

**Counseling and Psychiatric Services (CAPS)**  
**TeleOutreach Resources**

1. **Self Care for Graduate Students by Caitlin Riley, LMSW** (pre-recorded powerpoint presentation) [https://mediaspace.msu.edu/media/1\\_d6jtsdlh](https://mediaspace.msu.edu/media/1_d6jtsdlh)
  
2. **Coping with Adjustment by Martez Burks, PH.D. and Sarah Fay-Simons, LMSW** (pre-recorded powerpoint presentation w/presenters present)  
[https://mediaspace.msu.edu/media/1\\_gfhq2f50](https://mediaspace.msu.edu/media/1_gfhq2f50)
  
3. **Coping with COVID-19 by Zhenshan Zhong, Dr. Jimmy Bruce and Dr. Yvonne Connelly** (pre-recorded powerpoint presentation w/presenters present)  
[https://mediaspace.msu.edu/media/1\\_16g8fog3](https://mediaspace.msu.edu/media/1_16g8fog3) (part 1)  
[https://mediaspace.msu.edu/media/1\\_t1r72ck7](https://mediaspace.msu.edu/media/1_t1r72ck7) (part 2)  
[https://mediaspace.msu.edu/media/1\\_is634elz](https://mediaspace.msu.edu/media/1_is634elz) (Part 3)
  
4. **Exploring Gratitude by Jeff Baker, LLPC and Silvia G. Leija, M.S., LMFT** (podcast) [https://mediaspace.msu.edu/media/1\\_y0h6duot](https://mediaspace.msu.edu/media/1_y0h6duot)
  
5. **Gratitude Meditation by Silvia G. Leija, M.S., LMFT** (podcast)  
[https://mediaspace.msu.edu/media/1\\_ozrvvibz](https://mediaspace.msu.edu/media/1_ozrvvibz)
  
6. **Mindfulness Skills (Breathing) by Jeffery Boyce, LLBSW** (podcast)  
[https://mediaspace.msu.edu/media/1\\_ry56yyc9](https://mediaspace.msu.edu/media/1_ry56yyc9)
  
7. **S.P.A.R.T.A.N. Training (Informational)**  
[https://mediaspace.msu.edu/media/0\\_hz7ldrdb](https://mediaspace.msu.edu/media/0_hz7ldrdb)
  
8. **Exploring Couple Dynamics by Ginny Blakely, LMSW and Jessica Mitchell-Corsino, Psy.D., LP** (prerecorded, with accompanying supplemental video, presenters present)  
Part 1 [https://mediaspace.msu.edu/media/0\\_87gw601w](https://mediaspace.msu.edu/media/0_87gw601w)  
Part 2  
[https://mediaspace.msu.edu/media/Exploring+Couples+dynamics+episode+2+by+Ginny+Blakely%2C+LCSW+%26+Jessica+Mitchell-Corsino%2C+Psy.D.%2C+LP%2C+MSU+CAPS/1\\_sqg0scqf](https://mediaspace.msu.edu/media/Exploring+Couples+dynamics+episode+2+by+Ginny+Blakely%2C+LCSW+%26+Jessica+Mitchell-Corsino%2C+Psy.D.%2C+LP%2C+MSU+CAPS/1_sqg0scqf)  
Part 3  
[https://mediaspace.msu.edu/media/Exploring+Couple+Dynamics+%28Pt.3%29+by+Ginny+Blakely%2C+LMSW+and+Jessica+Mitchell-Corsino%2C+PhD%2C+LP/1\\_r2qjd0p4](https://mediaspace.msu.edu/media/Exploring+Couple+Dynamics+%28Pt.3%29+by+Ginny+Blakely%2C+LMSW+and+Jessica+Mitchell-Corsino%2C+PhD%2C+LP/1_r2qjd0p4)

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**9. Mental Health 101 in International Students by Zen Zhong, LLPC, DK Sung, PhD, LP, and Basak Khamush, PhD, LP (Powerpoint Series)**

Part 1: Psychoeducation (What is Counseling?)

[https://mediaspace.msu.edu/media/1\\_1k2ixhb7](https://mediaspace.msu.edu/media/1_1k2ixhb7)

Part 2: :Acculturative stress and counseling experience

[https://mediaspace.msu.edu/media/Mental+Health+101+in+International+Students+AAc+culturation+stress+and+counseling+experience+by+DK+Sung%2C+PhD%2C+LP/1\\_ep3wmy2y](https://mediaspace.msu.edu/media/Mental+Health+101+in+International+Students+AAc+culturation+stress+and+counseling+experience+by+DK+Sung%2C+PhD%2C+LP/1_ep3wmy2y)

Part 3: Effectiveness of Counseling/Psychotherapy with International Students

[https://mediaspace.msu.edu/media/Effectiveness+of+Counseling+Psychotherapy+with+I+nternational+Students+by+Basak+Khamush%2C+PhD%2C+LP/1\\_2uu2edz7](https://mediaspace.msu.edu/media/Effectiveness+of+Counseling+Psychotherapy+with+I+nternational+Students+by+Basak+Khamush%2C+PhD%2C+LP/1_2uu2edz7)