

Psychoeducation Video Clips

Explanation of CBT and the maintenance cycle:

https://www.youtube.com/watch?v=9c_Bv_FBE-c

<https://www.youtube.com/watch?v=K4tAHKn6Sz4> – more detail especially around cognitions

<https://www.youtube.com/watch?v=ZRijYOJp5e0> – basic but clear

short videos which explain BA/CR/WM

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/self-help-cbt-techniques/>

Fight or flight explanations:

https://www.youtube.com/watch?v=jEHwB1PG_-Q

Stress bucket

<https://www.youtube.com/watch?v=1KYC5SsJx8>

STOPP Technique

<https://www.youtube.com/watch?v=tStXi7f7Vgk>

Psycho ed support for PWPs

<https://youtube.com/@joshcable6193>