

New mental health videos

Estimates indicate that 20% of Canadians will experience mental illness in the course of their lives. The College Library has recently acquired *Counseling and Therapy in Video: Volumes 1–3* from Alexander Street Press to provide physicians with high-quality mental health information for continued learning and use in the clinical setting. This is an extensive online collection of videos on topics such as psychotherapy, social work, psychology, and psychiatric counseling. There are hundreds of hours of streaming video that include lectures, consultations, counseling sessions, demonstrations and instructions, and documentaries. Videos date from the 1980s to the present, with the majority from 2005 and onward, and new content is added regularly. Titles,

which range from classic to emerging topics, include:

- Mindfulness-Based Cognitive Therapy and the Prevention of Depression
- ADHD in Adults, Motivational Interviewing Demonstration
- The Emotional Brain: An Introduction to Affective Neuroscience
- Living Well with Bipolar Disorder: A New Look

Most videos are transcribed—the transcripts appear at the bottom of the screen, synchronized with the dialogue/narration. Users can make custom clips and store them in personalized playlists. The videos are compatible with personal computers, Apple iPhone/iPad, and Android mobile devices on a 3G network or better. College registrants may access

Counseling and Therapy in Video at www.cpsbc.ca/library/audiovisual-pda. These videos complement another online psychiatric resource for College Library patrons, the highly regarded *Clinical Handbook of Psychotropic Drugs Online*. Edited by Canadians, this publication offers fast access to evidence-based details on a wide range of psychotherapeutic agents (www.cpsbc.ca/library/books). Registrants are welcome to contact the library if any assistance is needed using either resource or for other library support. Call 604 733-6671 or e-mail medlib@mls.cpsbc.ca.

—Karen MacDonell
Director, Library Services

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