

How to Use ThinkFeel Lab in Your Therapy Practice

youtube.com/@ThinkFeelLab · thinkfeellab.com · Free · Ages 8–12 · 5–7 min each

Psychoeducation

Cognitive defusion

Somatic awareness

Shame differentiation

Metacognition

THE APPROACH

ThinkFeel Lab is grounded in developmentally appropriate psychoeducation drawn from CBT, ACT, nervous system regulation, and emotional literacy research. Content is trauma-informed and shame-free. Videos explain the underlying mechanics of feelings and thoughts, making them useful for building conceptual foundations that support direct skill work in session. These videos are psychoeducational, not therapy.

CLINICAL INTEGRATION IDEAS

Between-session homework

Assign a relevant episode after introducing a concept in session. Reinforces psychoeducation without extra material to create.

Session opener

Use a short episode to warm up a topic before the child is ready to apply it personally. Lowers resistance through normalizing.

Parent alignment

Share the companion guide with caregivers so they understand the framing and can reinforce language between appointments.

Shame and identity work

Episodes on embarrassment vs shame, mistakes, and self-compassion offer scaffolding for shame-based presentations.

Resistant or avoidant clients

A video feels lower stakes than direct conversation. Use it as a side-door entry into difficult topics.

Group therapy

Paired episodes on shared themes make strong anchors for group psychoeducation and discussion.

CONCEPTS ADDRESSED ACROSS THE PLAYLISTS

- Cognitive defusion and metacognition: thoughts are not facts, sticky thoughts, reality-checking
- Shame differentiation and self-compassion: embarrassment vs shame, rumination, self-talk after mistakes
- Nervous system regulation: breath, freeze response, fast vs slow brain path
- Attachment and belonging: rejection sensitivity, over-responsibility, fixer patterns
- Assertiveness and boundaries: anger as power, expressing needs, sorting responsibility

WHAT THE CONTENT IS, AND IS NOT

These videos are psychoeducational, not therapy. They provide language and conceptual grounding, not clinical intervention.

They do not address crisis, trauma processing, or diagnosis. Designed as supplementary tools for healthy, curious skill-building.

Free companion guides provide adult framing for each episode, available through the ThinkFeel Lab newsletter.