

APA PsycTherapy® — Demonstrações de vídeo por streaming sem igual

A plataforma de streaming de vídeo da APA oferece aos médicos, conselheiros, instrutores e estagiários a oportunidade de aprimorar suas habilidades observando sessões de psicoterapia espontâneas e sem roteiro com terapeutas renomados. Esse método de treinamento comprovado é uma ferramenta inestimável para aprender e manter-se atualizado sobre as mais recentes técnicas de psicoterapia.

Visão geral da APA PsycTherapy®:

- Mais de 560 vídeos que mostram métodos terapêuticos em sessões autênticas de terapias
- Mais de 150 abordagens terapêuticas e mais de 300 tópicos
- Métodos comprovados que mostram os obstáculos comuns enfrentados durante as sessões de terapia
- Ferramentas úteis que permitem aos usuários criar listas de reprodução e compartilhar clipes de vídeo
- Metadados habilmente marcados para facilitar a navegação para técnicas terapêuticas específicas
- Transcrições sincronizadas que permitem aos usuários pesquisar momentos precisos da terapia
- A APA PsycTherapy's Teaching Guide oferece exercícios passo a passo e vídeos sugeridos para a sala de aula e outros ambientes de treinamento
- A APA fornece um conjunto de ferramentas de tutoriais rápidos para ajudar os usuários: <https://www.apa.org/pubs/librarians/toolkit/video-snippets>



The APA PsycTherapy Teaching Guide

- O *PsycTherapy® Teaching Guide* fornece ideias práticas sobre como usar a base de dados de vídeo da APA de demonstrações de psicoterapia em streaming em uma variedade de aulas, na supervisão clínica e em outros contextos de treinamento.
- O APA PsycTherapy é fácil de usar: Encontre um vídeo e aprenda enquanto assiste a um mestre clínico demonstrando a psicoterapia. No entanto, os professores de psicologia clínica e aconselhamento descobriram muitos usos diferentes para o APA PsycTherapy, incluindo o ensino de teorias de personalidade e aulas de psicopatologia, o treinamento de pesquisadores sobre como codificar sessões de terapia e o aumento do treinamento de empatia para estudantes de psicoterapia.
- Os autores deste livro reuniram 20 desses usos em um único guia, fornecendo exercícios passo a passo para cada um deles, juntamente com vídeos sugeridos do banco de dados. Para os iniciantes no APA PsycTherapy, há também um passo a passo útil de cada recurso e dicas para o uso de vídeo na educação.

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Culturally Informed Psychoanalysis With a Black Male Client [Split Screen]

Therapist: **Tummala-Narra, Pratyusha**

Keywords: **loneliness; depression; gaming; family relationships; social comparison; self-acceptance; belonging; culturally informed psychoanalytic psychotherapy; social isolation; achievement**

Abstract: In this session, Dr. Pratyusha Tummala-Narra demonstrates **culturally informed** psychoanalytic psychotherapy with a black male client. Dr. Tummala-Narra starts the conversation by providing a general outline of the session, and the client, a college student, discusses his concerns about not having many friends because he spends most of his time playing online computer games. Dr. Tummala-Narra works with the client to explore his feelings toward his gaming habits, as well as his background and upbringing. The client reveals that he is the youngest of five highly motivated and achieving siblings, and that he never excelled in academics or athletics as they did. Although he was social as a child, he gradually became more socially isolated and found more comfort and confidence in his online gaming community. Dr. Tummala-Narra works with the client to identify ways in which he felt inadequate during his upbringing, and how pressure and expectations from his family made him feel that he was disappointing them. The therapist and client explore the sense of self-acceptance and control he feels when he is gaming, as well as the extent to which his reliance on gaming has caused him to avoid other, more negative emotions, and become more isolated from other people. They conclude the session by discussing the importance of continued engagement in psychotherapy, so that the client can talk through some of these issues further and gain comfort in...

APPROACH

Culturally Informed Psychoanalytic Psychotherapy

As demonstrated in APA PsycTherapy by Dr. Pratyusha Tummala-Narra, a culturally informed psychoanalytic psychotherapy that contains five areas of focus: Attending to the indigenous narrative; considering the role of language and affect; addressing social oppression and traumatic stress, and recognizing the complexity of cultural identifications, and expanding self-...

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Tummala-Narra, Pratyusha

Pratyusha Tummala-Narra received her PhD in clinical psychology from I State University. She has held clinical, research, teaching, and administrative roles throughout her career. She is the former director of the Asian Ment...

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As demonstrated in APA PsycTherapy by Dr. Pratyusha Tummala-Narra, a culturally informed psychoanalytic psychotherapy that contains five areas of focus: Attending to the indigenous narrative; considering the role of language and affect; addressing social oppression and traumatic stress, and recognizing the complexity of cultural identifications, and expanding self-examination. The approach is useful for psychotherapy with clients of all backgrounds. It recognizes the experiences of people

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Tummala-Narra, Pratyusha

Pratyusha Tummala-Narra received her PhD in clinical psychology from Michigan State University. She has held clinical, research, teaching, and administrative roles throughout her career. She is the former director of the Asian Mental Health Clinic and supervising psychologist in the Victims of Violence Program, both at

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TOPIC

Social Isolation

Voluntary or involuntary absence of contact with others. Social isolation often produces abnormal behavioral and physiological changes in both humans and nonhuman animals.

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