



## Happy New Year!



Hello, and welcome to [Mindscape Commons'](#) quarterly newsletter.

Your university library has purchased a subscription to [Mindscape Commons](#), a database of mental health instructional video content. As you prepare for your spring semester, we wanted to point out some instructional resources that are available for you and your students to use.



### Teaching DSM-5?

Observe clients presenting a range of symptoms including anxiety, depression, suicidal thoughts, grief, trauma, and others with our 3- to 5- minute [Virtual Microcases](#).

*For my Master's level Psychotherapy course, we watched several of the Virtual Microcases together and then practiced reflective listening responses. These videos generated a lively discussion afterwards, and one student said she'd "like to do about 100 of these!"*

-- Cari Kaufman, San Francisco State University



### Teaching Career Counseling?

These 15-minute interactive videos demonstrate positive relationship techniques in a Career Counseling setting.

Topics include:

- A first-generation, low-income college student feeling ambivalent about their pre-med major but wanting to please family.
- A Muslim woman worried about a new dress code at the restaurant in which she is employed and how it relates to her values and religion.



### Teaching School Counseling?

These 15-minute interactive videos demonstrate positive relationship techniques in a School Counseling setting.

Topics include:

- A school counselor determines a student's level of suicide risk and whether a formal suicide assessment is needed.
- A mother meets with a school counselor after she discovers her son being bullied at school and called racial epithets.



### Teaching Neurodevelopmental or Neurodegenerative topics?

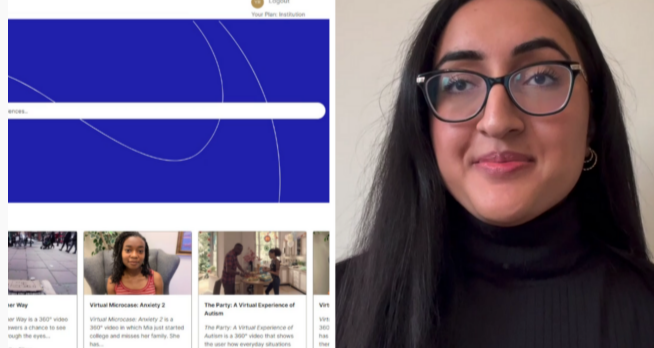
Immerse yourself in another person's story with these 360° experiences, viewable on a laptop or with HMD in VR.

[The Party: A Virtual Experience of Autism](#)

[Autism: Too Much Information](#)

[Coping with Alzheimer's 360](#)

[A Walk through Dementia Walking Home](#)



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,

**Yomna Rahim (she/her)**

Product Engagement Manager

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

**Elizabeth Robey (she/her)**

Publisher, *Mindscape Commons*

Submit your VR research!

