

## Key Ideas in Therapy - Animated Films

Dr Andreas Vossler, senior lecturer in Psychology and director of the foundation degree in counselling at The Open University has produced a series of short animated films on Key Ideas in therapy, together with Naomi Moller and Meg Barker at The Open University.

These films are now released on Youtube and can be found via the following link:

<https://www.youtube.com/playlist?list=PLhQpDGfX5e7AltXvxV5-Y6-RnpWSYw0hk>

The three films are broken down into the following topics: The Therapy Relationship, Being present in Therapy, and Beyond Individual Therapy. These explore key ideas such as looking into wider systems to work with individuals, being present both physically and emotionally, and using mindful techniques in therapy.

The films are very diverse in the sense that they are beneficial for practitioners and trainees, but also the general public, informing and encouraging people to use counselling/therapy services.

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