More “Therapy in a Nutshell” Playlists

**Trauma and PTSD Recovery Playlist** <https://m.youtube.com/playlist?list=PLiUrrIiqidTVOFopSNaKy6ieGbmuhkxQw>

**Healthy Relationship Skills playlist** <https://m.youtube.com/playlist?list=PLiUrrIiqidTUau5F7ckXIY4G1Z0a96Cb3>

**Anxiety Skills Playlist**  <https://m.youtube.com/playlist?list=PLiUrrIiqidTVNQB5GrD2uh-bmfUGGwh-z>