



updated: 16 November 2023

PODCASTS & LINKS

All information below is available on public forums. It is always recommended to seek impartial professional advice to address any concerns. If there are any safety concerns or triggers for you in the provided information, please refer to the crisis referral list on Main Street Counselling home page or contact your local crisis referral information.

Brene Brown – Unlocking US – Interview with Dr’s John and Julie GOTTMAN

https://open.spotify.com/episode/6nNnUm8dhdHm4DD6QwzqSo?si=lMcp-naESduVTu_ki1pYvA&dl_branch=1

Brene Brown TEDxHouston talk 2010 - YouTube

<https://www.youtube.com/watch?v=X4Qm9cGRub0&t=36s>

Small Things Often - Dr’s John and Julie Gottman (link to Series)

<https://open.spotify.com/show/0e1KN182aQsnx4qk1nN3Mf?si=cc96cf2807ce4e12>

Growth Marriage with Nate Bagley – link to entire series

Small Things Often - Dr’s John and Julie Gottman

https://open.spotify.com/show/7HYyJXqVQhE4NNPtxKnYGb?si=oAB_xhiVRd2SLhK95QalwQ&dl_branch=1

Episode with Dr’s John and Julie Gottman

https://open.spotify.com/episode/27QhmVNGSCjFWDuDS6HcFD?si=p_xCxyq3QouKfO64UyzmUA&dl_branch=1

Articles from the Gottman Institute

<https://www.gottman.com/blog/little-things-will-make-break-relationship/>

<https://www.gottman.com/blog/falling-in-love-again-with-your-partner-love-maps-friendship-and-staying-connected/>

<https://www.gottman.com/blog/how-the-pandemic-affected-relationships/>

<https://www.gottman.com/blog/three-common-mistakes-couples-make-during-conflict/>

<https://www.gottman.com/blog/the-deeper-meaning-of-trust/>

<https://www.gottman.com/blog/not-having-fun-in-your-relationship-heres-how-to-fix-it/>

<https://www.gottman.com/blog/the-easiest-way-to-improve-your-relationship/>

<https://www.gottman.com/blog/everyday-ways-to-fill-your-emotional-bank-account/>

The History and Development of ACT with Steven Hayes

<https://podcasts.apple.com/au/podcast/act-in-context/id748513885?i=1000338365700>

Psychological flexibility: How love turns pain into purpose | Steven Hayes | TEDxUniversityofNevada

https://www.youtube.com/watch?v=o79_gmO5ppg

ACT in Context – An Introduction to Defusion with Russ Harris

<https://podcasts.apple.com/au/podcast/act-in-context/id748513885?i=1000338365704>

The Behavioural Observations Podcast – Matt Cicora with Russ Harris on ACT, Burnout and Wellbeing

https://open.spotify.com/episode/5OzUfFpHTVn13nwcysAvbj?si=qLYdBE5hSXO_iiG-CD6ARw&dl_branch=1

The Happiness Trap by Russ Harris Interview

https://open.spotify.com/episode/6OZ1XdPdIDS4z5RF1X1gvC?si=SrbWwaG2RNiyJFMSEWEnLQ&dl_branch=1

Better Than Yesterday with Osher Gunsberg: 334 Dr Russ Harris

https://open.spotify.com/episode/0nncvZMwwmAVthV3GTVdP7?si=j6-N_chmROWDHCAPjJHGyA&dl_branch=1

YouTube – Monsters on a Boat – Russ Harris ACT

<https://www.youtube.com/watch?v=vyxc889gQtY>

Progressive Muscle Relaxation (female voice)- Youtube
<https://www.youtube.com/watch?v=86HUcX8ZtAk>

Am I a Rescuer in my Relationships - The Good Mood Clinic
<https://open.spotify.com/episode/6bmQhftqyGQKSYdPd2JtIV?si=HTC9gsY0TjOX-OhBuDuzzQ>

BOUNDARIES

Mentally Flexible with Tom Parkes Healthy Boundaries – The Mindful Kind episode 254
https://open.spotify.com/episode/4jaxyf3tazhokRv34N5HDh?si=BR6KsUndQW6eXRCOGAnPJA&dl_branch=1

How to Set and Maintain Boundaries – The Mindful Kind episode 255
https://open.spotify.com/episode/6kEK6Bx3VEwZ4NY6mssMOC?si=EqNsMdt6SgKuJ5Wvpl-BNQ&dl_branch=1

MENTAL FLEXIBILITY

Join psychotherapist Tam Parkes as he has meaningful conversations to help you build mental flexibility. Each Episode will explore topics related to psychology. Mental health, and creativity. With an open mind and sense of curiosity these conversations will help you better understand yourself, others, and the world around you.
<https://open.spotify.com/show/0fQD1YVuskYflTnMNHhNqe?si=ff69cbd71fdb4d5e>

Adult Children of Emotionally-Immature Parents – One Broken Mom hosted by Amee Quiriconi featuring Dr Lindsay Gibson Author “Adult Children of Emotionally-Immature Parents”
<https://open.spotify.com/episode/0Vc8T5FwdBlkSQ90eiyl3?si=aIELoqPwS9CpEdwFvP-cgA>

Self Compassion

The Savvy Psychologist’s quick and Dirty Tips for Better Mental Health – Dr Ellen Hendriksen Episode 76 Ways to Practice Self Compassion
<https://open.spotify.com/episode/4crbLWt0sxaamT6pFqIQU8?si=p0N9W7gZSLK6JZerFvKo-Q>

Self Compassion: How to Shift your Inner Monologue with Dr Gemma Gladstone - The Good Mood Clinic Podcast
<https://open.spotify.com/episode/2jEdmxkTlzu82wXmGnUUjD?si=ROMu0wYASkmhJq2Zj7qP2w>

Body Scan

[Mindfulness Body Scan](#)

[Body Scan Meditation - Jon Kabat-Zinn](#)

[15-minute meditation: Body scan](#)

[5 Minute Body Scan Meditation](#)

Progressive Body Relaxation

[Progressive Muscle Relaxation Training](#)

[Progressive Muscle Relaxation](#)

[Progressive muscle relaxation technique](#)

[Progressive Muscle Relaxation](#)

EFT Emotional Freedom Technique – Tapping

Brad Yates YouTube Channel

https://www.youtube.com/@tapwithbrad/videos?view=0&sort=dd&shelf_id=0

Peta Stapleton YouTube Channel

<https://www.youtube.com/@DrPetaStapleton>

Peta Stapleton TedX Talk on EFT

<https://www.youtube.com/watch?v=0Vu0Tibt1bQ&t=154s>

The Tapping Solutions

<https://www.youtube.com/@TheTappingSolutionChannel>

The Tapping Solutions App

