



APA PsycTherapy[®]

APA'S UNPARALLELED STREAMING VIDEO PLATFORM
FOR CLINICAL AND COUNSELING PSYCHOLOGY

Do your **trainees** struggle with learning the nuances of various therapy approaches?

Would your **faculty** benefit from a proven counseling training method to prepare therapists-in-training?

Do your **practitioners** need an accessible resource to stay informed of the latest therapeutic techniques?

APA PsycTherapy is the ideal training resource!

This streaming video platform provides clinicians, counselors, and trainees the opportunity to sharpen their skills by observing candid, unscripted psychotherapy videos featuring renowned therapists.

WHAT DOES MY INSTITUTION GET WITH AN APA PSYCTHERAPY SUBSCRIPTION?

- Access to **more than 900 videos** covering over 100 therapy approaches and over 245 topics
- **30-40 hours** of new content added **annually**
- Access to the **APA PsycTherapy Teaching Guide**

APA PsycTherapy covers a wide range of relevant topics, including:

- Alcoholism
- Anger
- Anxiety
- Bereavement
- Compulsion
- Depression
- Drug abuse
- Emotional abuse
- Family relations
- Grief
- Interpersonal relationships
- Life satisfaction
- Marital conflict
- Occupational stress
- Panic attacks
- Stress
- And more.



[AT.APA.ORG/PSYCTHERAPY-2025](https://at.apa.org/psyctherapy-2025)

A Quick Tour of APA PsycTherapy

Watch and listen to videos while simultaneously reading the transcript

Supplemental Content: Search results will include topic and approach definitions, along with therapist bios and headshots to provide additional context to students

Searchable and synchronized transcripts allow users to search for precise moments within a video

Segments: Approximately 100 videos have been broken up into segments for digestible viewing

Quickly search across all video content

Updated features include simplified clip- and playlist-making tools; a new, fully integrated video player; an enhanced user profile page; and more!

Transcript

Culturally Focused Teletherapy With a Client Experiencing COVID-Related Racism and Stress

1: Opening the Session

[00:00] SPEAKER 1 Hello Anna.

[00:02] ANNA Hi.

[00:03] SPEAKER 1 My pleasure to

[00:04] ANNA Nice meet you as well

[00:06] SPEAKER 1 I've heard a little bit of i from the intake about some of the concerns you in today. And I'm hoping that I can be l you and help you to unpack perhaps some worries and preoccupations that brought you Could you tell me a little bit about those con that you have?

[00:28] ANNA Well, I'm just feeling very anxi somewhat overwhelmed with the pandemi everything going on. I have just an eas about what's going on with my family.

Segments

✓ All

Titles

Segments

Clips

Lists

Approach

Therapist

Topic

PsycTherapy Videos

Culturally Focused Teletherapy With a Client Experiencing COVID-Related Racism and Stress

Dr. Joseph M. Cervantes conducts an initial online psychotherapy session with Anna, a Chinese-American nurse experiencing COVID-related racism, stress, and anxiety. In this session, Dr. Cervantes uses a culturally focused narrative approach to help Anna articulate different aspects of her concerns; this includes naming the concerns and exploring her current coping strategies, resources, and barriers. Grounded in the importance of spirituality, Dr. Cervantes encourages Anna to narrate how her and her family's religious practice serves as a source of strength. Dr. Cervantes emphasizes a strengths-based approach throughout the session to give voice to Anna's strengths as well as to her concerns.

RELATED

Related Content

Multicultural Therapy Intimacy Issues (Sessi

Favorites: Users can now favorite videos, clips, therapists, or topics

Helpful tools that allow users to **create playlists** and **share video clips**

DOI
10.1037/v00710-001

Prescription Drug Used
Not Applicable

Keyword
prayer, COVID-19, anxiety, teletherapy, Chinese-American, strengths, nurses, stress, racism

Client
APA Age: Adulthood (18 yrs & older)
Race and ethnicity: Asian American
Gender: Female
Nationality: American

Date Recorded
2021-04-29

Therapeutic Approach
Multicultural Therapy

Publisher
American Psychological Association

Index Term
Race and Ethnic Discrimination, Chinese Cultural Groups, Online Therapy, Strengths-Based Interventions, COVID-19, Filial Responsibility, Prayer, Safety, Minority Stress, Anxiety Management, Nurses

Expertly created index terms and metadata ease navigation to specific techniques

How can APA PsycTherapy help me?

STUDENTS/TRAINEES

- Provides a visual model of how to apply therapeutic techniques
- Gives insight into non-verbal cues of both a therapist and patient

LIBRARIANS/FACULTY

- Aids instruction of verbal and non-verbal nuances
- Centralizes hundreds of videos from renowned therapists to share with students
- An effective teaching and learning tool for psychotherapy and counseling programs

PROFESSIONALS/RESEARCHERS

- Audiences applying psychotherapy and counseling techniques to work outside of counseling and clinical psychology, like nursing and social work programs.
- Provides a central resource to view and compare the latest therapeutic techniques

KEY FEATURES

- Therapeutic approaches addressing a wide range of psychotherapy topics
- Proven methods featuring common obstacles faced during unscripted therapy sessions
- No interviews or discussions to fast-forward through

SUBSCRIPTION ACCESS OPTIONS

APA PsycTherapy is available on APA PsycNet® and other platforms. Please contact us for more information.

Scan to learn more about APA PsycTherapy or to start a free 30-day trial

