

Chapter 2

The psychological perspective

ADDITIONAL RESOURCES

Youtube videos on therapies

One of the best ways to learn about therapies is to see therapists in action, explaining their use of relevant theory and techniques. Without this explanation in any video, we may get a good idea of the types of problems people face, but unless you already have some familiarity with the techniques, it can be difficult to really understand the subtleties of what is going on.

PsychotherapyNet on Youtube (<https://www.youtube.com/user/PsychotherapyNet>) has a host of world-leading therapists talking about, and showing, a range of therapies in action, usually in relatively small clips.

Some of the best Youtube channels which show the basics of **CBT** include those with Christine Padesky and the Beck Institute for Cognitive Behaviour Therapy. Taking part in a live workshop with either of these will cost a fortune, so benefit from their freebies on Youtube.

For **modern psychoanalysis**, try the American Psychoanalytic Association's Youtube site: <https://www.youtube.com/user/apsaorg309/videos>.

Surprisingly, it's a bit more difficult to find a channel with just humanistic therapy (although PsychotherapyNet has some good videos). But this link has some original videos of Carl Rogers at work and in discussion which proved very interesting: https://www.youtube.com/playlist?list=PLTw1k8EYp4GESBZtpOXDRvar9_jla18j

Try also reading...

There are many 'how to' books on therapy, and it's difficult to recommend one book over another. In some ways, it's just best to look at a few and decide whose writing style and content you prefer most. However, the books below are a good sample of those available, most of which get consistently good consumer ratings on a certain retail website which will remain nameless.

Corrie, S., Townsend, M and Cockx, A. (2015) *Assessment and Case Formulation in Cognitive Behavioural Therapy*. London: Sage.

Lemma, A. (2015) *Introduction to the Practice of Psychodynamic Psychotherapy*. Chichester: Wiley.

Mearns, D., Thorne, B. and McLeod, J. (2013) *Person-centred Counselling in Action*. London: Sage.

Westbrook, D., Kennerly, H. and Kirk J. (2016) *An Introduction to Cognitive Behaviour Therapy: Skills and Applications*. London: Sage.

Wampold, B.E. (2019). *The basics of psychotherapy: an introduction to theory and practice*. Washington, DC: American Psychological Association.