and Research, 1979)</li> </ul> <p>Panic Disorder</p> <ul style="list-style-type: none"> <li>• Cognitive therapy for panic disorder DVD (Christine Padesky; Centre for Cognitive Therapy, 1993)</li> </ul> <p>Obsessive Compulsive Disorder</p> <ul style="list-style-type: none"> <li>• Cognitive therapy for OCD &amp; hypochondriasis CD (Christine Padesky; Centre for Cognitive Therapy, 1994)</li> </ul> <p>Personality Disorders</p> <ul style="list-style-type: none"> <li>• CT conceptualization and treatment of BPD CD (Susan Byers et al; Centre for Cognitive Therapy, 1990)</li> <li>• Cognitive therapy of personality disorders: principles and methods to change schemas CD (Aaron Beck and Christine Padesky; Centre for Cognitive Therapy, 1990)</li> </ul> <p>Post Traumatic Stress Disorder</p> <ul style="list-style-type: none"> <li>• Cognitive therapy for posttraumatic stress disorder CD (Christine Padesky; Centre for Cognitive Therapy, 2004)</li> </ul> <p>Social Anxiety Disorder</p> <ul style="list-style-type: none"> <li>• CBT for social anxiety CD (Christine Padesky; Centre for Cognitive Therapy, 2008)</li> <li>• Cognitive behavioural therapy for social anxiety DVD (Christine Padesky; Centre for Cognitive Therapy, 2008)</li> </ul>
Couples	<ul style="list-style-type: none"> <li>• Constructive and deconstructive language in couples therapy “when you wish upon a star” CD (Christine Padesky; Centre for Cognitive Therapy, 2002)</li> <li>• Cognitive therapy for couples conflict “what lies beneath” CD (Christine Padesky; Centre for Cognitive Therapy, 2002)</li> <li>• The Angry Couple DVD (Newbridge Communications 1995)</li> <li>• Schema Therapy With Couples DVD (American Psychological Association, 2012)</li> <li>• Emotionally Focused Therapy with Couples DVD (American Psychological Association, 2007)</li> </ul> <p>Alexander Street Counseling*:</p> <ul style="list-style-type: none"> <li>• Addressing Economic Inequality In Marriage: A New Therapeutic Approach (Microtraining Associates, 2008)</li> <li>• Clinical Dilemmas in Marriage: The Search for Equal Partnership (Microtraining Associates, 2008)</li> <li>• Cognitive Therapy with Couples: Initial Phase of Treatment (Harper &amp; Row, 1994)</li> <li>• Emotionally Focused Couples Therapy (psychotherapy.net, 2009)</li> </ul>
DBT	<ul style="list-style-type: none"> <li>• Psychotherapy Essentials To Go: DBT for emotion dysregulation DVD (W.W. Norton &amp; Company, 2013)</li> <li>• Three Approaches to Personality Disorders: Dialectical Behavior Therapy DVD (Psychotherapy.net, 2013)</li> </ul> <p>Alexander Street Counseling*:</p> <ul style="list-style-type: none"> <li>• Treating Borderline Personality Disorder with Marsha Linehan (Guilford Publications 1995)</li> <li>• Understanding Borderline Personality Disorder with Marsha Linehan (Guilford Publications 1995)</li> <li>• Advanced Dialectical Behavior Therapy (CMI/Premier Education Solutions, 2011 [262 min])</li> <li>• Advanced Dialectical Behavior Therapy (CMI/Premier Education Solutions, 2011 341 min])</li> </ul>

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DBT Cont'd	<p>Alexander Street Counseling Collection*:</p> <ul style="list-style-type: none"> <li>• DBT Series: DBT Innovations and Adaptations (CMI/Premier Education Solutions, 2011)</li> <li>• DBT Series: Developing Your DBT Program (CMI/Premier Education Solutions, 2011)</li> <li>• DBT Series: Ethics of Evidence-Based Treatment (CMI/Premier Education Solutions, 2011)</li> <li>• DBT Series: Fundamentals of Dialectical Behavior Therapy (CMI/Premier Education Solutions, 2011)</li> <li>• DBT Series: Master the Behavioral Chain Analysis – DBT's Most Essential Strategy (CMI/Premier Education Solutions, 2011)</li> <li>• DBT Series: Using DBT with Axis I Disorders (CMI/Premier Education Solutions, 2009)</li> <li>• DBT Skills Training (CMI/Premier Education Solutions, 2011; 373 min)</li> <li>• DBT Skills Training (CMI/Premier Education Solutions, 2011; 341 min)</li> <li>• Dialectical Behavior Therapy: Advanced Ideas, Innovations and Interventions (CMI/Premier Education Solutions)</li> <li>• Dialectical Behavior Therapy: Basics &amp; Beyond (CMI/Premier Education Solutions, 2011)</li> <li>• Dialectical Behavior Therapy: In-Session Client Demonstration (CMI/Premier Education Solutions, 2011)</li> <li>• Personality Disorders: The Challenges of the Hidden Agenda (CMI/Premier Education Solutions, 2012)</li> <li>• Personality Disorders &amp; Trauma: The Connection and the Treatment (CMI/Premier Education Solutions)</li> <li>• Suicide, Parasuicide and Other Out-of-Control Behaviors (CMI/Premier Education Solutions, 2010)</li> </ul>
Group	<ul style="list-style-type: none"> <li>• Existential-humanistic psychotherapy in action a demonstration DVD (psychotherapy.net, 2005)</li> </ul> <p>Alexander Street Counseling*:</p> <ul style="list-style-type: none"> <li>• Understanding Group Psychotherapy: An Interview with Irwin Yalom (psychotherapy.net, 2006)</li> <li>• Understanding Group Psychotherapy: Inpatients Part 1 (psychotherapy.net, 2006)</li> <li>• Understanding Group Psychotherapy: Inpatients Part 2 (psychotherapy.net, 2006)</li> <li>• Understanding Group Psychotherapy: Outpatients Part 1 (psychotherapy.net, 2006)</li> <li>• Understanding Group Psychotherapy: Outpatients Part 2 (psychotherapy.net, 2006)</li> </ul>
IPT	<ul style="list-style-type: none"> <li>• Psychotherapy Essentials To Go: IPT for depression DVD (W.W. Norton &amp; Company, 2013)</li> <li>• <a href="https://www.ipsrt.org/training">https://www.ipsrt.org/training</a></li> </ul>
MI	<ul style="list-style-type: none"> <li>• Assessing Alcohol Problems Using Motivational Interviewing DVD (American Psychological Association, 2008)</li> <li>• Psychotherapy Essentials To Go: Motivational interviewing for concurrent disorders DVD (W.W. Norton &amp; Company, 2013)</li> </ul> <p>Alexander Street Counseling*:</p> <ul style="list-style-type: none"> <li>• The Essentials of Motivational Interviewing (CMI/Premier Education Solutions, 2011)</li> <li>• Introduction to Motivational Interviewing (Alexander Street Press, 2011)</li> <li>• Introduction to Structured Relapse Prevention (Australian Counselling Association, 2010)</li> <li>• Motivational Interviewing: Eliciting Clients' Own Arguments for Change (CMI/Premier Education Solutions)</li> <li>• Motivational Interviewing with William R Miller (Allyn and Bacon, 2000)</li> </ul>

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MI Cont'd	<ul style="list-style-type: none"> <li>• Motivational Interviewing Demonstration with William R Miller (psychotherapy .net, 2008)</li> <li>• Motivational Interviewing for Depression with William R Miller (psychotherapy.net, 2008)</li> <li>• Motivational Interviewing for Mental Health Disorders (CMI/Premier Education Solutions)</li> <li>• Motivational Interviewing with Elderly Woman with William R Miller (psychotherapy. net ,2008)</li> <li>• Therapeutic Journeys, Alcohol Counselling Skills: Working with Binge Drinking (Sushi Productions, 2009)</li> <li>• Therapeutic Journeys, Counselling Aboriginal Clients and Their Families. Series Three: Alcohol &amp; Drug Counselling Skills (Sushi Production, 2003)</li> <li>• Therapeutic Journeys, Mental Health &amp; Drug Problems. Series One: Working with Adults (Sushi Productions, 2003)</li> <li>• Therapeutic Journeys: Techniques for Managing Trauma and Drug Use (Sushi Productions, 2012)</li> </ul>
Psycho-dynamic	<ul style="list-style-type: none"> <li>• Brief Dynamic Therapy DVD (American Psychological Association, 2004)</li> <li>• Object Relations Therapy DVD (interview with Jill Scharff; psychotherapy.net, 2008)</li> </ul> <p>Alexander Street Counseling*:</p> <ul style="list-style-type: none"> <li>• Getting It Together (discussion of Freudian Analysis; Aquarius Health Care Media, 2006)</li> <li>• Transactional Analysis (interview with Mary Goulding; Allyn and Bacon, 1997)</li> </ul>

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