

# APA PsycTherapy®

**APA PsycTherapy**, the latest addition to the collection of APA resources on the Ovid® platform, is a unique clinical and counseling video training library—accessible from anywhere there's an internet connection.

Ideal for students, instructors, and therapists in clinical and counseling psychology, **APA PsycTherapy** features hundreds of videos of therapists and patients in counseling sessions. And Ovid helps you find the specific video or therapist you're looking for quickly, with natural language, precision search functionality, and cutting-edge resource management tools.

**Over 500 streaming videos of renowned therapists in action**



## Benefits

- **Observe actual therapists in counseling sessions**
- **Keep up on the latest psychotherapy techniques**
- **Identify and compare different therapeutic approaches**
- **Develop therapeutic skills and improve as therapists**
- **Train the next generation of therapists and counselors**

## Key Features

- Anytime/anywhere access to over 500 streaming videos of therapy sessions
- 20–30 hours of new content added annually
- Sessions conducted by 150 master therapists
- Covers nearly 250 topics and disorders and over 100 therapeutic approaches
- Approaches include integrated behavioral health care, CBT, and acceptance and commitment therapy
- Topics include addiction, anxiety, phobias, relationship issues, and depression
- Synchronized and downloadable transcripts
- Playlists of favorites and sharable video clips
- Searchable by topic, therapeutic approach, and therapist
- Searchable simultaneously with other APA resources on Ovid

## APA PsycTherapy®

### **For faculty, students, and trainees in educational settings**

- Observe how common therapeutic techniques are used in practice
- Spot where certain techniques are used in a counseling session
- Evaluate techniques from a clinical perspective
- Differentiate between various techniques and approaches
- Identify which techniques may not work with some patient types
- Watch patients exhibit their disorders with a therapist
- Download transcripts for later review, study, and exam prep

### **For therapists in active practice**

- See the variety of different therapeutic methods
- Determine what approach may work best for patients
- Hone and improve therapeutic skills
- Learn how to incorporate new models and approaches into your practice
- Spot common obstacles faced by therapists during a counseling session

#### **What is the APA?**

Founded in 1892, the American Psychological Association (APA) produces numerous resources covering the entire spectrum of topic areas in psychology, from addiction and stress to child psychology. Other APA resources on Ovid include APA PsycInfo®, APA PsycArticles®, APA PsycBooks®, and APA PsycExtra®.

### **REQUEST YOUR FREE TRIAL TODAY!**

For more details about adding APA PsycTherapy to your institution's electronic library,  
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