



APA PsycTherapy[®]

APA'S UNPARALLELED STREAMING VIDEO PLATFORM
FOR CLINICAL AND COUNSELING PSYCHOLOGY

Do your **trainees** struggle with learning the nuances of various therapy approaches?

Would your **faculty** benefit from a proven counseling training method to prepare therapists-in-training?

Do your **practitioners** need an accessible resource to stay informed of the latest therapeutic techniques?

APA PsycTherapy is the ideal training resource!

This streaming video platform provides clinicians, counselors, and trainees the opportunity to sharpen their skills by observing candid, unscripted psychotherapy videos featuring renowned therapists.

WHAT DOES MY INSTITUTION GET WITH AN APA PSYCTHERAPY SUBSCRIPTION?

- Access to **nearly 1,000 videos** covering over 175+ therapy approaches and over 350 topics
- **30-40 hours** of new content added **annually**
- Access to the **APA PsycTherapy Teaching Guide**

APA PsycTherapy covers a wide range of relevant topics, including:

- Alcoholism
- Anger
- Anxiety
- Bereavement
- Compulsion
- Depression
- Drug abuse
- Emotional abuse
- Family relations
- Grief
- Interpersonal relationships
- Life satisfaction
- Marital conflict
- Occupational stress
- Panic attacks
- Stress



AMERICAN
PSYCHOLOGICAL
ASSOCIATION



[AT.APA.ORG/PSYCTHERAPY-FACTS](https://at.apa.org/psyctherapy-facts)

A Quick Tour of APA PsycTherapy

Watch and listen to videos while simultaneously reading the transcript

Supplemental Content: Search results will include topic and approach definitions, along with therapist bios and headshots to provide additional context to students

Segments: Approximately 100 videos have been broken up into segments for digestible viewing

Searchable and synchronized transcripts allow users to search for precise moments within a video

Filter by title, therapist, therapeutic approach, or therapeutic topic

- ☒ Titles
- ☒ Approaches
- ☒ Therapists
- ☒ Topics
- ☒ Clips
- ☒ Playlists

Quickly search across all video content

Updated features include simplified clip- and playlist-making tools; a new, fully integrated video player; an enhanced user profile page; and more!

Favorites: Users can now favorite videos, clips, therapists, or topics

Helpful tools that allow users to **create playlists** and **share video clips**

Expertly created index terms and metadata ease navigation to specific techniques

The screenshot displays the APA PsycTherapy web application. At the top is a navigation bar with the APA logo, the title 'APA PsycTherapy', and tabs for 'Explore', 'Watch', and 'Info'. A search bar is located to the right of these tabs. The main content area features a large video player showing a therapist (Dr. Abi-Hashem) in a session with a client. Below the video player, the title 'Cultural Integration' and the therapist's name 'Abi-Hashem, Naji' are visible. Underneath, there are three buttons: 'Favorite', 'Add to list', and 'Clip'. To the right of the video player, a 'Segments' sidebar is open, showing a list of video segments with their titles and timestamps. Below the video player, there is a section for 'Approach and Subject Terms' with input fields for 'Therapeutic approach' and 'Topics'. Below this is a 'Keywords' section with a list of tags. At the bottom, there are two columns: 'Session Overview' and 'Publication Details'. The 'Session Overview' column contains client information such as age, race, gender, and nationality. The 'Publication Details' column contains information about the publisher, DOI, and release date.

Session Overview	
Client	
APA Age:	Adulthood (18 yrs & older)
Race and ethnicity:	Not Specified
Sexual orientation:	Not Specified
Gender:	Female
Nationality:	Sudanese
Additional Information	
Intended audience:	Graduate students and above
Classification code:	3310
Test measures used:	Not Applicable

Publication Details	
Publication Information	
Publisher:	American Psychological Association
DOI:	10.1037/v01123-001
Citation:	
Recording & Release	
Date recorded:	2025/04/15
Release date:	2026/03/16
Correction date:	

How can APA PsycTherapy help me?

STUDENTS/TRAINEES

- Provides a visual model of how to apply therapeutic techniques
- Gives insight into non-verbal cues of both a therapist and patient

LIBRARIANS/FACULTY

- Aids instruction of verbal and non-verbal nuances
- Centralizes hundreds of videos from renowned therapists to share with students
- An effective teaching and learning tool for psychotherapy and counseling programs

PROFESSIONALS/RESEARCHERS

- Audiences applying psychotherapy and counseling techniques to work outside of counseling and clinical psychology, like nursing and social work programs.
- Provides a central resource to view and compare the latest therapeutic techniques

KEY FEATURES

- Therapeutic approaches addressing a wide range of psychotherapy topics
- Proven methods featuring common obstacles faced during unscripted therapy sessions
- No interviews or discussions to fast-forward through

SUBSCRIPTION ACCESS OPTIONS

APA PsycTherapy is available on APA PsycNet® and other platforms. Please contact us for more information.

Scan to learn more about APA PsycTherapy or to start a free 30-day trial

