TED Talks and You Tube Material

John F. Elliott, LMFT

Adam Grant -The Surprising Habits of Original Thinkers

Amanda Palmer- The Power of Asking

Amy Catron -A Better Way to talk about Love

Marcus Heilig -Addiction in the Age of Brain Science

Jeff Zieg- 5 Minute Therapy Tips

Allan Watts – How to Contact Your Higher Power

Anne Lamott -Everything I Know for Sure

Brene Brown- The Power of Vulnerability, Shame

Brian Little, Who Are You Really, The Puzzle of Personality

Craig Ferguson, Talks About Life as a Recovering Alcoholic

Dan Ariely, -Are We in Control of Our Decisions

Daniel Goldman, Why We Aren’t All Good Samaritans

John Oliver, Last Week Tonight: Doping, Dr. Oz and Nutritional Supplements,

Marijuana, Tobacco, Opioids, Scientific Studies

Ellen Langer -Mindfulness

Emily Esfahani-Smith – There’s More to Life than Being Happy-Meaning

Esther Perel -Sex and Intimacy in long Term Relationships

Courtney Griffins -Epigenetics

Vice Reports -From Rehab to a Body Bag Dying for Treatment

Joe Kowan -How I Beat Stage Fright

Carrie Poppy -How to Seek the Paranormal

Johann Hari -Everything You Think You Know about Addiction is Wrong

Julian Treasure, -How to Speak so Someone Will Listen, 5 Ways to Listen Better

Kelly McGonigal -Stress

Glennon Doyle Melton – Lessons from the Mental Hospital

Luvvee Ajayi -Get Comfortable with Being Uncomfortable

Alila MedicalMedia -Mechanism Of Addiction in the Brain

Michael Shermer \_ The Pattern Behind Self-Deception

Daniel Wendler -My Life with Aspergers

Nadine Burke -How Childhood Trauma Effects Health across a Lifetime

Paul Zak -Oxytocin

Jason Mahr -Pornography Isn’t Your problem

Robin Carhart-Harris -Psychedelics Lifting the Veil

Rebecca Saxe -How We Read Each Other’s Minds

Resisting the Marshmallow and the Success of Self Control

Kahn Academy -Reward Pathways to the Brain

Robert Waldinger -What Makes a Good Life

Robin Williams Weapons of Mass Destruction Alcoholics

RSA Animate -Drive, Persuasion, Time, R

Laura Bain -Living with Bipolar II

Apollo Robins -The Art of Misdirection

Martin Seligman The New Era of Positive Psychology

Why do Our Brains Get Addicted?

Mark Lewis -Addiction and trust

Scott Geller -The Secret of Self-Motivation

Shauna Shapiro What You practice goes stronger

Jorden Petersen Why nice guys finish last, Bill Mahr

Jonathan Haidt The Moral Values of Liberals and Conservatives

Tim Minchin Grad Speech at UWA

Julia Galef Why you Think You’re Right Even If You’re Wrong

Kirstin Neff The Space between Self Esteem and Compassion

 Trauma and Anxiety Videos

Emma McAdam

**Fight Flight Freeze Response: Anxiety Skills #1**

<https://www.youtube.com/watch?v=RPyzPH8sB2A>

**Stress, Anxiety, and Worry: Anxiety Skills #2**

[**https://www.youtube.com/watch?v=aOGP3mltnZE**](https://www.youtube.com/watch?v=aOGP3mltnZE)

**Healing the Nervous System From Trauma- Somatic Experiencing**

[https://www.youtube.com/watch?v=dMmEdsuPRiU rauma](https://www.youtube.com/watch?v=dMmEdsuPRiU%20rauma)

**Are you stuck in Freeze mode? How to Turn off the Freeze Response**

<https://www.youtube.com/watch?v=s0l25LNmYT8>

**Why Anxiety and Depression are Connected- Avoidance and Willingness with painful emotions. ACT**

<https://www.youtube.com/watch?v=tqFBipaU620>

**Change your Brain Chemistry- Alternatives to Medication- Neuroplasticity- Depression Skills**

 [**https://www.youtube.com/watch?v=Pkhk1VOnPHs**](%20https%3A/www.youtube.com/watch?v=Pkhk1VOnPHs)

**Diaphragmatic Breathing (Anxiety Skills #12)**

[**https://www.youtube.com/watch?v=t4aupp\_YO9c**](https://www.youtube.com/watch?v=t4aupp_YO9c)

**How Nervous is your Nervous System? Anxiety Skills #3**

[**https://www.youtube.com/watch?v=uKN5I-Mtgzs&pbjreload=101**](https://www.youtube.com/watch?v=uKN5I-Mtgzs&pbjreload=101)

**Grounding Exercise: Anxiety Skills #5**

[**https://www.youtube.com/watch?v=1ao4xdDK9iE&t=105s**](https://www.youtube.com/watch?v=1ao4xdDK9iE&t=105s)

**Grounding Technique for Anxiety #6: Using Posture to Regain Your Power!**

[**https://www.youtube.com/watch?v=KK2mLR-7\_Lo&list=PLiUrrIiqidTVghUckAJjCZMYO84ahohMv&index=4**](https://www.youtube.com/watch?v=KK2mLR-7_Lo&list=PLiUrrIiqidTVghUckAJjCZMYO84ahohMv&index=4)

**Grounding Activity for Anxiety #7: Creating a Safe Place**

[**https://www.youtube.com/watch?v=Isw37iCwMCg**](https://www.youtube.com/watch?v=Isw37iCwMCg)

**Grounding Activity: "Drawing Safety" Anxiety Skills #7**

[**https://www.youtube.com/watch?v=YTHgm8wL\_IE**](https://www.youtube.com/watch?v=YTHgm8wL_IE)

**Calm Anxiety using the 5 Senses- Sensory Coping Toolkit for Anxiety and Other Intense Emotions**

[**https://www.youtube.com/watch?v=jNC0Mw3FqUQ**](https://www.youtube.com/watch?v=jNC0Mw3FqUQ)

**Grounding Exercise for Anxiety #8: Present Moment Awareness**

[**https://www.youtube.com/watch?v=\_VybpoYlQ88&list=PLiUrrIiqidTVghUckAJjCZMYO84ahohMv&index=6**](https://www.youtube.com/watch?v=_VybpoYlQ88&list=PLiUrrIiqidTVghUckAJjCZMYO84ahohMv&index=6)

**Grounding for Anxiety #9 : Breath Counting**

[**https://www.youtube.com/watch?v=C\_1v4W5wrSI&list=PLiUrrIiqidTVghUckAJjCZMYO84ahohMv&index=7**](https://www.youtube.com/watch?v=C_1v4W5wrSI&list=PLiUrrIiqidTVghUckAJjCZMYO84ahohMv&index=7)

**Perceived Danger and Creating Safety: Anxiety Skills #6**

[**https://www.youtube.com/watch?v=W0QAtywrv5c**](https://www.youtube.com/watch?v=W0QAtywrv5c)

**Pelvic Floor Relaxation (Anxiety Skills #10)**

[**https://www.youtube.com/watch?v=OmHqmMDIc\_Q&list=PLiUrrIiqidTVghUckAJjCZMYO84ahohMv&index=12**](https://www.youtube.com/watch?v=OmHqmMDIc_Q&list=PLiUrrIiqidTVghUckAJjCZMYO84ahohMv&index=12)

**Parasympathetic Response: Train your Nervous System to turn off Stress. (Anxiety Skills #11)**

[**https://www.youtube.com/watch?v=8FpKpW0EhYo&list=PLiUrrIiqidTVghUckAJjCZMYO84ahohMv&index=13**](https://www.youtube.com/watch?v=8FpKpW0EhYo&list=PLiUrrIiqidTVghUckAJjCZMYO84ahohMv&index=13)

**Diaphragmatic Breathing (Anxiety Skills #12)**

[**https://www.youtube.com/watch?v=t4aupp\_YO9c&list=PLiUrrIiqidTVghUckAJjCZMYO84ahohMv&index=14**](https://www.youtube.com/watch?v=t4aupp_YO9c&list=PLiUrrIiqidTVghUckAJjCZMYO84ahohMv&index=14)

**How to Use the Soft Palate to Trigger Calm-Hack the Parasympathetic Nervous System- A** [**https://www.youtube.com/watch?v=YPdd5mbDJhc&list=PLiUrrIiqidTVghUckAJjCZMYO84ahohMv&index=15nxiety Skill#13**](https://www.youtube.com/watch?v=YPdd5mbDJhc&list=PLiUrrIiqidTVghUckAJjCZMYO84ahohMv&index=15nxiety%20Skill%2313)

**Willingness as an Antidote to Anxiety - A Weird Exercise that helps you "Get Better at Feeling"**

[**https://www.youtube.com/watch?v=-kRL7wfqYb4**](https://www.youtube.com/watch?v=-kRL7wfqYb4)

**Anxiety Hack: Soften the Gaze (Anxiety Skills #9) Panic Attacks and Tunnel vision**

[**https://www.youtube.com/watch?v=y5xVVFOsf2I**](https://www.youtube.com/watch?v=y5xVVFOsf2I)

**Progressive Muscle Relaxation-An Essential Anxiety Skill #27**

[**https://www.youtube.com/watch?v=SNqYG95j\_UQ**](https://www.youtube.com/watch?v=SNqYG95j_UQ)

**Parasympathetic Response: Train your Nervous System to turn off Stress. (Anxiety Skills #11)**

[**https://www.youtube.com/watch?v=8FpKpW0EhYo**](https://www.youtube.com/watch?v=8FpKpW0EhYo)

**The Exposure Hierarchy:How to do Exposure Therapy for Anxiety--Anxiety Skills #20**

[**https://www.youtube.com/watch?v=n2rKVj75P3M**](https://www.youtube.com/watch?v=n2rKVj75P3M)

**Rewiring the Anxious Brain - Neuroplasticity and the Anxiety Cycle(Anxiety Skills #21)**

[**https://www.youtube.com/watch?v=zTuX\_ShUrw0**](https://www.youtube.com/watch?v=zTuX_ShUrw0)

**Rewiring the Anxious Brain Part 2: 10 Skills to Beat Anxiety (Anxiety Skills #22)**

[**https://www.youtube.com/watch?v=Fb-clvcX7fI**](https://www.youtube.com/watch?v=Fb-clvcX7fI)

**Mindful Body Scan (Short) Anxiety Skills #28**

[**https://www.youtube.com/watch?v=6iDKF-TrAfE**](https://www.youtube.com/watch?v=6iDKF-TrAfE)

**Mindful Breathing for Anxiety- Anxiety Skill #29**

[**https://www.youtube.com/watch?v=lhrz960LJpE**](https://www.youtube.com/watch?v=lhrz960LJpE)

**Body Scan 9 Minutes- Anxiety Skills #31**

[**https://www.youtube.com/watch?v=6IATiVQ1u58**](https://www.youtube.com/watch?v=6IATiVQ1u58)

**Anxious but you don't know why? Rewiring the Anxious Brain Part 3**

[**https://www.youtube.com/watch?v=FJ8W5IZ8j7Q**](https://www.youtube.com/watch?v=FJ8W5IZ8j7Q)

**Triggers- How to stop being triggered (PTSD and Trauma Recovery #1)**

[**https://www.youtube.com/watch?v=2diE\_SuSQAw**](https://www.youtube.com/watch?v=2diE_SuSQAw)

**Anxiety and Triggers- Overcoming PTSD and Avoidance**

[**https://www.youtube.com/watch?v=13DFLHv1fv8**](https://www.youtube.com/watch?v=13DFLHv1fv8)

**Self-Compassion-Learn How to Face your Flaws with Love and Courage**

[**https://www.youtube.com/watch?v=vU1-S3LgzC0**](https://www.youtube.com/watch?v=vU1-S3LgzC0)

**Overwhelmed? Do this! An Antidote to feeling overwhelmed**

[**https://www.youtube.com/watch?v=fIVQb4fxgEw**](https://www.youtube.com/watch?v=fIVQb4fxgEw)

**Catastrophizing-How to stop making yourself depressed and anxious (Thinking Error) Skill #6**

[**https://www.youtube.com/watch?v=b4pP6HyXRMI**](https://www.youtube.com/watch?v=b4pP6HyXRMI)

**Black and White Thinking- Depression Skills #4**

[**https://www.youtube.com/watch?v=9rNdWK6Wkog**](https://www.youtube.com/watch?v=9rNdWK6Wkog)

**The SIFT technique for Emotion Processing: Dr. Daniel Siegel The Whole Brain Child**

[**https://www.youtube.com/watch?v=5bPzVaxSlQ4**](https://www.youtube.com/watch?v=5bPzVaxSlQ4)

**ADD Videos**

**Hacks top 5**

<https://www.youtube.com/watch?v=1kJXBhIiRs4>

<https://www.youtube.com/watch?v=AXf4Ndn0EGg>

Neuro Feedback and TMS

<https://www.youtube.com/watch?v=M4_MVj6x9UI>

**Improving memory and focus**

<https://www.youtube.com/watch?v=n6qhqUPDtzU>

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

**ADD as executive functioning problem**

Dr Amen (Long)

<https://www.youtube.com/watch?v=UWnJ4wjVu9k>

Dr Russel Barkley

<https://www.youtube.com/watch?v=_tpB-B8BXk0>