



ADVISOR REVIEWS—STANDARD REVIEW

SAGE Video: Counseling & Psychotherapy

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Composite Score: ★★★ 2/3

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Abstract

SAGE Video: Counseling & Psychotherapy from Sage Publications Inc. is a collection of over 130 hours of streaming video focused on topics to provide educational training to prepare students entering the mental health profession. With a large portion of the collection being proprietary in nature and published within the past 10 years, users will find stable access to relatively current videos. Users will appreciate the flexibility to either purchase or subscribe to the collection in its entirety. The Sage Knowledge platform is intuitive, and the playback functionality of videos and the value-added features such as video clipping, creating playlists, and downloading and citing transcripts are user-friendly. Nearly half, but not all, of the collection provides psychotherapy demonstrations. Those who would like a product dedicated to psychotherapy demonstrations, particularly with well-known master therapists, may find Psychotherapy.net or APA PsycTherapy to be more suitable. In particular, users who would like the option to earn continuing education credits along with expanded choices for customized packages of selected videos may find Psychotherapy.net to be a preferred option. In comparison, APA PsycTherapy may be of interest to academic users seeking a range of available platforms along with a more robust collection of psychotherapy demonstration videos.

Pricing Options

SAGE Video: Counseling & Psychotherapy can be obtained by purchase or subscription. Sage utilizes a tier system for pricing that is contingent upon institution type, size, and degrees offered. Consortium discounts are offered, and pricing is negotiable. SAGE Video: Counseling & Psychotherapy is a subset of the complete SAGE video collection, with pricing available for purchase or subscription to the complete collection. The purchase price ranges from \$5,000 to \$50,000 and subscriptions range from \$1,000 to \$9,700. For a customized quote, libraries are encouraged to contact Sage directly (Perretta 2023).

Product Overview and Description

SAGE Video: Counseling & Psychotherapy is a collection of over 130 hours of streaming video covering a range of issues encountered by mental health practitioners. It is available by purchase or subscription from SAGE Publishing. SAGE Publishing was founded in 1965 and is based in California. The company is a respected resource for information in the behavioral and social sciences, including journals, books, and other print and electronic library resources. SAGE Video: Counseling & Psychotherapy was first launched in 2015 and is one of 11 subject collections that include Business & Management; Criminology & Criminal Justice; Education; Leadership; Media, Communication & Cultural Studies; Nursing; Political Science &

International Relations; Psychology; Social Work; and Sociology. The product website touts the availability of videos featuring “practitioners in action” as well as more in-depth exploration of topics most relevant to counseling and psychotherapy. The product was designed with academics in mind, with the website noting that videos “focus on key learning objectives with videos that have been developed to map precisely to the curriculum” (Sage Publ. Inc. n.d.).

At the time of this review, the 492 items in SAGE Video: Counseling & Psychotherapy compose an assortment of case study, conversations, definition, documentary, in practice, and interview videos. Nearly one-quarter of the videos are focused on general counseling skills. Although there are 492 items in the collection, these are not all unique videos but rather selected chapters or segments of a particular video. For instance, the video *Professional Issues and Ethics in Counseling and Psychotherapy* is divided into 26 different results. The video type with the highest number of entries is the “in practice” category at 49% of the holdings. In practice videos provide viewers with a real-world application of counseling theory in the context of a therapy session. A search of the holdings indicated that videos ranged in date from 2014 to 2022, with most videos from 2015 of 90% of the collection. A review of the 2021 title list indicates that videos range in duration from 26 seconds to over 3 hours. Most of the videos are 10 minutes or less (61% of the collection), with just 11% running for 1 hour or longer. Currently, eight videos offer assessment questions to help viewers gauge their understanding of the material. The product does not offer continuing education credits (CEUs). Sage Publications states that “more than 60% of video in each collection is exclusively provided by SAGE, providing assurance that the collections will not be subject to flux and disruption” (Sage Publ. Inc. 2023), with the 2021 title list indicating that 86% of the content in SAGE Video: Counseling & Psychotherapy is indeed a SAGE publication. The collection was updated in 2022 with over 7 hours of new content covering such timely topics as diversity in counseling, technology in counseling, and substance abuse treatment.

Subscription-sensitive MARC records are provided for all videos. COUNTER Release 4 and 5 usage statistics are available. The My Profile feature enables users to create a profile to save searches and videos or video clips for later viewing or sharing, such as in a student presentation or resource linked in a learning management system course page. There are several accessibility features, including keyboard shortcuts to control playback, closed captions, and automatically scrolling video transcripts. However, closed captioning is provided in English only and there are no audio descriptions provided for videos in this collection. Downloaded PDFs provide brief alternate text where available in the content (Sage Publ. Inc. 2020). Customer service is available via telephone from 6 AM to 5 PM PT in the Americas and 9 AM to 5 PM GMT in Europe, Africa, Asia, and the Middle East.

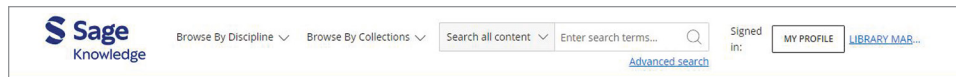


FIGURE 1 The top of a webpage

User Interface, Navigation, and Searching

SAGE Video: Counseling & Psychotherapy is available on the Sage Knowledge platform. SAGE Video products are integrated with OCLC WorldCat Discovery, Ex Libris Primo Central, EBSCO Discovery Service, ProQuest, Summon, Google, and Bing. The product is optimized for Safari, Firefox, and Google Chrome for Mac users and for Microsoft Edge, Firefox, and Google Chrome for PC users. The user interface is fairly intuitive and easy to navigate; however, searching across multiple collections and disciplines at once can initially be overwhelming for new users who have access to more than one collection.

At the top of every page are options to browse by discipline or by collections for those having access to multiple SAGE video collections (Figure 1). There is a Quick Search box where users can conduct a keyword search for all content or specific content types (e.g., books, cases, encyclopedias, videos). The Boolean operators AND, OR, and NOT may be used. An Advanced Search option is available, which allows further refining of search terms, authors, publishers, disciplines, content types, product types, and publication date. The My Profile tab provides access to saved searches and videos.

From the product landing page, videos in the collection default to display by relevance, which can be changed to sort either alphabetically or by most recent (Figure 2). There is no option to search by oldest date. Clicking Edit Search opens the Advanced Search window. Users may also apply Quick filters from the left navigation menu to refine results, which include options for content type, video type, assessment, discipline, and date. With Quick filters, the date can be adjusted only by sliding dates up or down. To enter exact dates, the advanced search feature must be used. Users can select to view all content available from SAGE

Video or to limit results to content to which they have access. A Quick Search box is available at the bottom of the Quick filters navigation pane.

Results display a thumbnail video preview with the video duration along with information about the publisher, individuals featured in the video, video series, publication date, and video type. Users can click to download a video or add it to their list with icons available for both. Upon selecting a result, users can click to play the video (Figure 3). The bottom of the video has video player functions to navigate to a section of the video, adjust volume, enable closed captioning, and select viewing type (popout, theater, or full screen). A gear wheel allows users to adjust playback rate. Users can click Video quick keys to navigate using their keyboard. Clicking the Summary tab shows key information in the video. The Chapters tab shows the section of the video currently playing with the start and end times. The Video Info tab provides metadata about the video, including publisher, series, date, subject taxonomy, duration, keywords, and people. At the bottom of the screen are recommendations for related Sage products, including videos, books, and journals. Users can create video clips, and each clip has a unique URL that can be shared. Users must be logged into My Profile to create clips.

An interactive transcript is displayed to the right of the video that automatically scrolls at the pace of the video, with spoken words being highlighted. This feature can be toggled off. Users can click words in the transcript to play video from that point. The transcript cannot be viewed in pop-out and full-screen modes. Above the transcript is a heart icon to add the video to the user's list. There is also a magnifying glass icon to search within the transcript. Beneath the transcript are options to download as a PDF, cite, share, embed, obtain a permalink, or download the video. Available citation styles are APA, Chicago, Harvard, MLA, and AMA. Videos can be shared via email, Facebook, Twitter, LinkedIn, Pinterest, or QR code.

Critical Evaluation

SAGE Video: Counseling & Psychotherapy has been a trusted streaming video collection since 2015, dedicated to educating users about professional issues related to being a mental health practitioner. The product uses the Sage Knowledge platform, which will be familiar to those subscribing to other Sage products. There are over 490 items in the current holdings. However, not all of these are entire videos but rather selected clips of a particular video, which may provide an inflated sense of unique titles. The content across the collection does amount

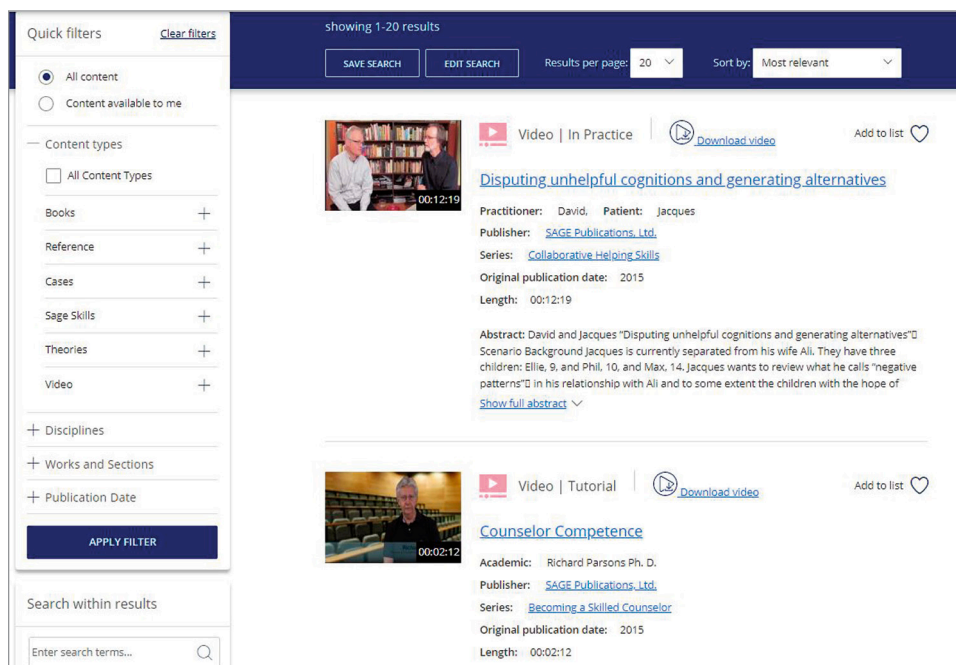


FIGURE 2 A results page displaying a list of videos and search options

to over 130 hours, which is not insubstantial. Nearly half of the items are psychotherapy demonstrations, with topics such as definitions, interviews, or case studies covered in the remainder of the collection. The inclusion of content outside of psychotherapy demonstrations alone is a distinguishing feature compared with products such as Psychotherapy.net and APA PsycTherapy. While most videos are less than 10 years old, only 5% were published within the last 5 years, suggesting the collection may benefit from a more rigorous commitment to continuously adding updated content to keep up with the rapidly evolving field of psychotherapy. The content in the collection is stable given that most videos are produced by SAGE. This feature will be beneficial to instructors who seek to regularly include selected videos in their instructional design. The platform may have a slight learning curve but is relatively easy to navigate with some practice. Video playback functionality is similar to other streaming services. Capabilities for video clipping, saving and sharing content, downloading transcripts, and several citation choices make the product amenable to use for coursework by students and instructors. While the videos only offer closed captioning in English, this is also true for competing products such as Psychotherapy.net and APA PsycTherapy. The ability to either purchase or subscribe to the collection can be an attractive option for those with differing needs and budgets.

Educators, particularly those providing graduate-level training to students preparing to enter the mental health profession, will find much value in SAGE Video: Counseling & Psychotherapy. Nevertheless, a few factors may detract from the choice to adopt this product. Given that the collection is not dedicated to psychotherapy demonstrations alone, some may find limited benefit in the 51% of the collection that does not provide such content. Although some of the videos feature experts in the field, such as Jerrold Lee Shapiro and John McLeod, this feature is not developed nearly as extensively as in the competing products Psychotherapy.net and APA PsycTherapy. Those users who intend to use videos of renowned experts demonstrating psychotherapy techniques may find this limited in SAGE Video: Counseling & Psychotherapy by comparison. The absence of the availability of platforms other than Sage Knowledge may be less than optimal for those who do not have the time to learn how to navigate the platform. That the bulk of the videos were produced in 2015 is cause for

some concern, particularly given the rapid changes in how psychotherapy is delivered in a post-COVID world via telehealth and the increased emphasis on the need for greater awareness of diversity and inclusion in providing mental health services. SAGE Video: Counseling & Psychotherapy promotes the presence of assessment questions for some videos. However, currently only eight videos have assessment questions, making this an extremely limited feature. Finally, although not designed to be a go-to product for practitioners, the absence of CEUs may be a deterrent.

Similar Products

In the market for streaming psychotherapy videos, two competing products that may be considered are Psychotherapy.net and APA PsycTherapy. Psychotherapy.net offers proprietary videos on their dedicated platform, which is designed to have the user-friendly look and functionality of commercial streaming services such as Netflix. Psychotherapy.net is designed to appeal to both practitioners and educators. APA PsycTherapy is published by the American Psychological Association and is available on the APA PsycNet, EBSCO, Ovid Technologies, and ProQuest platforms. As with SAGE Video: Counseling & Psychotherapy, APA PsycTherapy is targeted primarily to an academic audience.

Psychotherapy.net (n.d.) is a streaming video platform that is “committed to producing and publishing the best training videos in the fields of psychotherapy, counseling, and addiction treatment.” Founded by CEO Dr. Victor Yalom in 1995 in the forms of VHS and DVD, the product has been a streaming service since 2013. Psychotherapy.net has holdings of over 300 proprietary videos that span a wide range of therapeutic approaches and issues featuring renowned experts in the field. A review of the product website indicated over 50 such therapists featured in the videos, including Aaron Beck, Albert Ellis, Carl Rogers, Marsha Linehan, Martin Seligman, and Irvin Yalom. CEUs are available for purchase for psychologists, social workers, and counselors. Value-added features include psychotherapy articles and interviews written by master therapists, a blog, and cartoons provided at no additional cost for subscriber (Psychotherapy.net. n.d.). Several features make Psychotherapy.net a distinct product. Videos primarily demonstrate experts in the field providing therapy in

real, or in some cases reenacted or role-played, therapy sessions. More recently, videos have evolved to capture the edited-down work done with clients over multiple sessions rather than single sessions. Dr. Yalom describes Psychotherapy.net as “teaching students as well as seasoned professionals both the art and science of psychotherapy” (Yalom 2023). The collection does not provide content related to psychological research or research methods. Subscriptions are available at the individual and institutional levels. Institutions can subscribe to either the entire collection or customized sets of selections. Pricing is based on the

The screenshot shows a video player interface. At the top, the breadcrumb path is 'Home > Video > Disputing unhelpful cognitions and generating alternatives > Summary'. The video player shows two men in a room with bookshelves. Below the video, there are buttons for 'Video quickstart' and 'CREATE CLIP'. The title 'Disputing unhelpful cognitions and generating alternatives' is displayed, along with 'Chapter 1: Different Situations'. At the bottom, there are tabs for 'Summary', 'Chapters', and 'Video Info'. On the right side, there is a 'Transcript' section with an 'Auto scroll' toggle and a search icon. The transcript shows a speaker discussing the difference between what happens when you're just with your kids and when you're in the middle of a story. Below the transcript are icons for 'Download PDF', 'Cite', 'Share', 'Embed', 'Get link', and 'Download video'.

FIGURE 3 Available features of a single result



SAGE Video: Counseling & Psychotherapy Review Scores Composite: ★★ 2/3

The maximum number of stars in each category is 5.

Content: ★★

A substantial collection of psychotherapy and counseling videos suitable for an academic audience. Content is relatively stable and holdings are published within the past 10 years. Lack of dedication to psychotherapy demonstration videos, limited assessments, no options for CEUs, and few selections published within the last 5 years deter from the product's appeal.

User Interface/Searchability: ★★ 1/2

The Sage Knowledge interface is fairly easy to navigate. The options to navigate videos by keyboard and closed captioning are helpful for accessibility. Those who are unfamiliar with Sage Knowledge may have some initial difficulty navigating the platform, particularly if searching across multiple collections.

Pricing: N/A

As a direct quote was not provided by Sage Publications, it is difficult to assess this area. However, the product does offer a substantial title list of videos with pricing adjusted to full-time enrollment (FTE) and institutional size.

Purchase/Contract Options: ★★ 1/2

Contract provisions are standard for the product. Terms do not allow for interlibrary loan.

collection type selected and the number of estimated users; individualized quotes are provided by the sales team (LaDuke 2023).

APA PsycTherapy is a streaming video database that “provides clinicians, counselors, and trainees the opportunity to observe candid psychotherapy videos featuring known therapists” (Alexander Street n.d.). The product website indicates its primary use to be for education. The database offers more than 500 videos featuring therapy demonstrations that cover over 100 therapeutic approaches and more than 245 unique topics. Over 146 “prominent therapists” are featured in the videos, including Judith S. Beck, Steven C. Hayes, and Leslie Greenberg. A distinctive feature of the database is that all videos are unscripted and recorded within the past 10 years. The collection is updated biannually. Similar to SAGE Video: Counseling & Psychotherapy, videos provide synchronized transcripts along with the capability to create playlists and share video clips (Alexander Street n.d.). As with Psychotherapy.net, APA PsycTherapy does not provide videos on content outside of psychotherapy, such as psychological research. The product website does not indicate the availability of CEUs. Individual and institutional subscriptions are available, with individualized institutional quotes provided by vendor representatives.

Purchase and Contract Provisions

Purchase and contract provisions are outlined in the Sage Publications Inc. Master License Agreement. The contract specifies hosting fees, licensing, and restrictions. Terms and conditions are standard to the product. Access is allowable both on-site and off-site via secure authentication for authorized users, which includes walk-in users accessing the product within the physical premises of the institution. Interlibrary loan is not permitted for SAGE video.

Authentication

SAGE Video: Counseling & Psychotherapy supports a variety of authentication methods, including IP address, user ID and password, OpenAthens, and Shibboleth.

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Free Text Keywords: Sage Video | counseling | Psychotherapy.net | APA PsycTherapy | psychotherapy | Sage Knowledge | Sage Publications

Primary Category: Sociology, Education, Anthropology, Psychology

Type of Product Being Reviewed: Streaming video

Target Audience: Graduate/Faculty/Researcher

Access: One-time purchase; Subscription

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Producer URL: <https://us.sagepub.com/en-us/nam/home>

Product URL: <https://learningresources.sagepub.com/video/counseling-psychotherapy>

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About the Author

Dawn Behrend is an Instruction and Outreach Librarian at Lenoir-Rhyne University. She holds a BA in Psychology, an MA in Clinical Psychology, an MBA, and an MLS. Ms. Behrend has worked for over 20 years in North Carolina as a Licensed Psychological Associate in addition to her career as an academic librarian and continues to work part-time in private practice. Ms. Behrend provides workshops, courses, and invited talks on issues related to mental health and autism spectrum disorder in libraries and self-care for librarians. Ms. Behrend is currently serving as the Vice President/President-Elect of the North Carolina Library Association. She is also active with the Association of College and Research Libraries (ACRL) for which she has served on several committees. ■