Bringing teaching, learning and research to life

Counseling & Psychotherapy

Teaching with In Practice Video
Content Type

*In Practice* videos can help students see the practical applications of methods and concepts they learn in textbooks. For counseling and psychotherapy students, an *In Practice* video might involve watching a therapy session to see how counseling theory and skills comes to life, or it might consist of watching a day in the life of a therapy dog. *In Practice* videos can vary in length—from 10 min up to an hour. Clips can be created to highlight certain parts in the film for classroom discussion.

Educational Counseling Using Animals
http://sk.sagepub.com/video/educational-counseling-using-animals

Tivo is a black Labrador who works at a University Wellness Center as a licensed “therapy dog.” Tivo’s job is to help college students deal with such issues as school stress and homesickness. Dr. David deBoer explains the many ways Tivo benefits these students.

Suggested Courses or Topics

Course examples might include:

- stress,
- PTSD,
- trauma,
- loneliness,
- grief,
- homesickness, and
- working with college and university students.

Classroom Clips

Listed below are a few examples of clips that focus on key concepts:

- Nearby university shooting prompts Tivo’s arrival to Wellness Center. Clip 00:48 – 1:21.

Research Assignment

See below for an example assignment that you might use for students

Dr. deBoer mentions a few strategies about how he gets Tivo out and about on campus to promote the Wellness Center and get students talking about stress, homesickness, etc. (Clip 6:48 – 7:31). Using your knowledge of social media and other methods of communication, what other strategies would you use to promote both Tivo and the University Wellness Center and the effort in de-stigmatizing mental health issues?

Classroom Discussion

Here is an example question that might be used for in-class discussion.

Therapy dogs can be great asset to college students in regulating emotions (Clip 2:58 – 3:08) and lowering cortisol levels (Clip 8:13 – 8:33). Discuss ways dog-assisted therapy could be used with other populations: elderly, military, or young children. How could you apply the same practices in a different setting?
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Teaching with In Practice Video
In Practice videos bring theory to life and can help students see the practical applications of methods they learn in textbooks. For counseling and psychotherapy students, an In Practice video might involve a counselor conducting a therapy session with a client or it might be a day in the life of a therapy dog. In Practice videos can vary in length—from 15 min up to an hour. Longer films can be assigned outside of class with a follow-up in class. Clips can be created to highlight certain parts in the film for further exploration.

Solution Focused Narrative Therapy with an Adolescent: Finding Meaning and Strength in the Client’s Story


Diana Chung works with Jessica, a 16-year-old Mexican American. Jessica is bilingual and her family subscribes to traditional values such as family unity, collectivism, and respect toward adults. Jessica is often left in charge of caring for younger siblings while her mother and stepfather work long hours. She feels overwhelmed with the tasks and pressures asked of her. Her grades have been decreasing in the past semester, as conflict in the home has increased. Diana Chung, therapist, uses a narrative and solution-focused orientation with Jessica, including de Shazer’s “Miracle Question.”

Suggested Courses or Topics

Course examples might include:

- counseling theories,
- multicultural counseling,
- family systems,
- counseling skills,
- strength-based therapy,
- narrative therapy, and
- solution-focused therapy.

Classroom Clips

If you are teaching solution-focused therapy, these clips are quite helpful in demonstrating key concepts and techniques specific to solution-focused therapy.

- Example of de Shazer’s “Miracle Question.” Clip 25:49 – 26:30.
- Here is an example question that might be used for in-class discussion.

Research Assignment

See below for an example assignment that you might use for students

Family systems theory tells us that individuals cannot be understood in isolation from one another. Find and create three clips in Diana’s session with Jessica that speak to this definition of family systems and why.

Classroom Discussion

Here is an example question that might be used for in-class discussion.

Discuss how Diana Chung (therapist) includes cultural awareness and cultural competency in her work with Jessica (client). For example, look at ways Diana explores the social and historical context of Jessica’s family (Clip 11:30 – 13:28) and (Clip 21:46 – 23:02) or how Diana uses Jessica’s language to better facilitate a connection (Clip 14:26 – 15:02 and Clip 19:51 – 20:14).