

# Videos for Psychoeducation and Skills

**Version 1.2**

**30<sup>th</sup> March 2020**

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## Introduction

Welcome to this guide to videos for psychoeducation and skills.

I have found videos to be an interesting and memorable way of sharing information in both therapy and supervision sessions. This document provides links and descriptions of helpful videos which range from approximately 30 seconds to 15 minutes in duration. Some videos have been found as I have searched for resources to support my work, and others have been recommended by colleagues. Topics include emotion regulation skills, psychoeducation about trauma and the brain, therapeutic metaphors and service user accounts of their experiences. Most are available on YouTube.

Psychoeducation can be helpful for explaining human responses to life events and why we experience emotional reactions. It can also help to set out the rationale for developing emotional regulation skills such as relaxation, breathing and grounding exercises. Video resources can assist us to learn and practice new skills and techniques.

### *How to use these videos*

I have found it helpful to select appropriate videos for clients or colleagues, and then to watch these together followed by discussion. It is possible that seeing the full list may be overwhelming for some clients, and the content of some videos may be distressing or unhelpful. Support may be required with some content.

### *The importance of the relationship*

Whilst compiling these videos, I found an impactful short animation about empathy that I had watched during clinical psychology training. Although I wanted to include it, I couldn't see how it fitted with the rest of the content. However, when I re-watched it I realised that it probably should be the first video in this guide. Dr. Brené Brown's short film on empathy concludes that, "*Rarely can a response make something better. What makes something better is connection*". This seems like an important place to start.

[https://www.youtube.com/watch?v=1Evwgu369Jw&list=PLg-BhlbDK7Jg\\_VJOeqYzP5Z3jebaSbmLy&index=2&t=0s](https://www.youtube.com/watch?v=1Evwgu369Jw&list=PLg-BhlbDK7Jg_VJOeqYzP5Z3jebaSbmLy&index=2&t=0s)

Thank you for reading the guide and I hope you find it useful. I would welcome your feedback and any suggestions for videos to include in future updates.

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## Acknowledgements

Thank you to those who have recommended resources, including: Dr Megan Cowles, Dr Mia Foxhall, Dr Cara Haines, Dr Rowena Pagdin, Dr Morwenna Roberts, Dr Nick Stewart.

To recommend links to include in the next version of this guide, please contact [sally.mcguire@nhs.net](mailto:sally.mcguire@nhs.net)

## Emotions

### **Alfred & Shadow: What are Emotions and How do They Work? (7 mins 3 secs)**

An animated video using the characters Alfred and Shadow to explain what emotions are, how they can be helpful and unhelpful, and how to change them. <https://www.youtube.com/watch?v=SJOjpprbfeE>

### **Alfred & Shadow: A Short Story About Self-Criticism (5 mins 26 secs)**

An animated video using the characters Alfred and Shadow to explain how to challenge the internal critical voice. [https://www.youtube.com/watch?v=VP7R\\_WIm6-M](https://www.youtube.com/watch?v=VP7R_WIm6-M)

## Emotional Regulation, Relaxation and Grounding Skills

### **Introduction to Grounding Exercises (6 mins 46 secs)**

This video explains the benefit of ‘grounding’ exercises, and why using the body and the senses can help to induce feelings of calm. The narrator explains what happens in the body and brain when grounding exercises are used. <https://www.youtube.com/watch?v=agdpFsKGdOE>

### **Anxiety Management Skills (Various)**

This is a playlist of videos of different anxiety management exercises, including grounding, guided imagery and relaxation, mindfulness, and breathing exercises.

<https://www.youtube.com/playlist?list=PLiUrrIiqidTVNQB5GrD2uh-bmfUGGwh-z>

### **Progressive Muscle Relaxation (15 mins 58 secs)**

This video made by Newcastle Upon Tyne NHS Trust guides the listener through a 15-minute progressive muscle relaxation video. <https://www.youtube.com/watch?v=912eRrbes2g>

### **Meditation 101 – Introduction to Meditation (2 mins 01 secs)**

A short animation introducing the basics of mindful meditation and why it can be helpful.

<https://www.happify.com/hd/meditation-101-animation/>

### **Soothing Rhythm Breathing (9 mins 28 secs)**

The narrator guides the listener through a soothing rhythm breathing exercise. Soothing rhythm breathing comes from Compassion Focussed Therapy which helps people to deal with difficult emotions, particularly those relating to self-criticism. Soothing rhythm breathing aims to tone down or turn off the threat system.

[https://www.youtube.com/watch?v=QsGek\\_AEDJI](https://www.youtube.com/watch?v=QsGek_AEDJI)

### **Three Minute Breathing Space (3 mins approx)**

The narrator guides the listener through a 3-minute mindfulness exercise.

<https://www.youtube.com/watch?v=rOne1P0TKL8> (Male Voice)

[https://www.youtube.com/watch?v=Eq\\_z-B8JfTQ](https://www.youtube.com/watch?v=Eq_z-B8JfTQ) (Female Voice)

### **Defusion From Thoughts - Mindfulness Exercise (9 mins 37 secs)**

This guided mindfulness exercises guides the listener to become aware of thoughts without getting caught up in them. <https://www.youtube.com/watch?v=9T5bvsysc5Tw>

### **Safe Place Imagery (12 mins 50 secs)**

The narrator guides the listener to develop an image of a safe place image that can help with feeling safe and relaxed. [https://www.youtube.com/watch?v=5\\_8noKpp8NQ](https://www.youtube.com/watch?v=5_8noKpp8NQ)

## Stress

### **Understanding and Managing Stress (2 mins 32 secs)**

A short animated video which uses the 'stress bucket' analogy to illustrate different human capacities for handling stress which is influenced by genetics and life experiences. It explains how different coping strategies (or 'taps' on the bucket) can release water (stress) from our bucket so that it does not overflow.

[https://www.youtube.com/watch?v=CZTc8\\_FwHGM](https://www.youtube.com/watch?v=CZTc8_FwHGM)

## Trauma, Brain and Body

### **What is Trauma? (10 mins 3 secs)**

A video created in Avon & Wiltshire Partnership Mental Health Trust which gives an overview of trauma including the differences between single-event and complex trauma. <https://youtu.be/vMsr7ZSI6As>

### **Trauma and the Brain (8 mins 44 secs)**

An animated video created by NHS Lanarkshire and partners which shows two police detectives interviewing a young lady who is reporting rape, and how they learn to take a trauma-informed approach to interviews once they have attended trauma training. Shows the impact of trauma on the brain, particularly on memory.

<https://www.youtube.com/watch?v=4-tcKYx24aA>

### **Fight or Flight basics (4 mins 10 secs)**

A short animation showing how primeval people used the fight or flight responses for survival, but how the automatic response may at times be unhelpful in the modern world.

<https://www.youtube.com/watch?v=aDVQXbNrpKU>

### **Fight Flight or Freeze Response (3 mins 5 secs)**

A short animation explaining the human responses of fight, flight or freeze which are used for survival, and the physical sensations felt in the body. [https://www.youtube.com/watch?v=jEHwB1PG\\_-Q](https://www.youtube.com/watch?v=jEHwB1PG_-Q)

### **The Three Main Parts of the Brain (3 mins 07 secs)**

An animated video by Dr Russ Harris which demonstrates a simple way to explain the three main components of the brain and their functions. <https://www.youtube.com/watch?v=5CpRY9-MIHA>

### **Evolution of the Human Mind (3 mins 37 secs)**

An animated video by Dr Russ Harris which explains how survival skills which were once essential for survival can be less helpful in the modern world. The video shows that difficult thoughts and feelings are part of normal human responses. <https://www.youtube.com/watch?v=kv6HkipQcfA&feature=youtu.be>

### **The Brain and Trauma (5 mins 36 secs)**

An animated video by Dr Russ Harris which describes what happens in the brain during trauma. The video uses four metaphors to explain brain function: the Data Analyst, Emergency Alarm, Security Guard and Mission Control. <https://www.youtube.com/watch?v=a-ddSEHRWVg>

### **Understanding Trauma: Learning Brain vs Survival Brain (4 mins 57 secs)**

A video explain the impact of trauma on the brain, specifically that it can become 'stuck' in survival mode which makes it more challenging to learn and remember new information. <https://www.youtube.com/watch?v=KoqaUANGvpA>

### **The Truth about Unwanted Arousal (15 mins 16 secs)**

A TED talk by Emily Nagoski which discusses how an automatic response from the body's arousal system can mean that non-condordant physical arousal can occur during traumatic sexual experiences. <https://www.youtube.com/watch?v=L-q-tSHo9Ho>

### **The Flop Response for Survival (0 mins 32 secs)**

This video shows an animal using the automatic 'flop' response to survive an attack. <https://www.youtube.com/watch?v=Lupt2qajcJg>

## **Child Development and Childhood Trauma**

### **Trauma and the Window of Tolerance (6 mins 47 secs)**

An animation showing the impact of trauma on a child's 'window of tolerance' of emotions, and the importance of widening the window. <https://youtu.be/Wcm-1FBrDvU>

### **Adverse Childhood Experiences (ACEs) (5 mins 43 secs)**

An animation by Public Health Cymru showing the lifelong impact of adverse childhood experiences and how adult intervention can support children experiencing ACEs. <https://www.youtube.com/watch?v=XHgLYI9KZ-A>

### **Attachment Theory: How Childhood Affects Life (7 mins 35 secs)**

An overview of attachment theory including the different attachment styles.

<https://www.youtube.com/watch?v=WjOowWxOXCg>

## Neurodevelopment

### **Autism Explained (5 mins 30 secs)**

An animated video called “Amazing Things Happen” developed by Alex Amelines which explains autism from a child’s perspective. <https://m.youtube.com/watch?v=6fy7gUIp8Ms>

## Hearing Voices

### **Compassion for Voices (5 mins 13 secs)**

A short animation narrated by Eleanor Longden (who has personal experience of voice-hearing) and Rufus May (Clinical Psychologist) about voice hearing using a compassion-focussed approach. The video looks at the link between voices and the threat, soothing and drive systems. <https://www.youtube.com/watch?v=VRqI4lxuXAw>

### **Engaging with Voices (Various)**

A series of 14 short videos each of which feature a conversation between Elizabeth Svanholmer (who has personal experience of voice hearing), Rufus May (Clinical Psychologist) and Charlie Heriot-Maitland (Clinical Psychologist) about how to engage with and understand voices using a compassion-focussed approach.

<https://openmindedonline.com/portfolio/engaging-with-voices-videos/>

## People with Experience

### **Personal experiences of mental health difficulties (Various)**

The mental health charity MIND’s website has some videos of people sharing their experiences of different mental health problems. <https://www.mind.org.uk/information-support/types-of-mental-health-problems/>

### **Voice Hearing (14 mins 17 secs)**

In this TED talk, Eleanor Longden talks about her experiences of voice-hearing and recovery.

<https://www.youtube.com/watch?v=syjEN3peCJw>

### **Sexual Trauma (3 mins 46 secs)**

In this video, a male rape survivor talks about his experience of recovering from trauma. Includes brief discussion of the flight, flight, freeze and flop responses, and his experiences of accessing therapy.

[https://www.youtube.com/watch?v=3MfVv\\_ljeSE](https://www.youtube.com/watch?v=3MfVv_ljeSE)

## Cognitive Behavioural Therapy (CBT)

CBT explores the links between cognitions (thoughts, images, beliefs), behavioural responses and their impacts on emotions and wellbeing. An introduction to the concepts within CBT can be found in this article:

<https://theconversation.com/explainer-what-is-cognitive-behaviour-therapy-37351>

### **CBT Demonstration Videos**

The Centre for Clinical Interventions in Perth, Western Australia, has developed a series of videos to demonstrate the use of CBT strategies. Topics include: vicious cycle of depression, vicious cycle of anxiety, thought diaries, and behavioural activation. <https://www.cci.health.wa.gov.au/Training/Demonstration-Videos>

### **CBT Techniques: Identifying Unhelpful Thinking Patterns (Part 1: 1 min 51 secs; Part 2: 2 mins 23s secs)**

A two-part animation which explains 12 common unhelpful thinking patterns.

Part 1: <https://www.youtube.com/watch?v=bK5-NwAxWNM>

Part 2: <https://www.youtube.com/watch?v=woEtYFz3U7Y>

## Acceptance and Commitment Therapy (ACT)

Acceptance and Commitment Therapy (ACT) an approach which suggests that we can learn to allow painful or distressing experiences, rather than fighting against them. The approach also emphasises the importance of identifying and living according to personal values.

### **Values and Goals**

#### **The values focused v goal focused life (3 mins 51 secs)**

An animated video by Dr Russ Harris which uses Acceptance and Commitment Therapy (ACT) to explain the difference between values and goals-driven life. <https://www.youtube.com/watch?v=eiPxLpYlw4I>

### **Therapeutic Metaphors**

#### **The Unwelcome Guest (4 mins 20 secs)**

This metaphor illustrates how to live according to personal values despite unwanted or uninvited difficulties. <https://youtu.be/VYht-guymF4>

#### **Passengers on the Bus (4 mins 51 secs)**

This metaphor uses the idea of passengers on a bus who represent unwelcome, unwanted or difficult experiences. By fighting, struggling with or giving in to these passengers, the bus driver is no longer in charge of the route or life direction. It shows that finding different ways to respond to the passengers enable the driver to keep heading in the chosen direction. <https://www.youtube.com/watch?v=Z29ptSuoWRc>



**Demons on the Boat (4 mins 46 secs)**

This metaphor shows the importance of living a life that is heading in a valued direction, no matter how far the distance to travel. The video shows how demons (representing difficult experiences, thoughts or feelings) try to divert the course. However, by sailing on towards the valued direction, some demons will get bored and give up and others will be accepted and managed. <https://youtu.be/z-wyaP6xXwE>

**The Struggle Switch (3 mins 02 secs)**

The metaphor of an on/off switch is used to show that struggling against difficult experiences and feelings can make these experiences even more distressing and uncomfortable.

<https://youtu.be/rCp1116GCXI?list=PL3Hwe3nmoGuf-hYDRjHG4OPWxpmGFPppk>

**Quick Sand (4 mins 50 secs)**

This metaphor shows that wrestling with something unwanted can create stuckness and repeated unhelpful patterns. Through acceptance of the situation and trying a different approach, a way forward may be found to release the stuckness.

<https://www.youtube.com/watch?v=7DGupValwEY&feature=youtu.be&list=PL3Hwe3nmoGuf-hYDRjHG4OPWxpmGFPppk>

## Document Control

<b>Version</b>	<b>Notes</b>	<b>Date</b>
1.0	First issue	30 <sup>th</sup> March 2020
1.1	Contents page added; content order changed; additional resources added to Emotional Regulation section.	30 <sup>th</sup> March 2020
1.2	Minor amendment	30 <sup>th</sup> March 2020