



Hello, and welcome to *Mindscape Commons'* second quarterly newsletter!

Your library currently subscribes to *Mindscape Commons*, a database of mental health video content. It's free for you, your students, and anyone else at your university!

If you are teaching a summer course, or prepping for the fall, here are some videos you may want to consider for your classes!

School Counseling Series

Created by and available only in *Mindscape Commons*, these interactive videos demonstrate positive relationship techniques, specifically in a **School Counseling** setting. School counselors meet with a variety of students and parents. Topics include new school adjustment, test anxiety, cultural issues, bullying, divorce, and more.

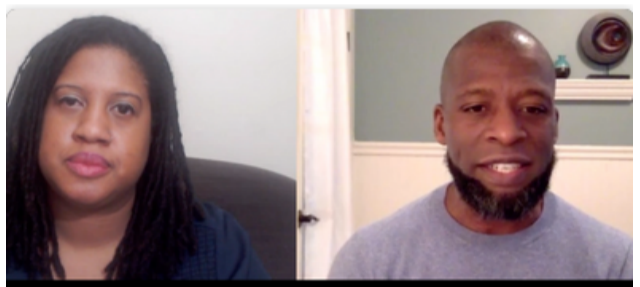


Moments of Excellence in School Counseling: Coping Style

A school counselor works with an elementary school student who becomes easily frustrated in class. Together, they work on more constructive and positive coping skills.

Career Counseling Series

Created by and available only in *Mindscape Commons*, these interactive videos demonstrate positive relationship techniques, specifically in a **Career Counseling** setting. Topics include unemployment, imposter syndrome at work, switching academic majors, international work visa issues, and more.



Moments of Excellence in Career Counseling: Empathy

The client comes to counseling having just been laid off from her job. She is frustrated and overwhelmed. The counselor demonstrates the use of empathy in the session, helping the client feel heard and understood, and therefore improving the therapeutic relationship.

Virtual Microcases

A 26-part video series. Each three- to four-minute client case features a wide range of clients and issues including suicidal thoughts, anxiety, depression, identity, relationship issues, trauma, grief, and more.

Filmed in 360°! These videos can be viewed on a laptop, mobile phone, or with a head-mounted device for an immersive experience.



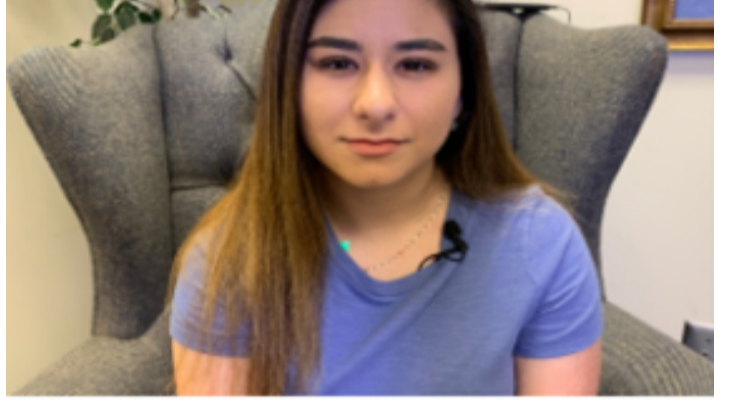
Virtual Microcase: Substance Use 2



Virtual Microcase: Sexual Trauma 3



Virtual Microcase: Suicidal Thoughts 2



Virtual Microcase: Anxiety 3

Did you know?

Each series comes with supplemental materials, including detailed **Instructor Guides** with advice on how to use videos, discussion questions, and small and large group activities.



Instructor Guide

Virtual Microcases



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Virtual Microcases

Tyler Wilkinson, PhD
Mercer University

About Virtual Microcases

Virtual Microcases are part of a growing virtual library of presenting emotions and mental health issues. Each 3-5 minute case features clients responding to the question "What brings you to therapy?" Clients present with anger, suicidal thoughts, depression, anxiety, trauma, grief and more.

Virtual Microcases allow viewers to immerse themselves into a client's story in a safe and controlled setting. Students and faculty can review the effects of the experiences, making learners more prepared for field experience and eventual work with clients.

Suggestions on how to use Virtual Microcases

Theories Courses

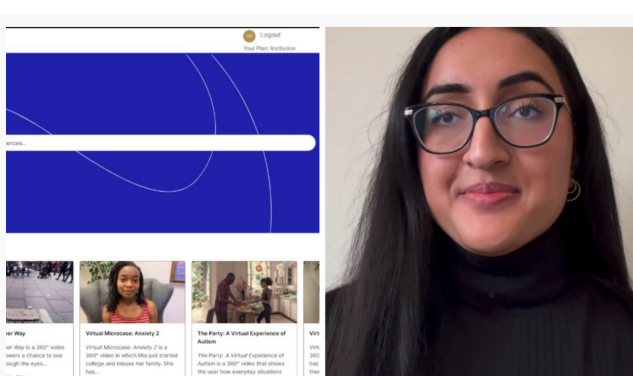
These microcases can help students enhance the application of their learning. The experiential component of these microcases allow students to apply the concepts learned in class to better develop their clinical skills. The immersive nature of the microcases will help students think critically about the different application of counseling theories across a myriad of different individuals; thereby allowing the students to further develop their own approach to clinical practice.

1. Using a theory discussed in class:

- Identify the key components of the theory you are choosing; how do these components apply to the microcase you viewed?
- What are some of the philosophical assumptions of the theory?
- Briefly conceptualize and discuss the individual microcase using the chosen theory.
- Identify at least two techniques that you could apply to this case.
- Discuss a therapeutic goal in which you could work with the client.



Virtual Microcases



Need some help figuring out how to find the right video? This 4-minute video guide breaks down the essentials on getting the most out of Mindscape.

We'll continue to deliver updates and tips in future newsletters. In the meantime, if you or your users have questions, including requests for links for a syllabus or LibGuide, please reach out. We're here to help! And... thank you.

Best,

Yoomna Rahim

Product Engagement Manager

Request a demo of Mindscape [here!](#)

Elizabeth Robey

Publisher, *Mindscape Commons*

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