Bringing teaching, learning and research to life

Counseling & Psychotherapy
Teaching with Tutorial Video
Content Type

Tutorial videos are generally brief (5–10 min) and examine one specific topic in a particular discipline. Examples include person-centered therapy, counseling ethics, or case formulation. Tutorials define the topic, provide examples, and draw upon latest research and practice. Tutorials can be assigned as homework to be viewed outside of classroom, or, because of their brief nature, can easily be incorporated into a lecture. Instructors can create quizzes from tutorials to assess students’ knowledge. They can also serve as great launching pads for exciting classroom discussion and interesting assignments.

Therapeutic Relationship Process in an Outdoor Natural Space

http://sk.sagepub.com/video/therapeutic-relationship-process

In this tutorial, Dr. Martin Jordan, psychotherapist and senior lecturer at the University of Brighton, talks about moving the therapy session from the office to the outdoors. He discusses the benefits of outdoor therapy as well as some challenges. Existentialism, use of metaphors, and attachment theory are also discussed in relation to outdoor therapy.

Suggested Courses or Topics

This tutorial can be used in nearly any counseling course where students are learning ways to work with potential clients. Course examples might include:

- marriage and family,
- child and adolescent,
- counseling skills,
- crises counseling, and
- group counseling.

Classroom Clips

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

- This clips describes the notion of projection and object relations theory and how they show up with clients in an outdoor therapy setting. Clip 1:55 – 3:16.
- Different seasons can metaphorically represent certain feelings with clients and better help them understand themselves. Clip 3:39 – 4:08.
- Clients can express spirituality in an outdoor therapy setting. Clip 4:10 – 4:44.

Research Assignment

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

Dr. Jordan discusses how nature can play a vital role in a client’s mental health and emotional well-being. He states that research studies support this argument (Clip 1:01 – 1:39). Find, read, and summarize five research studies that suggest how nature plays a role in mental well-being.

Classroom Discussion

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

Dr. Jordan argues that the outdoor space is a more “democratic space” between client and counselor. (Clip 6:28 – 8:45). What does he mean by this? What is good about this, and what can be a challenge with it? Are there any ethical or legal issues to be considered when taking therapy outdoors?
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Self-Disclosure in Counseling
http://sk.sagepub.com/video/self-disclosure-in-counseling

Professor Mick Cooper discusses self-disclosure in counseling, what the research shows about its effectiveness, and how to self-disclose appropriately.

Suggested Courses or Topics

This tutorial can be used in nearly any counseling course where students are learning ways to work with potential clients. Course examples might include:

- marriage and family,
- child and adolescent,
- counseling skills,
- crises counseling,
- counseling theories, and
- ethics.

Classroom Clips

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

- Example of disclosing therapist's negative thoughts and feelings toward the client. Clip 5:11 – 6:16.

Classroom Discussion

Here are some examples of questions which might be used for in-class discussion.

1. In this demonstration (Clip 6:52 – 8:10), Mick Cooper uses self-disclosure with his client. Do you think this is an effective use of self-disclosure? Or is it ineffective? What might you do differently in a similar situation?

2. Similar to what we saw in Clip 6:52 – 8:10, break into teams of two; one person takes the role as counselor while the other takes the role of client. Agree on a topic that touches upon either anxiety, depression, or grief. The client should share his or her story and feelings (can draw upon real experiences or made-up) and the person playing counselor should attempt to use self-disclosure in the session. Debrief and discuss what worked and what could have been improved.