

APA's streaming video platform provides clinicians, counselors, instructors, and trainees the opportunity to sharpen their skills by observing candid, unscripted psychotherapy sessions featuring renowned therapists. This proven training method is an invaluable tool for learning and remaining abreast of the latest psychotherapy techniques.

## APA PsycTherapy® at a Glance:

- More than 560 videos showcasing therapeutic approaches in authentic therapy sessions
- More than 150 therapy approaches covered, and more than 300 topics
- Proven methods showcasing common obstacles faced during therapy sessions
- Helpful tools that allow users to create playlists and share video clips
- Expertly tagged metadata for easy navigation to specific therapeutic techniques
- Synchronized transcripts which allow users to search for precise moments in therapy
- *APA PsycTherapy's Teaching Guide* provides step-by-step exercises and suggested videos for the classroom and other training settings
- APA provides a toolkit of quick tutorials to help users: <https://www.apa.org/pubs/librarians/toolkit/video-snippets>



## The APA PsycTherapy Teaching Guide

- The *PsycTherapy® Teaching Guide* provides practical ideas on how to use APA's video database of streaming psychotherapy demonstrations in a variety of classes, in clinical supervision, and in other training contexts.
- On the surface, *APA PsycTherapy* is simple to use: Find a video and learn as you watch a master clinician demonstrating psychotherapy. However, professors in clinical psychology and counseling have discovered many different uses for *APA PsycTherapy*, including teaching personality theories and psychopathology classes, training researchers on how to code therapy sessions, and augmenting empathy training for psychotherapy students.
- The authors of this book have collected 20 of these uses into one guide, providing step-by-step exercises for each along with suggested videos from the database. Also included for those new to *APA PsycTherapy* is a helpful walk-through of each feature and tips for using video in education.



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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...

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APPROACH

2

**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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3

**Psychoanalytic Psychotherapy**

Therapy originally conceived in the form of classical psychoanalysis or in one of the generally shorter approaches to treat that evolved from the classical form, such as psychodynamic psychotherapy. Generally, it involves a systematic one-on-one interaction between a therapist and a patient that emphasizes the importance of unconscious motives and conflicts as...

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**THERAPIST**  
**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 Michigan State University.  
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APPROACH

2

**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-examination. The approach is useful for psychotherapy with clients of all backgrounds. It recognizes the experiences of people of color and the impact of racism on mental health.  
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APPROACH

3

**Psychoanalytic Psychotherapy**

Therapy originally conceived in the form of classical psychoanalysis or in one of the generally shorter approaches to treatment that evolved from the classical form, such as psychodynamic psychotherapy. Generally, it involves a systematic one-on-one interaction between a therapist and a patient that emphasizes the importance of unconscious motives and conflicts as determinants of human behavior while helping the patient overcome abnormal behavior or adjust to the problems of life. The use of psychoanalysis in the treatment of mental illness is a complex process that involves a variety of factors.  
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TOPIC

1

**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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