

# Resource Guide

Practicum guide for tracking and getting in those indirect hours. Some of my favourite resources, totalling up to 200 hours. Enjoy the journey



SHINE<sup>★</sup>  
WITH  
*Sheema*



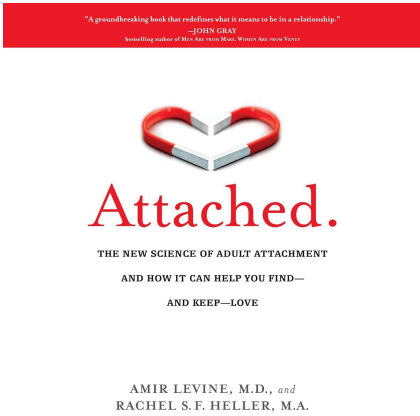
## Podcasts

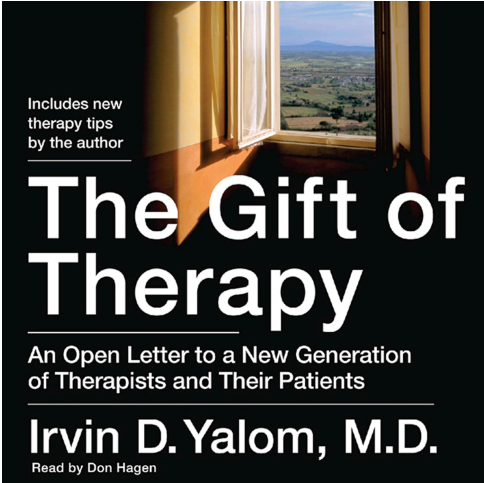
TITLE and ORGANIZATION	LINKS	Number of Hours
<p><b>Learn Psychotherapy</b></p> <p>Sentio Institute</p> <p>Practice your psychotherapy skills and listen to these simulations</p>	<p>Useful Links:</p> <ul style="list-style-type: none"> <li>● <a href="#">Youtube Video Link</a></li> <li>● <a href="#">Podcast Link</a></li> </ul>	<p>7 Episodes x 30 minutes</p> <p>3.5 hours</p>
<p><b>Other People's Problems by Hillary McBride - CBC</b></p> <p>Vancouver based therapist, researcher, speaker and feminist writer, who is making psychology and empirical research more accessible</p>	<p>Podcast Links</p> <ul style="list-style-type: none"> <li>● CBC Podcast: <a href="https://www.cbc.ca/radio/opp">https://www.cbc.ca/radio/opp</a></li> <li>● Can also be accessed on Spotify or Apple Podcast</li> </ul> <p>Hillary McBrides's Website:</p> <ul style="list-style-type: none"> <li>● <a href="https://hillarylmcbride.com">https://hillarylmcbride.com</a></li> </ul>	<p>Total 40 Episodes x 30 minutes each</p> <p>20 hours</p>
<p><b>Dear Therapists</b></p> <p>Sit in on real sessions with real people as we guide our "fellow travelers" through the everyday and extraordinary challenges of life.</p>	<p>Links:</p> <ul style="list-style-type: none"> <li>● <a href="https://lorigottlieb.com/podcast/">https://lorigottlieb.com/podcast/</a></li> </ul>	<p>Total 100 Episodes x 30-60 minutes</p> <p>65-70 hours</p>
<p><b>Edge of the Couch:</b></p> <p>Two good friends and experienced therapists explore the topics that were either shied away from or dismissed because they were too big, too nuanced, too risky, or too uncomfortable to address in school or even in supervision.</p>	<p>Links:</p> <ul style="list-style-type: none"> <li>● Instagram: <a href="https://www.instagram.com/edgeofthecouchpod/?hl=en">https://www.instagram.com/edgeofthecouchpod/?hl=en</a></li> <li>● Podcast: <a href="https://www.edgeofthecouch.com">https://www.edgeofthecouch.com</a></li> </ul>	<p>Total 100 Episodes x 30-60 minutes</p> <p>65-70 hours</p>

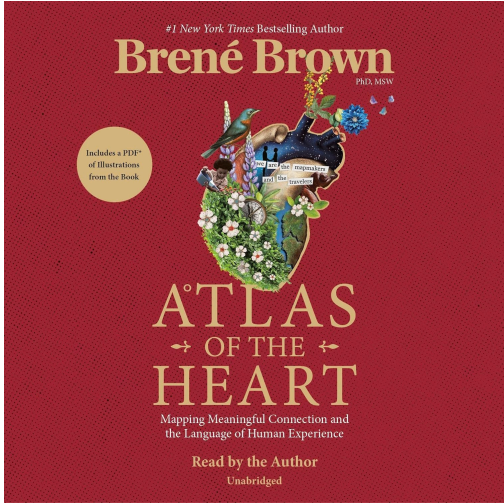
## Books / Audio Books

Whether you read physical books or listen to audio books, I got you covered. Personally, I did a lot of walking, driving so the audio version was best for me. You can sign up for a trial 3 months and get access a book per month.

**Audible Membership:** <https://amzn.to/3VdDYLH>

<p><b>TITLE:</b> Attached: The New Science of Adult Attachment and How It Can Help You Find—and Keep—Love</p>	<p><b>TOTAL NUMBER OF PAGES:</b> 304</p>
<p><b>AUTHOR:</b> Amir Levine (Author), Rachel Heller (Author), Robert Petkoff (Narrator), Penguin Audio (Publisher)</p>	<p><b>AUDIBLE LISTENING TIME:</b> 7 hours and 4 minutes</p>
	<ul style="list-style-type: none"> <li>● <b>Audible Link:</b> <a href="https://amzn.to/3yVsHlJ">https://amzn.to/3yVsHlJ</a></li> <li>● <b>Paperback Link:</b> <a href="https://amzn.to/3xdnGdZ">https://amzn.to/3xdnGdZ</a></li> </ul> <p>In Attached, Levine and Heller reveal how an understanding of adult attachment—the most advanced relationship science in existence today—can help us find and sustain love.</p> <p>In this book Levine and Heller guide readers in determining what attachment style they and their mate (or potential mate) follow, offering a road map for building stronger, more fulfilling connections with the people they love</p>
<p><b>ADDITIONAL REMARKS</b></p>	<p>Attachment is the foundation of the human experience, and important to understand early on.</p>

<b>TITLE:</b> The Gift of Therapy: An Open Letter to a New Generation of Therapists and Their Patients	<b>TOTAL NUMBER OF PAGES:</b>
<b>AUTHOR:</b> Don Hagen (Narrator), Irvin D. Yalom (Author), HarperAudio (Publisher)	<b>AUDIBLE LISTENING TIME: 7 hours and 39 minutes</b>
	<ul style="list-style-type: none"> <li>● <b>Audible Link:</b> <a href="https://amzn.to/4b0Twlx">https://amzn.to/4b0Twlx</a></li> </ul> <p>The Gift of Therapy is a remarkable and essential guidebook that illustrates through real case studies how patients and therapists alike can get the most out of therapy. The best-selling author of Love's Executioner shares his uniquely fresh approach and the valuable insights he has gained - presented as 85 personal and provocative "tips for beginner therapists"</p>
<b>ADDITIONAL REMARKS</b>	<p>A book aimed at enriching the therapeutic process for a new generation of patients and counselors, Yalom's Gift of Therapy is an entertaining, informative, and insightful read for anyone with an interest in the subject.</p>

<b>TITLE:</b> Atlas of the Heart	<b>TOTAL NUMBER OF PAGES:</b> 336
<b>AUTHOR:</b> Brené Brown (Author, Narrator), Random House Audio (Publisher)	<b>AUDIBLE LISTENING TIME: 8 hours and 29 minutes</b>
	<ul style="list-style-type: none"> <li>● <b>Audible Link:</b> <a href="https://amzn.to/45eoTOJ">https://amzn.to/45eoTOJ</a></li> <li>● <b>Hard Cover:</b> <a href="https://amzn.to/45hPSsl">https://amzn.to/45hPSsl</a></li> </ul> <p>#1 NEW YORK TIMES BESTSELLER • In Atlas of the Heart, Brené Brown writes, “If we want to find the way back to ourselves and one another, we need language and the grounded confidence to both tell our stories and be stewards of the stories that we hear. This is the framework for meaningful connection.”</p>
<b>ADDITIONAL REMARKS</b>	<p>This was a phenomenal read. I needed to buy the physical hardcover book because, I go back to it over and over again. It helps me with my clients in understanding their range of emotions.</p>

# VIDEOS: Therapeutic Alliance

**SUBJECT: BUILDING A THERAPEUTIC ALLIANCE**

**YouTube Video - 30 MINUTES**

**YOUTUBE VIDEO LINK:** <https://www.youtube.com/watch?v=oYq3nghR0zk>

## Other Resources

### TRAINING - FREE AND FEE BASED

CCPA: <https://www.ccpa-accp.ca/general-continuing-education/webinars/>

Leading Edge Seminars: [www.leadingedgeseminars.org](http://www.leadingedgeseminars.org)

PESI Training: <https://www.pesi.com>

Suicide Prevention Training: <https://livingworks.net>

### OTHER WEBSITES AND RESOURCES

Therapist Aid: Therapy tools for mental health professionals:

Step by Step DBT Tools: <https://dialecticalbehaviortherapy.com>

DBT Worksheets: <https://dbt.tools/index.php>

CBT Fillable worksheets: <https://thinkcbt.com/think-cbt-worksheets>

### CONTACT DETAILS

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**Follow me on Instagram:** <https://www.instagram.com/shinewithsheema/?hl=en>

“ We don’t have to do all of it alone.  
We were never meant to.”

Brene Brown