

2012 HEALTH

(Physical and Mental) DVD Catalogue

*** Streaming also available on most titles

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HYGIENE, MYPLATE, HEALTH, SAFETY & FITNESS



CHILDREN OF SUBSTANCE ABUSERS

Danielle's father is an alcoholic, as are both of Luke's parents. Nicole's mother is recovering from crack cocaine addiction. How have these teenagers dealt with such

overwhelming conditions? This video explores the emotional confusion and trauma affecting children of substance abusers, showing how many young people are able to break the cycle of addiction and create a healthy pattern for their own lives. Important steps in that process are featured - most importantly, realizing that your parent's problems come from his or her sickness and are not your fault. Self-worth, acceptance, forgiveness, and the concept of the "parentified" child are all explored.

**#10785/0635 9 minutes 2006
\$49.95 *CC**

ACHOO! Stop the Flu!

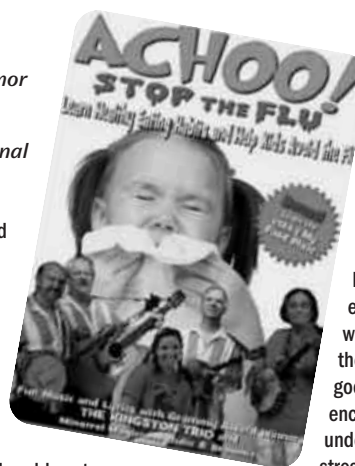
"This is a terrific way to teach basic health concepts with humor and music."

Teresa Bateman, Brigadoon Elementary, School Library Journal

Join the Grammy award winning Kingston Trio along with their guests Julie and Brownie for a fun song-filled program as kids learn how to avoid colds and flu and develop healthy eating choices that will last a lifetime. Five brand new songs, easy to learn on screen catchy lyrics and plenty of comedy and laughter illustrate healthy eating habits, washing hands and good exercise.

Host Julie explores what's in our food and how to prevent flu and colds by easy to remember basic germ prevention techniques. An ideal program for parents and children everywhere, schools, kids groups, churches, hospitals and health organizations to teach proper preventative health and nutrition.

**#14647/2003 19 minutes 2004 \$79.95
Grades 8 to 12**



New! HELP! I'M STRESSED!

**Highly recommended
Alberta Education!*

Are you stressed out? The students at Martindale High School are. They don't like feeling tense and they don't know what to do about it. But help is coming and you're invited to go along. Learn exactly what stress is and discover that there is both bad stress and good stress. Not everyone experiences stress the same way. You'll understand the many symptoms of stress. Then you'll uncover all kinds of strategies to keep stress levels in

balance. When you know what stress is, what the symptoms are and how proven strategies can work, you'll be able to handle whatever life brings you!

**Includes Teaching Materials online*
**#14444/1290 26 minutes 2011 \$79.95
Grades 6 to 12**



WHAT'S ON MYPLATE?

Do you ever stop and wonder what's on YOUR plate?

Discover what's on the new MyPlate food icon developed by the US Department of Agriculture (USDA). This DVD is an overview of good food choices and

the MyPlate food guide that highlights the best choices from each food group. Includes interviews with teens about their favorite healthy foods.

#14802/1290 22 minutes, 2012 \$49.95
Grades 6 to Adult *CC



CREATE A GREAT PLATE: MyPlate Dietary Guidelines

When's the last time you ate off a food pyramid? This DVD is based on the USDA's new MyPlate campaign. Shows teens what healthy eating

looks like, and tells them how to:

- Make at least half your grains whole
- Vary your veggies
- Focus on fruits
- Get your calcium-rich foods
- Go lean with protein

#14803/1290 20 minutes 2012

\$79.95 Grades 6 to Adult

***Includes Teaching Materials *CC**

MYPLATE DIETARY GUIDELINES FOR ELEMENTARY STUDENTS

Go into the kitchen with registered dietitian Melissa Halas-Liang as she shows two students how some of their favorite meals can be both nutritious and delicious by using the MyPlate guidelines. Key messages for each food group are explained while they apply the dietary guidelines to a variety of favorite foods, including favorite



foods like tacos and pizza, breakfast and snacks. The kitchen how-to segments are interspersed with interviews of real kids eating and talking about their favorite nutritious foods!

#14449/1290 22 minutes 2012

\$79.95 Grades 1 to 6

***Includes Teaching Materials *CC**

4 WEEKS 2 A HIGHER FOOD IQ!

Reality TV meets the new USDA MyPlate Dietary Guidelines in this real-life video example of a teen accepting a new challenge each week. Registered dietitian Christina Meyer-Jax gives our teen, Lexi, advice, feedback and encouragement with four dietary/fitness challenges, including:

- Eat balanced. Move more.
- Eat more good stuff.
- Eat less bad stuff.
- Move!

Watch Lexi transform as she increases her food IQ and activity level.

#14804/1290

28 minutes

2012 \$79.95

***Includes Teaching Materials *CC**



New!

ENERGY BALANCE: Energy In / ENERGY Out

Being physically active and eating from all the food groups is key to balancing your energy. Registered Dietitian Melissa Halas-Liang discusses the nutrition basics of the energy equation, while personal trainer Dwayne Arthur Jones explains the importance of balancing the equation by using that energy.

Discover:

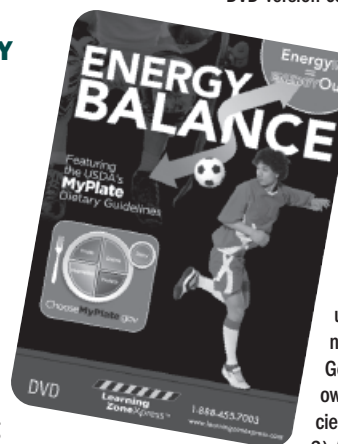
- The best food choices using MyPlate as a guide
- Short-term and long-term benefits of physical activity
- Tips to be active each day
- How to overcome common excuses
- How to continue being active into adulthood

Features brief interviews with teens about how they stay healthy through physical activity.

#14801/1290 20 minutes

2012 \$79.95

***Includes Teaching Materials *CC**



HEAD LICE CONTROL

You may not even know you've got them!

Research shows that 50% of people don't feel itchy even though they've got head lice. This program details why head lice are so resilient and outlines the key to effective management - breaking their life cycle. Students, par-



ents and teachers will learn about the different treatment methods, from the conditioner/comb treatment to insecticides sold over the counter and understand how to protect themselves from future infestations.

***Recommended for Upper Elementary, Junior High, Senior High**
#12544/0545 21 minutes 2006
\$129.95

HEAD LICE TO DEAD LICE! Professional Version

It seems that maybe parents don't have to pour toxic and carcinogenic substances directly onto their child's braincase to protect them from the ravages of head lice. This hilarious and highly informative video gives parents, children, educators and health professionals a whole new approach to the problem. Very user friendly. This new professional DVD version contains:

- 1) The award-winning video which includes the complete olive oil protocol
- 2) The Nit Check Demo - a brand new seven-minute step-by-step nit pick ..featuring Mary Ward, professional nit picker. Many families have trouble with the crucial step of thoroughly checking for nits. Some spend too much time, and others too little. Some parents are unsure how to tell if they've found a real nit. Mary Ward, featured in National Geographic Magazine, demonstrates her own technique for a successful and efficient nit check.
- 3) A Slide Show - instructions and tips, controlled with your remote:

The Five-Step Battle Plan; FAQ's; Facts about Head Lice; and, Rules for Kids.

#2418/1695 15 minutes 2009

\$69.95 *CC

***** Ask about our easy email preview!!!**

EVERYBODY MOVE! A Multimedia Package for Daily Physical Activity

We all know that students are more sedentary than ever - their idea of moving might involve going from the couch to the refrigerator and back. Part of the reason students aren't active enough is that they don't see activity as fun. With this multimedia package, they'll have loads of fun being active. This resource is packed with teacher-tested ideas that will help you increase activity in limited space such as hallways, classrooms, and utility rooms (or in the expanse of the great outdoors) and get your students active with limited equipment. A reference for elementary and middle school physical education, music, dance, and adapted physical education teachers. Also a reference for parents, recreation leaders, and home-schooling families. Includes the following features:

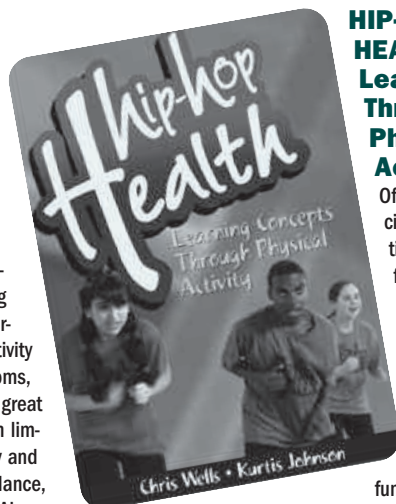
- A teacher guide featuring 54 fun fitness activities, 32 moving-to-music activities, 14 choreographed line dances, tips on training leaders, and 9 keys to implementing a daily physical activity program
- A CD with 80 minutes of music for use with fitness station activities, aerobics, and 3- to 10-minute dance routines
- A DVD-ROM with over 90 minutes of video showing 14 dance routines with selected moves and breakdowns of routines. In addition, the DVD-ROM offers more than 230 reproducible activity cards in PDF format, which you can print and use in your classroom. On the DVD-ROM, you'll also find demonstrations of over 100 funky moves that you can put to any music to create your own activity routine, breakdowns of dance moves, and complete dances that you can follow. Research has proven that short activity breaks can improve academic performance - make a positive difference in the lives of your students.

#13604/0860 30 minutes 2010 \$69.95
Grades K to 6

COMPLETE FUNDAMENTALS OF ROPE JUMPING with Rene Bibaud

Long a staple in physical education programs, the jump rope is a proven, effective, and inexpensive tool - especially useful given today's education budget constraints. Yet many physical education teachers struggle with how to get the most from rope jumping. This program will help teachers use those jump ropes - and help kids ages 7 through 11 have fun while being active. Takes the educator through eight sets of skill breakdowns, including single-rope skills, long-rope activities, group routines, build-ups for double dutch, and fun games. Instructor Rene Bibaud (a five-time world champion of rope jumping who was a lead performer and coach for the renowned Cirque du Soleil) provides personal stories, entertaining metaphors, and inspiring messages and motivational tools, as well as concise and uncomplicated lesson plans with measurable outcomes that can be printed from a computer.

#11689/0860 110 minutes 2008 \$39.95
***CC Grades 2 to 5**



HIP-HOP HEALTH: Learning Through Physical Activity

Offering children sufficient physical activity time is a challenge for every educator. But with HIP-HOP HEALTH, you can provide your students with physical activity and health concepts in ways that are fun and engaging! This

DVD can be easily incorporated into a health unit. It offers six five-minute health raps that will get your students moving in the classroom or the gym. The format allows you to use each segment of physical activity as a short activity break or all the segments together as a full 30-minute workout without the worry of instruction time or equipment. The incorporated health raps offer a fun, engaging way to teach children about bones, muscles, nutrition, the cardiovascular system, and flexibility. The DVD also offers lesson plans, the lyrics to the raps, and instructions and tips to help educators make the most of Hip-Hop Health. These great resources are available in PDF format and can be printed and shared with other educators. Physical activity not only benefits children's health but also improves their ability to concentrate and enhances learning. HIP-HOP HEALTH will help you get your students moving, having a great time, and learning lifelong health concepts with upbeat and contemporary rhythms and music.

CONTENTS: Basic Anatomy; Bone Dance; Pump It Up; Healthy Lifestyle; Wild Safari; Mission Nutrition; Fitness Cardio; Super Flex; Hip-Hop Health extras; Wild Safari group activity; Mission Nutrition group activity; Lesson plans Lyrics; Instructions and tips; Credits

#13603/0860 30 minutes 2010 \$49.95
Grades K to 5

A HEALTHY WORKLIFE

While young adults are at high risk for engaging in a variety of unhealthful behaviors with negative health consequences, most programs for young adults primarily target adolescents in school and miss a large segment of emerging adults who have left school and entered the workforce. This program fills this gap by helping them make the connection between personal health behavior choices and successful work life. Divided into four primary modules: Stress and Anger Management; Nutrition; Substance Abuse; and Tobacco Use. Follows the lives of three young adults as they learn how personal choices, such as the way they handle stress, can affect their professional lives.

***A User's Guide (for individual users) and Trainer's Guide are also included.**

#4448/0885 62 minutes 2006 \$249.95

PERSONAL HYGIENE

This program explores issues associated with young people and personal hygiene. Examines ways of achieving and maintaining healthy hygiene practices and focuses on keeping the skin clean, looking after hair, dental hygiene, nasal care and hand washing. A separate section at the end of the program covers aspects of personal hygiene during menstruation.

Grade 7 to College

#13621/0545 25 minutes 2004 \$129.95

CATCH ONTO GOOD HYGIENE!

Learn the basics of good hygiene! Viewers get tips from teens who demonstrate and share the fundamentals of hygiene including hand washing, acne, dental care and care for your body, skin, and hair.

***Teaching Materials Included**

#12235/1290 15 minutes 2009 \$49.95

***CC Grades 4 to 8**

FUN CLASSROOM FITNESS ROUTINES Ages 4 to 9

This DVD will keep kids active and moving in a way that's appropriate for their ages and interests! Created to be used in a classroom - with no need for extensive equipment or instruction time. Students watch and follow along with award-winning educator and host Carol Scaini as she demonstrates each exercise routine. Contains five ready-to-go fitness routines lasting 10 minutes each, plus a 7-minute warm-up and stretch routine. Each routine requires minimal prep time, and teachers can vary the routines to keep kids interested and having fun. The DVD includes printable PDF documents that contain descriptions of each exercise along with tips on presenting and managing those activities. This program will be a hit with busy teachers looking for fun ways to include physical activity in the day without making more demands on limited space or limited time.

#11691/0860 43 minutes 2008
\$49.95 *CC

FUN CLASSROOM FITNESS ROUTINES Ages 10 to 14

The perfect resource for middle to high school classroom and physical educators who are strapped for space but are still required to meet state or local mandates on minutes of physical activity time. This DVD will keep kids active and moving in a way that's appropriate for their ages and interests! This DVD was created to be used in a classroom - with no need for extensive equipment or instruction time. Students watch and follow along with award-winning educator and host Carol Scaini as she demonstrates each exercise routine. Contains five ready-to-go fitness routines lasting 10 minutes each, plus a 7-minute warm-up and stretch routine. Each routine requires minimal prep time, and teachers can vary the routines to keep kids interested and having fun. The DVD includes printable PDF documents that contain descriptions of each exercise along with tips for presenting and managing those activities. This program will be a hit with busy teachers looking for fun ways to include physical activity in the day without making more demands on limited space or limited time.

#11692/0860 49 minutes 2008
\$49.95 *CC

YMCA HEALTHY BACK

Presents the proper exercise techniques to make the back healthy and strong, as well as shows how to conduct the exercises with a group. Also covers where exercisers should feel each stretch, incorrect stretching techniques, first aid measures, advice for maintaining back fitness, and healthy back positions while standing, sitting, sleeping, driving, and lifting. **#2604/0860 45 minutes 2007 \$39.95**

KIDS AND SPORTS

More and more children play organized sports. Viewers of this exciting program see children from toddlers through puberty illustrate just how fun or frustrating playing sports can be. They watch as physical, social and emotional development follow a sequence that adults can't speed up. They see just how skills in sports progress from birth through puberty. They marvel at the intellectual side of

sports - from score keeping to game strategizing. The program guides viewers through the dangers of the over-scheduled, over-pressured, over-trained child. **#11964/1120 25 minutes 2008 \$99.95 Includes Guide *CC**

TEENS AND TANNING

Getting teens to think outside the box on body image issues is always challenging when media and peer pressure are involved. Having a tanned body has been a big deal for 'cool' teenagers for a number of decades even though the threat of skin diseases has been known for some time. Dermatologist Carolyn Jacob explains the dangers of overexposure to the sun and gives insight on what will keep us safe and happy in the sun.

**Teaching materials included*

#9648/1290 16 minutes 2005 \$49.95 Grades 6 to 12

WHAT SHOULD I DO?

The Basics of First Aid

Knowing what to do until medical assistance arrives is what first aid is all about. This video will prepare viewers to respond safely in emergency situations. Along with CPR and treating for shock, the program shows how to respond to minor injuries such as cuts, burns, sprains, and strains. It also covers how to recognize and care for heat and cold injuries; what to do in case of poisoning, bites, or stings; and how to pack a first aid kit with all the essential contents. **#9162/0405 28 minutes 2002 \$89.95 Grades 7 to 12**

**** * See also
FIRST AID BASICS: Knowing What
to do in an Emergency on Page 7**

ANATOMY & ALL THOSE HUMAN PARTS

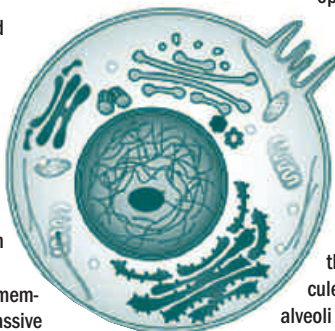
THE HUMAN BODY: How It Works

This series uses physiologic animations and illustrations, microscopic imaging, expert commentary, and footage of the body in motion to provide a thorough overview of the amazing human machine. Marvelously detailed, yet readily understandable.

CELLS, TISSUES, AND SKIN - After an introductory segment on cell characteristics, this program discusses the way human body cells function and combine into the structures that sustain life. Topics include membrane permeability and the processes of passive and active transport; cytoplasm, with its cytosol, organelles, and inclusions; the constituent parts of the nucleus and the stages and processes of the cell cycle; the four basic tissue types; and the skin, the body's largest organ. **#12939**

THE IMMUNE SYSTEM - This program examines how the human immune system defends the body against disease-causing invaders - and how in some cases its antigen-fighting capabilities can be turned against the bodily cells it protects. Topics include the elements of the immune system, passive barrier defenses and nonspecific reactive responses, the humoral immune response and its associated antibodies, and the process of cell-mediated immunity. The program also addresses the importance of vaccines, the mechanics of allergies and autoimmune diseases, and advances in the field of immunology. **#13181**

HUMAN DEVELOPMENT AND THE REPRODUCTIVE SYSTEM - This program traces the development of a human being from conception to full-term fetus, with a focus on the functions of the male and female reproductive systems. The three stages of development in the womb - re-embryonic, embryonic, and fetal, generated by the mechanisms of division, differentiation, morphogenesis, patterning, and growth - are illustrated, after which there is a close examination of male and female puberty - the maturation of the reproductive system and the beginning of human sexual response. **#13182**



THE RESPIRATORY SYSTEM

- Following an opening segment on the importance of oxygen to the human body, this program studies the structure and function of the respiratory system. Topics include the anatomy of the upper respiratory tract, the lower respiratory tract, and the alveoli; the diffusion of gas molecules through the walls of the alveoli and capillaries, and the effect of high altitude on the diffusion process; and the mechanics of breathing via the bulk flow transport process. In addition, the program describes three factors that help prevent lung collapse and the role of the medulla oblongata in regulating breathing. **#12916**

THE CIRCULATORY SYSTEM - This program takes a close look at the organs of the human circulatory system and how they work to sustain life. After an introductory overview, the composition of blood - its plasma, erythrocytes, leukocytes, and platelets - is analyzed, blood types and Rh factor are considered, the role of hemoglobin in transporting oxygen is explained, and the anatomy and function of the heart is examined. Factors that affect blood pressure and circulation are also discussed, along with the circulatory demands of exercise. **#12891**

THE SKELETAL AND MUSCULAR SYSTEMS - This program deconstructs the human skeletal and muscular systems, two interdependent assemblies that endow the body with structure and movement. Beginning with an introductory overview, the video identifies the body's bones by dividing the skeleton into its axial and appendicular components, analyzes bone composition, describes the process of bone repair, and categorizes bone and joint types. The program then shifts focus to the skeletal muscular system - detailed study of muscle cells, fibers, bundles,

and connective tissue. The ATP-fueled process of muscle contraction is addressed as well. **#13183**

DIGESTION AND NUTRITION - This program examines the chemical structure of food and the human body's ability to convert food into fuel and raw materials. Major and minor nutrients are defined, catabolism and anabolism are contrasted, and the function of the digestive tract at the cellular level is scrutinized. The sequence of physical and chemical processes that facilitate digestion is also illustrated, spotlighting each constituent anatomical system: mouth/esophagus, stomach, small intestine, and large intestine. A segment on healthier eating concludes the program. **#12938**

THE ENDOCRINE SYSTEM - After an introductory segment contrasting the human endocrine and nervous systems, this program addresses the complex physiology of the endocrine system. Topics include the endocrine organs and glands; the characteristics of hormones and the process of signal transduction; hormonal regulation of blood glucose and blood calcium levels; the roles of growth hormone, thyroid hormone, testosterone, and estrogen in bodily development; hormones and reproduction; and hormonal involvement in the fight-or-flight response. **#12936**

THE NERVOUS SYSTEM AND THE SENSES - This program discusses the development, organization, and functions of the nervous system and the input organs that stimulate it. Beginning with an introductory overview of neural anatomy, the video outlines the organization of the central and peripheral nervous systems and the processes of sensation, transduction, and perception. In addition, the senses of vision, hearing, taste, smell, and equilibrium are analyzed, as well as sensitivities to temperature, pressure, and pain; bodily movement via the somatic neurons is illustrated; and the neural mechanics of sleep and wakefulness are considered. **#12937**

#12670/0635 Nine 22-minute programs 2009 *Includes Guides \$99.95 each or Series \$899.95 *CC

THE ANATOMY SERIES

This comprehensive series of ten programs provides engaging, entertaining, energetic and highly imaginative descriptions of the various anatomical systems:

THE CIRCULATORY SYSTEM

An overview of the three main parts of the circulatory system - the heart, blood vessels, and blood.

Describes the structures and functioning of the heart, including the conduction system. Discusses the three types of blood vessels and their role in circulation. Examines the blood components and the lymphatic system. Anatomy and physiology are illustrated with up-to-date graphics and animation. 16 minutes

THE ENDOCRINE SYSTEM

Discusses various aspects of the endocrine system including hormones, the pituitary gland, the hypothalamus, the pineal gland, the thyroid gland, the parathyroid glands, the thymus gland, the adrenal glands, and the pancreas. The information is presented beautifully through art and animation. 27 minutes

THE DIGESTIVE SYSTEM

First provides a description of the digestive system, then using exceptional still art and animation, reviews the anatomy and physiology of the alimentary canal. Describes how food is converted into substances that can be used by the body for energy and tissue building. An outstanding tool to complement written materials and lectures used when teaching the process of digestion. 16 minutes

THE NERVOUS SYSTEM

Begins by describing neurons and neuroglia and their role in the transmission of nerve impulses. Goes on to explain the central nervous system, focusing on the structures in the brain, the cranial nerves, and the spinal cord. Concludes by comparing and contrasting the autonomic and somatic portions of the peripheral nervous system. 16 minutes

THE RESPIRATORY SYSTEM

Describes the anatomy and physiology of the upper and lower airways as well as the lungs. In addition, discusses gas exchange and the process of inhalation / exhalation. 17 minutes

THE SKELETAL SYSTEM

Provides a thorough description of the skeletal system including a discussion of the axial and appendicular skeletons as well as articulations. 17 minutes

THE MUSCULAR SYSTEM

Describes the muscular system by comparing and contrasting skeletal, smooth, and cardiac muscle. Also discusses the anatomy and physiology associated with muscle contraction. 17 minutes

THE REPRODUCTIVE SYSTEM

A colorful description of both the male and female reproductive systems as well as the anatomy and physiology of each including information on fertilization, pregnancy, labor, and lactation. 17 minutes

THE URINARY SYSTEM

Describes the urinary system and discusses the role of the kidneys, ureters, bladder, and urethra as well as the process of micturition. 18 minutes

THE INTEGUMENTARY SYSTEM

Provides a creative description of the Integumentary system and discusses each layer of the skin, its anatomy and physiology, as well as accessory structures such as hair, glands, and nails. 18 minutes

#12280/0430 Ten programs 2005/2006
\$195 each or Series \$1,399

THE BASICS OF ANATOMY SERIES

The outstanding programs in this series are described below:

THE NERVOUS SYSTEM: Neurons, Networks and the Human Brain

Begins by examining the structure and function of neurons; resting, action and post-synaptic potentials; and reflexes and neural networks. The peripheral, somatic, autonomic, sympathetic and parasympathetic nervous systems are introduced before looking at the central nervous system. After describing spinal cord structure and function the program then examines the human brain including the medulla, pons, and cerebellum of the hindbrain; the reticular formation of the midbrain; and the thalamus, limbic system and cerebral cortex of the forebrain. 39 minutes

THE IMMUNOLOGICAL SYSTEM:

Recognition, Attack, and Memory

Starts by looking at external barriers to microbial attack such as the skin and mucus membranes and non-specific internal defenses such as macrophages, natural killer cells, and the inflammatory response. The program then delves into the immune response including the recognition of invaders by antibodies and T-cell receptors, the destruction of invaders by antibodies and cytotoxic T-cells, and the immunity conferred by memory cells. A discussion of how vaccinations work and current AIDS research concludes the program. 33 minutes

THE ENDOCRINE SYSTEM:

Molecular Messengers, Chemical Control

First looks at the chemical structure of various hormones, the hormone receptors found on target cells, and the feedback mechanisms that regulate hormone levels. After explaining the difference between exocrine and endocrine glands the program then looks at the various endocrine glands and organs including: the hypothalamus; the pituitary, thyroid, parathyroid and adrenal glands; the pancreas, testes and ovaries; and organs such as the thymus, kidneys, stomach, small intestine and heart that produce hormones. 32 minutes

RESPIRATION AND CIRCULATION:

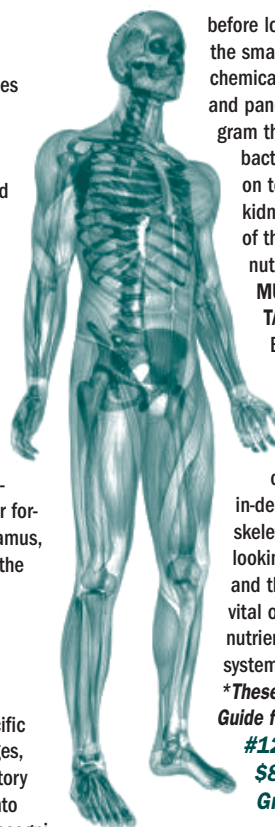
Gas Exchange, Molecular Transport

Looks at the flow of air through the conducting portions of the respiratory system to the alveoli before examining: the role of hemoglobin in gas exchange and O₂ and CO₂ transport in the blood; the operation of the respiratory control center; and the mechanics of breathing. The program then investigates the composition of blood and how it flows through the heart, arteries, capillaries and veins before looking at the role of the lymphatic system in fighting infection, transporting fats, and returning interstitial fluid to the blood. 35 minutes

DIGESTION AND EXCRETION:

Absorption, Excretion, and Homeostasis

First examines the mechanical and chemical breakdown of food that occurs in the mouth and stomach



before looking at digestion and absorption in the small intestine and the enzymes and other chemicals secreted by the liver, gall bladder, and pancreas that aid in the process. The program then looks at the synthesis of vitamins by bacteria in the large intestine and then goes on to explore the complex structures in the kidney that allow them to filter wastes out of the blood while returning water and nutrients. 30 minutes

MUSCULAR, SKELETAL, AND INTEGUMENTARY SYSTEM: Defining Our Form

Begins by introducing the dermis and epidermis of the skin; the sweat and sebaceous glands; and the skin's role in protecting against microbial invasion, ultra-violet radiation and in producing vitamin D. The program then looks in-depth at the structure and function of skeletal, cardiac and smooth muscle before looking at the structure of cartilage and bone and the skeletal system's role in protecting vital organs, producing blood cells, storing nutrients and in conjunction with the muscular system, producing movement. 28 minutes

**These DVDs are chaptered and contain a Guide for each program*

#12250/0198 Six program 2008

\$89.95 each or series \$479.95

Grades 8 to 12

JUST THE FACTS HUMAN BODY SERIES

The "Just the Facts" Learning Series brings you the finest in educational programming and features fast-paced format that makes learning fun. This series enhances viewers' understanding of the truly miraculous machine that is the human body. Detailed descriptions of each program are available on our website.

THE MUSCULOSKELETAL SYSTEM

Examines the structure of our skeleton and the function of our muscles. With commentary from medical experts and specialists in sports medicine, offers viewers a unique perspective on the body system which allows us to walk, run, dance and move through life.

THE NERVOUS SYSTEM

This program explores the brain, spinal cord, nerves and the trillions of neurons, or nerve cells, that make our bodies uniquely human. Viewers explore the five senses as well as the sixth sense - balance. Offers fascinating insight into how our brain gives us the ability to speak, reason, remember and engage in complex thought, as well as the capacity to feel compassion, sadness, anger, joy and love.

MAJOR SYSTEMS AND ORGANS

The human body is a wondrously complex machine made of flesh, bone, muscles, organs, blood vessels and highly specialized systems that function together to sustain life. This fascinating program examines the incredible "machine," from simple cells, to DNA, the body's building blocks of life, to the major systems and organs.

#13064/0433 Three 50-minute programs

2008 Series \$79.95 Grades 7 to 12

New!**HOW DOES THE BRAIN WORK? A PBS Special**

Host Neil deGrasse Tyson tackles one of science's major challenges in each of these programs. He will guide us as he explores dramatic discoveries and the frontiers of research that connect each central, provocative mystery.

MAGIC AND THE BRAIN

Are the secrets behind the world's greatest magic tricks actually wired into the human brain? Eccentric magicians Penn and Teller and Las Vegas trickster Apollo Robbins team up with neuroscientists to reveal how our brains process visual information. Can you really believe your own eyes?

CAN MACHINES THINK LIKE US

Can we make a robot that really thinks, learns, and acts like us? Replicating the human brain is a lot tougher than it looks; the promise of walking, talking "androids" is still just a fantasy. But scientists are edging closer with machines like Watson, an IBM computer which proved overpowering in a first-of-its-kind challenge; taking on human contestants on the game show Jeopardy.

MAGNETIC MIND CONTROL

Obi-Wan Kenobi used it to get his droids past policing stormtroopers in Star Wars. The Communists used it to turn a captured soldier into an assassin in The Manchurian Candidate. But now the thrilling, terrifying prospect of controlling another's mind using invisible forces is stepping out of the movies and into the lab, as scientists "hack" into the human brain.

PROFILE: DAVID EAGLEMAN

How does the brain construct reality using the information it takes in? Neuroscientist David Eagleman is using a unique brand of "guerilla science" to study time perception - dropping people 100 feet into a net - and synesthesia, a bizarre crossing of the senses in the brain.

**#14137/1725 60 minutes 2011
\$89.95 *CC**

MUSIC OF THE BRAIN

As many non-Western cultures have always known, music affects human development from the womb to the grave - in fact, it may even have specific health benefits. This documentary examines the role music plays in shaping our brains and improving our well-being. Starting with the effect of musical vibrations on premature infants in neonatal intensive care, the film moves on to study the role of music in enhancing childhood learning, the rewards of music therapy in hospitals, and the ways in which music can help the elderly. Expert commentators include Dr. Isabelle Peretz, a specialist in music cognition, and Dr. John Sloboda, a pioneer in the field of music psychology.

#14176/0635 56 minutes 2009 \$169.95

**New!****THE BRAIN SERIES**

These three 21-minute programs bring a practical, easy to understand approach to how children's brains learn best!

THE BRAIN:**Developing Memory****in Developing Brains**

Discover how the basic workings of the brain influence our memory and how we learn and what can be done to encourage healthy brain development in children. Presents practical approaches parents and caregivers can do to promote learning. #13312

THE BRAIN: Activity, Sleep and Boredom

Physical activity and quality sleep are both vital for healthy bodies, as well as healthy brains. In this program, a stoplight is used as a symbol to represent activity, boredom, and sleep as the importance of each in the brain's memory and learning are explored. #14098

THE BRAIN: Pattern, Structure and Novelty

Our brains are wired to perceive patterns and structure in the world around us. Discover how to give young children the structure that they need to set up a strong foundation for learning, and how to add new activities and ideas in ways that nurture their hunger for learning. #14099

**Includes PDF Teaching Materials*

**#14190/1290 2011 \$79.95 each or
series \$219.95 *CC**

FORGET ME NOTS:**A Film about Remembering**

The act of remembering is so intrinsic to our experience that we usually don't even notice it, we get to and from work, we drive to the grocery store, we recognize our family, and in this way we are able to navigate through our days. On a more profound level, remembering is the key to our identity - it opens doors through which we access the stories and experiences that make up our lives. FORGET ME NOTS acts as a turnkey that opens viewers to the glimpses of the people, places and ideas that make up our remembrances but it also challenges the very nature of those remembrances. Memory is not fixed; it is an ephemeral, mutable thing that is in flux. FORGET ME NOTS can begin to build bridges and solidify connections between communities and people, with one's self, with the past and across generations.

**#14000/0145 17 minutes
2010 \$149.95**

**THE SECRET LIFE OF THE BRAIN**

A startling new map of the human brain has emerged during the past decade of neuroscience research, contradicting much of what was previously believed. This series tells stories through a mix of personal histories, expert commentary, and cutting-edge animation. Viewers learn startling new truths about the brain as they journey inside this complicated organ.

DVD One**THE BABY'S BRAIN: Wider Than the Sky**

Less than a month after conception, human brain cells are developing at the rate of 500,000 per minute. Billions of cells linked by trillions of connections form the brain, but how does it organize itself? What are the roles played by genetics and environment in brain development? Episode One traces formation of the infant brain through age one, the period when it is most open to molding through external influence and experience.

THE CHILD'S BRAIN:**Syllable from Sound**

The explosion of language in young children provides a dramatic illustration of the young brain at work. How do we learn to talk? How do we learn to read? Unlike adults, in whose brains most linguistic activity is restricted to the left hemisphere, very young children respond to language with the entire brain. But what happens when the brain is physically compromised? And what are the physical roots of language disorders such as dyslexia?

DVD Two**THE TEENAGE BRAIN: A World of their Own**

Parents who believe teenagers are different from other humans may be comforted to learn that it is literally true. During puberty the brain is a work in progress, teeming with hormones; areas that direct reasoning and impulse control are still in development. During adolescence, people are especially susceptible to addiction and schizophrenia, two areas under intensive study and benefiting from increased understanding of brain function.

DVD Three**THE ADULT BRAIN: To Think By Feeling**

The brain is the seat of both intellect and emotion, and this episode chronicles the critical balance between these processes and explores what happens when the balance is lost. Scientists draw insight from the stories of a stroke victim and a sufferer of post-traumatic stress disorder, and break new ground in the struggle to understand and treat depression.

THE AGING BRAIN: Through Many Lives

For years, science has suggested that we lose vast numbers of brain cells as we grow older; now it turns out that this is not true - in fact, healthy brains continue to produce new neurons well into the 70s. Drawing on the most recent neuroscience discoveries, this episode presents a new view of how the brain ages, focusing in part on the remarkable strides being made in understanding stroke, Alzheimer's Disease and Parkinson's Disease.

**#12610/1725 Five 60-minute programs on
three DVDs \$129.95 *CC**



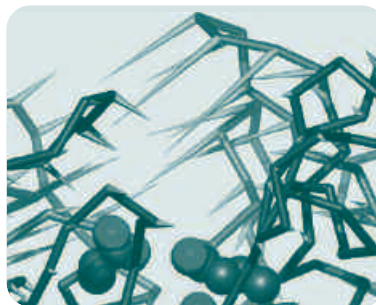
THE IMMUNE SYSTEM AT WORK

There's a battle going on inside you, even when you're calm or asleep. This program illustrates how the human immune system protects against harmful invaders - the germs and bacteria we encounter on a daily basis. Explains the function of first-line defenses and white blood cells, the distinction between viruses and bacteria, and the different functions of vaccines and penicillin. Also shows what happens when the immune system falters or fails, and how scientific understanding of the subject is increasing. Use this video to highlight a dimension of human anatomy that healthy people too often take for granted.

**A viewable/printable teacher's guide is available*
#10153/0635 17 minutes 2003 \$49.95
Grades 7 to 12

THE ROLE OF ENZYMES

Enzymes are proteins which are manufactured by the human body during the process of protein synthesis. Enzymes are catalysts and drive every chemical reaction that takes place in the human body and enable our bodies to be built from proteins, carbohydrates, and fats. Enzymes are highly specific in their activity and form an enzyme-substrate complex speeding up processes as they lower the activation energy during a given reaction period. Through genetic engineering



and by isolating specific enzymes, it has become possible to harness the power of enzymes. The isolation of the enzyme, polymerase, from *Thermus aquaticus* has enormously facilitated the process of polymerase chain reaction (PCR) which enables researchers to produce millions of copies of a specific DNA sequence. Science has however,

more recently made immense progress in the manufacturing of synthetic and therapeutic enzymes.
#13368/0545 25 minutes 2009
\$129.95 *CC

PUBLIC HEALTH & SAFETY ISSUES

DEADLY DRIVING DISTRACTIONS: Texting, Cell Phones, and Other Killers

According to insurance statistics, distracted drivers are responsible for almost 80 percent of all car crashes and 65 percent of near-collisions. This video helps students steer clear of the dangers resulting from driving while texting, talking on cell phones, eating, smoking, and other distractions. Forgoing the traditional host-and-interview format, the program uses conversations with teens and college students who share their thoughts on the subject while driving instructors and other educators explore safe driving methods. In addition, people with firsthand knowledge - such as emergency room personnel and car crash survivors - offer their cautionary advice.

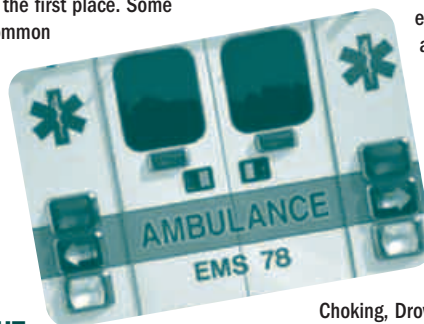
#13258/0635 25 minutes 2010
***Includes PDF Guide \$99.95**



RESISTING THE FLU: How to Minimize Your Risk

Every year it returns, and every year it costs employers billions of dollars in sick pay, lost sales and decreased productivity. But you can reduce infection rates in your workplace by training your employees

to follow a few simple habits that stop them from spreading sickness to their coworkers - and help them avoid getting sick in the first place. Some of these habits are just common sense but how do you get people to remember and actually do these things, day after day? This new release is designed to do just that.
#13123/1005 13 minutes 2009
\$99.95



THE TRUTH ABOUT FLU VACCINES

No one enjoys getting a flu shot, but most people realize they need to. Vaccination, however, is not only vital for the individual but also for the well-being of friends, coworkers, and loved ones. This program corrects myths and misconceptions concerning influenza vaccines and explains who is most at risk for flu-related complications. Viewers learn about disease progression, courses of treatment, yearly genetic mutation of the virus, WHO surveillance team functions, vaccine shortages and production methods, and high-risk groups targeted for inoculations. Experts include Dr. Kathryn Edwards of Vanderbilt University Medical Center and Dr. Neil Silverman, UCLA School of Medicine. Two case studies are included.

#13131/0635 28 minutes
2008 \$129.95

New!

FIRST AID BASICS: Knowing What to do in an Emergency

First, call 911. This program shows viewers how to respond to common medical emergencies while waiting for professional help to arrive. With demonstrations and commentary from an experienced paramedic throughout, each section describes trauma situations or symptoms of distress and the best way to address them. The video also includes relevant advice on topics such as giving yourself

the Heimlich maneuver, using an epi-pen on someone having an allergic food reaction, performing CPR in tandem with a defibrillator, and what to do at the scene of a car accident. Sections include First Steps of First Aid, Heart Attacks, Strokes, Broken Bones and Cuts, Burns, Diabetic Emergencies, Seizures, Asthma Attacks and Anaphylactic Reaction, Choking, Drowning, and Head Injuries.

***Includes PDF Guide**
#14400/0635 45 minutes
2011 \$129.95

BIG BUCKS, BIG PHARMA: Marketing Disease and Pushing Drugs

This compelling program pulls back the curtain on the multi-billion dollar pharmaceutical industry to expose the insidious ways that illness is used, manipulated, and in some instances created, for capital gain. Media scholars and health professionals help viewers understand the ways in which direct-to-consumer (DTC) pharmaceutical advertising glamorizes and normalizes the use of prescription medication, and works in tandem with both industry-sponsored medical education/research and promotion to doctors. Combined, these industry practices shape how both patients and doctors understand and relate to disease and treatment. Ultimately, this program challenges us to ask important questions about the consequences of relying on a for-profit industry for our health and well-being.

#4520/0685 45 minutes 2006 \$149.95
(Colleges and Universities \$249.95)

***** See also**
WHAT SHOULD I DO? The Basics
of First Aid on Page 4
and ACHOO! Stop the Flu
on Page 1

***** Ask about our**
easy email preview!!!

HEPATITIS, HIV / AIDS & STD'S

New! **STD'S** (Real life Teens Series)

The Centers for Disease Control and Prevention (CDC) reported last year that one in four teenage girls had contracted a sexually transmitted disease (STD). Sexually transmitted diseases (also known as STDs - or STIs for "sexually transmitted infections") are infectious diseases that spread from person to person through intimate contact. STDs can affect guys and girls of all ages and backgrounds who are having sex. Unfortunately, STDs have become common among teens. Because teens are more at risk for getting some STDs, it's important to learn what they can do to protect themselves. As with many other diseases, prevention is key. It's much easier to prevent STDs than to treat them. The only way to completely prevent STDs is to abstain from all types of sexual contact but...this program covers the following subjects: What are STDs?, Types of STDs?, How are STDs Spread?, Preventing and Treating STDs, Who Can Get HIV?, Hepatitis B - how is it spread?

#14671/2003 18 minutes 2011 \$89.95

STIs: Facts and Fiction

Becoming sexually active is a choice many teenagers make - one that should be made with solid understanding of the threats to their health and that of their partners. This program takes a detailed look at sexually transmitted infections, commonly known as STIs specifically focusing on the facts and myths, decisions and getting help, symptoms and consequences, and treatment and protection. Also discussed are the differences between STDs and STIs, and how you should deal with a STI should you contract one. Being aware and remaining vigilant to the threat of STIs can reduce the likelihood of suffering long term damage or passing the infection onto someone else.

#14601/0545 20 minutes 2009 \$99.95
Grades 8 to A

IN OUR OWN WORDS: **Teens and AIDS**

"If you're a teacher, a principal, a superintendent, this is a video you should get for your schools. You can save a lot of kids." Oprah Winfrey, *The Oprah Winfrey Show*
"This video is the best I've seen of the videos that most educators use to help adolescents perceive the very real threat of HIV infection for people their age. It is emotionally very powerful and compelling." Patricia Nichols, Supervisor Comprehensive Programs in Health/Early Childhood, Michigan Department of Education

Teens infected with HIV through unprotected intercourse discuss denial, condoms, postponing sex, and how alcohol affects decision-making.

***Includes Discussion Guide on the DVD**
#14599/0680 20 minutes \$99.95
Grades 5 to 12

New! **THE FACES OF AIDS**

**Telly Award Finalist*

Although we may not personally recognize their faces, they are the faces of our neighbors, family, and friends. They come from all walks of life and all lifestyles, including our own. They are a picture of every ethnicity and culture, just like us.

They share many of our same thoughts and perspectives, connecting with us. They are no longer they, but us. Six faces believed they had very little in common. All six believed that AIDS was something they weren't concerned about. All six believed they knew who contracted AIDS. All six believed that AIDS happened to someone else. All six believed that AIDS happened somewhere else. All six were aware of the AIDS virus. All six believed they knew how AIDS was contracted. All six knew the consequences of risky behavior. And all six are HIV positive. Today, the growing attitude towards AIDS is one of complacency. It's even more important to address the myth that this deadly disease is for someone else, somewhere else. Education is the key. A powerful and eye opening snapshot on "The Faces of AIDS".

#14508/0697 20 minutes 2010 \$149.95

POSITIVE VOICES: **Living with HIV/AIDS**

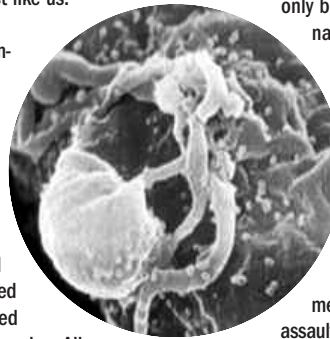
What's it like to stare death in the face? What's it like to live with a cloud hanging over one's head? These questions - faced by anyone living with HIV/AIDS - form the essence of Positive Voices. In this program, a dozen young men and women who contracted HIV in their teens tell the story of their lives with the disease. From discovering they were HIV-positive through coping with the physical and emotional pain and looking towards their shortened futures, the young people reveal themselves. Positive Voices shows how dramatically their lives, and those of their families and loved ones, have been changed by the disease.

#12791/0145 25 minutes 2009 \$149.95

HIV/AIDS 101 with **Kim Bouldin-Jones**

This comprehensive program with Kim Bouldin-Jones - a nationally recognized authority on AIDS prevention - addresses why this virus is different, how it is transmitted, and how to protect against what is now called an "everybody" disease. Ms. Bouldin-Jones explains how HIV is detected and treated, and the current clinical parameters for distinguishing HIV-positive status and AIDS. The primary focus of this must-see presentation is the universality of the disease, with practical steps for reducing the risk of transmission, beginning with the change in the nomenclature from "safe" sex to the current, more accurate "safer" sex.

#7283/2180 45 minutes 2003 \$249.95



New! **LEARNING AND** **UNDERSTANDING ABOUT HIV** **AND AIDS**

In this educational animated video, learn how the Human Immunodeficiency Virus, commonly known as HIV, attacks the immune system and how HIV can only be transmitted through blood, semen, vaginal secretions and breast milk. The key to prevention is abstinence, but there are some precautions to take into consideration in order to prevent HIV infection.

#14479/0167 13 minutes
2010 \$89.95

UNDERSTANDING **HEPATITIS SERIES**

Sex, drugs, and food - only a few of the means by which hepatitis hijacks and quietly assaults the human body. This series presents valuable facts about the causes of, and treatments for, the stealthy virus; it also features case studies that offer a real-world perspective on the globe-spanning disease. Pushing beyond the level of a medical primer, the series will enrich studies in substance abuse treatment, child care, restaurant training, and much more.

UNDERSTANDING HEPATITIS A - Although it's the least menacing type of hepatitis, the virus strain known as HAV should not be underestimated. This program focuses on the causes and typical treatments for Hepatitis A and guides viewers through the different levels of danger that the virus poses to victims. Medical experts explain the basic science behind HAV infections, describe common symptoms, and spell out preventive and palliative strategies. Also, a traveling businessman describes his frustrating experiences with Hepatitis A.

UNDERSTANDING HEPATITIS B - More harmful and resilient than its alphabetic precursor, Hepatitis B is usually transmitted sexually or through other close bodily contact. This program explains what distinguishes HBV from other hepatitis strains, how it can infect the human body and still go undetected for decades, and how it can be prevented with vaccines. Physicians specializing in hepatitis research and care outline both successful and tragic case studies and guide viewers through the public health benefits of HBV education and immunization programs.

UNDERSTANDING HEPATITIS C - Most people associate cirrhosis with alcoholism - but another cause of liver scarring and failure is HCV, one of the most severe strains of hepatitis. This program provides a basic medical understanding of the virus, presents various ways that it is transmitted, and explores what many call a groundbreaking method of Hepatitis C treatment. Veteran researchers and describe typical HCV danger zones and causes and the pronounced risk of liver damage that the virus represents. Advanced antiviral therapies combining interferon and ribavirin are also discussed.

#11175/0635 Three 23-minute programs
2007 \$99.95 each or Series \$269.95



HEPATITIS (NHV)

Hepatitis is a major public health problem. Of particular concern for substance abusers is Hepatitis B and C because these diseases can be transmitted through contaminated needle exchange. Also 40 to 60% of alcohol abusers who have cirrhosis of the liver have some form of hepatitis. Hepatitis A is also discussed. All aspects of the causes, transmission and treatment are presented.

**Includes Resource Sheets*

#10632/1420 17 minutes 2001 \$119.95

SEX, DRUGS AND HIV with Kim Bouldin-Jones

Kim Bouldin-Jones explains how substance abuse often causes a person to make unhealthy decisions and choices such as sharing needles, trading sex for drugs or involving themselves in unsafe, unprotected sex increasing exposure to HIV and other sexually transmitted diseases. She also addresses how substance abuse compromises and weakens the immune system and attacks vital organs in the body. She explains the importance of making healthy choices and discusses factors that can reduce levels of risk.

#7877/2180 25 minutes 2004 \$249.95

SEXUALLY TRANSMITTED INFECTIONS: What We Can't See

This program combines an engaging story with the straight forward commentary from expert speakers. We follow two different scenarios that look at the health consequences of a young couple's lifestyle decisions, and in the process present information about a range of sexually transmitted infections and the short and long term consequences of contracting them. Particular focus is paid to Chlamydia, Hepatitis B, PID, HIV, Genital Warts and Herpes, Pubic Lice and safe sex practices.

#12546/0545 29 minutes 2006 \$129.95
Grades 8 to A

STRAIGHT TALK ABOUT STDs: The Unprotected Truth

This series presents the facts and prevention measures to help teens and young adults make informed and sometimes difficult decisions. Each program features first-hand information from health care professionals and focuses prevention criteria for the most prevalent of today's sexually transmitted diseases. Program segments include: How STD's Are Spread; Symptoms; Diagnosis; Treatment; Telling Your Partner; Pregnancy; and, Staying Healthy. Particular emphasis is given to the inherent risk factors that

increase the odds for contracting HIV after getting one of the other STDs. Teens and young adults are urged to break the silence. "Only you know where you've been and only you know your dreams of where you want to go." The nine programs are:

- 1. RISKY BEHAVIOR: What You Do Now May Have Lifetime Consequences**
Presents an overview of the prevalence of STD's in the teen and young adult population, and condensed information on the most common sexually transmitted diseases. Viewers can help to prevent STD's by stopping risky behavior and using known and effective precautions 27 minutes
 - 2. HIV/AIDS: The Untold Truths and Myths,**
23 minutes
 - 3. CHLAMYDIA: The Silent STD,** 16 minutes
 - 4. GONORRHEA: No Clapping Matter,** 17 minutes
 - 5. SYPHILIS: The Hidden Devastator,** 18 minutes
 - 6. BACTERIAL VAGINOSIS: The Balance of Bacteria,** 14 minutes
 - 7. GENITAL HERPES: A Lifetime Foe,** 15 minutes
 - 8. HUMAN PAPILLOMA VIRUS: Misinformation Abounds,** 15 minutes
 - 9. HEPATITIS B: The Contact Killer,** 15 minutes
- #9540/1405 Nine programs 2002 \$109.95 each (except RISKY BEHAVIOR \$129.95)**
Series \$939.95 Grades 7 to Adult

SEX EDUCATION & GENDER ISSUES



DIVIDE OF THE SEXES: Gender Roles in Childhood

Why do boys underachieve? How does celebrity culture influence the self-esteem of young girls? In an atmosphere dominated by sex and consumerism, are children growing up too quickly? This program addresses those issues, reporting on a group of 25 eight-year-olds as they adjust to gender roles and expectations. Nathan's parents have gone all out to make sure he grows up without stereotypes - but real life isn't that simple. Rhianna's mother is the breadwinner and childcare provider in the family, while her father spends most of his time drinking. Meanwhile, tomboy Megan has taken an interest in the opposite sex, Helena has embraced her femininity, and Tyrese is displaying male aggression.

#13376/0635 60 minutes 2008 \$169.95

BEING GAY: Coming Out in the 21st Century

In the early part of the 20th century, homosexuality was considered a crime and in some places still is. By the 1950s, many regarded it as a form of mental illness. So what about today? Is 'coming out' still a difficult decision?

This program presents the accounts and stories of people who have recently taken the step of coming out. Interviewees and experts discuss the benefits of this important transition by examining the six stages of coming to terms with one's sexual identity. They also look at the dangers of running away from sexual self-acceptance - such as alcoholism, drug abuse, and suicide - and how finding support can greatly assist the process.

#7406/0405
20 minutes 2003 \$99.95
Grades 9 to 12



OUT TO THE FAMILY

As teenagers develop into adults, it is natural for them to question their sexuality. This can be extremely painful for some young people. If they are attracted to someone of their own sex, they may be very anxious that people will discriminate against them. Any worries about gender identity, which may be present from an early age, become even more disturbing as children enter their teens.

Parents' support is vital for these young people, who are often lonely, isolated and afraid. But many parents who discover their children are lesbian, gay, bisexual or transgender (LGBT) are shocked, confused and upset. Some react in the heat of the moment with grief, anger or even rejection. Later, they may deeply regret the damage caused to their family relationships. This animated video shows six families,

from a wide range of backgrounds, coming to terms with the developing sexual or gender identity of a son or daughter. It aims to help parents and others understand more about the issues facing their LGBT teenagers, and how best to help them. It shows how family acceptance and support can make all the difference for young people who may be at risk of serious - even life-threatening - social or mental health problems.

#13666/1120 15 minutes 2008 \$89.95

New! **MY CHANGING LIFE: The Complete Guide to Puberty**

As youngsters move towards, into, and through puberty many important changes will take place in their bodies. This variety of change once completed, will create their new and unique identity as adults. Learning to understand these physical changes as "normal" will greatly reduce angst and assuredly assist in the acceptance of self. A consistent and education-focused theme about puberty, normalcy, and acceptance. Two 18-minute programs:

THE COMPLETE GUIDE TO PUBERTY - BOYS

Testosterone is the hormone that fuels the development in boys as they move into adulthood. Each boy will develop at his own pace. The reproductive elements of these changes are thoroughly discussed and detailed with the use of animations, cartoons, and live action. All the basics are covered. Boy's learn that no matter how they develop it's "normal".

THE COMPLETE GUIDE TO PUBERTY - GIRLS

For young girls the many changes that occur in their body will happen over a span of several years. Some of these changes can be seen on the outside but many of the changes will happen inside. This program explores all facets of physical and reproductive development of the female body. The focus is on normalcy and acceptance of self.

#14510/0697 Two programs 2007 \$175 each or series \$349.95 Grades 5 to 8

OUT AT WORK

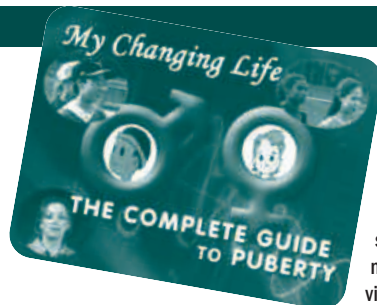
Coming out at work is not as simple as it sounds! This film tells the stories of six workers in a variety of jobs. They come from very different backgrounds and each has their own way of dealing with prejudice against lesbians, gays and bisexuals. James is a young man looking for work in IT, Meena is starting her first job in a hospital. Sarah is a teacher, Barry has worked for years in a hotel kitchen. Ryan is a mechanic and a father. Chrissie has never met anyone openly gay before, but stands up for Tim when he joins the team in her office. Old-fashioned attitudes don't change overnight and many people who are lesbian, gay or bisexual are still not being treated fairly. This program is suitable for employees, employers, trainees, advisors, unions and anyone concerned with equality at work.

#13667/1120 15 minutes 2006 \$89.95

WHEN I KNEW I WAS GAY

Inspired by the book of the same name - co-directed by filmmakers Fenton Bailey and Randy Barbato - asks one simple question: when did you know that you were gay? The film opens with Bailey and Barbato describing their own "aha!" moments and then brings together 16 interviewees for an intimate group discussion. Though some of the stories are told with a sense of loss, most are proud affirmations of sexual identity, supporting the conviction that recognizing and embracing one's sexual orientation is essential to being true to oneself. Illuminating and moving. An HBO Production.

#12329/0405 35 minutes 2008 \$99.95 Grades 9 to 12



BECOMING ME: The Gender Within

What ultimately determines a person's gender? Is it chromosomes, hormones, genitals, or an innate sense of self? In this Telly Award-winning program, five transgendered individuals between the ages of 20 and 50 speak openly about what it has meant

to them to be transgendered - their first experiences of gender confusion, life after coming out, family responses, and more. Advice for others who may be questioning their own gender is provided, and the process of sexual reassignment surgery is addressed.

- Contains clinically explicit language.
- The DVD also includes an expanded version of this program with graphic operating room footage of male-to-female and female-to-male SRS performed by Dr. Marci Bowers.

**A viewable/printable instructor's guide is available online.*

#13393/0405 40 minutes 2009 \$169.95

***ADULT**

THE RELATIONSHIPS SERIES

This excellent three part series helps teens understand and recognize what relationships are, which ones are healthy and which not, and what to do if they find themselves involved in the latter. At this critical period in their lives, teens will form most of their life-long friendships.

BUILDING AND MAINTAINING HEALTHY RELATIONSHIPS

Emphasizes the importance of trust, honesty, communication, friendship, respect, consideration, support, intimacy, and acceptance. An engaging open-forum discussion features ten diverse young adults who share their own experiences with relationships. Experts compliment the young people's comments by sharing the facts on what builds long-term successful relationships. 25 minutes

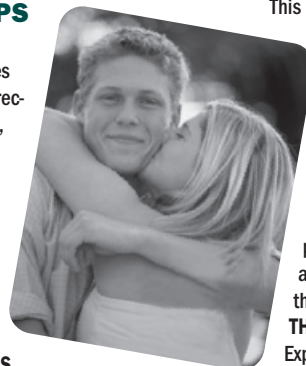
RECOGNIZING UNHEALTHY RELATIONSHIPS

Helps viewers distinguish between healthy and unhealthy relationships. Explores unhealthy signs such as possessiveness, manipulation, control, insecurity, depression, lying, poor communication, and more. Experts in the fields of psychology and social work supplement the young people's testimony by describing concrete warning signs on handling failing relationships. 25 minutes

ABUSIVE RELATIONSHIPS AND ACQUAINTANCE RAPE

This emotional and powerful program graphically illustrates the signs of relationship abuse, examining such issues as self-esteem, control, manipulation, intimidation, verbal abuse, violence, stalking and rape. Experts describe concrete warning signs of abuse, identifying the ways in which abuse affects the parties involved, and offers advice for "getting out" and getting help. 28 minutes

#10252/0970 Three programs 2002 \$89.95 each or Series \$229.95



SEXUAL AWARENESS SERIES

Effective sexuality education and sexual health education acknowledges the critical role of people's values, moral beliefs, cultural and religious background, sexuality and gender as does this series.

SEXUALITY

Focuses on issues related to sexuality, identity and discrimination. Acknowledging and accepting the broad range of differences amongst students is vital in the recognition that young people are not a homogenous group. Effective sexuality education and sexual health education acknowledges the critical role of people's values, moral beliefs, cultural and religious background, sexuality and gender.

TRUST, RESPONSIBILITY AND NEGOTIATION IN RELATIONSHIPS

This program focuses on issues related to trust, responsibility and communication in relationships, including sexual partnerships. As in the two previous programs it is vital to acknowledge and accept the broad range of differences amongst people.

HEALTH, PROTECTION AND INFORMED DECISION-MAKING

This program is all about knowing more about sexual activity to help us make better informed decisions. It explores the emotional issues involved in commencing a sexual relationship, at ways sexual attraction is expressed, at preventing sexually transmitted infections, at various forms of contraception and also at some of the myths about sex that can confuse us. The program also discusses the fact that there are many alternatives to sexual intercourse that can enhance and develop a relationship.

THE IMPACT OF PARENTHOOD

Explores the options available to young women who are, or think they might be pregnant. Issues addressed in the program include: how pregnancy occurs, including common myths; early signs and how to confirm a pregnancy; options available; physiological and social impacts of pregnancy; the birth experience; at home with a small baby.

#13360/0545 Four 30 minute programs 2003 \$129.95 each or Series \$389.95 Grades 10 to 12

TEEN ROMANCE: What's Risky, What's Not?

It's safe to say that dating, sex, and socializing preoccupy most teenagers - but how often do young people really benefit from and participate in their relationships? This video enables students to see teen romance in a clear light - exploring love, sex, friendship, and how easily all three can get mixed up. With candid discussions about jealousy, trust, peer pressure, and effective communication, the program focuses on the mental and emotional aspects of teenage sex and romance, as well as the best ways to cope with rejection and break-ups. Viewers also delve into "cyber relationships", both friendly and romantic - examining what is gained and lost when technology mediates human connections.

#12458/0635 25 minutes 2009 \$99.95



SECRETS AND DANGERS: The World of Today's Teens

How have mixed cultural signals and online social interaction impacted the average teenager's behavior? Is reducing violence, drug abuse, and dangerous sex a lost cause? This ABC News program examines those questions, presenting three eye-opening stories of teen life. First, a small Michigan town recoils from a school-hall stabbing, highlighting an alarming rise in abusive teenage relationships. In the second segment, 14 girls from around the country attend a New York-area slumber party, discussing their personal lives and the confusing world of teen sexuality today. Finally, viewers get an in-depth look at MySpace.com - the hugely popular Internet meeting place that can spell trouble for mis-guided teens. Viewer discretion is advised.

#11603/0635 40 minutes 2006 \$99.95

SEX AND CONSEQUENCES

How can adolescents cope with the pressure to have sex, and what are the potential consequences of teen sex? Presented primarily from the teenager's point of view, this program explains why many young adults are choosing to abstain and how they maintain this choice: by talking openly about their sex-related concerns with their significant other, by going on group dates, and by staying focused on their academic, career, and life goals. In addition, the realities of teen pregnancy and parenthood are presented. Contains mature themes. A Discovery Channel Production.

#13259/0635 32 minutes 2005 \$99.95

THE WISDOM OF GIRLS: Teens, Sex and Truth

This unique, evidenced-based, documentary-style video with real teens, whose sexual experience spans from virginity to teen motherhood, gives the audience a very personal view of the complexities of sex in the lives of teen girls and an impassioned plea to wait until they, as individuals, are ready to have sex.

**Includes on-line Leader's Guide*

#12852/0235 36 minutes 2009 \$79.95
Grades 7 to 12

THE GLOUCESTER 18: The Realities of Teen Pregnancy

"This film ... should be mandatory viewing for every teen in the country."

*Yvonne Abraham,
The Boston Globe*

In 2008, eighteen high school girls from Gloucester, Massachusetts were accused of making a pact to become pregnant. The mainstream media perpetuated and sensationalized the story, with reporters flying in from as far away as Australia, the UK, and Brazil. The Gloucester 18 looks behind all the headlines and hype to tell the real stories of these girls, and in the process puts a human face on a startling statistic: that the United States has the highest teen pregnancy rate in the developed world. The filmmakers draw on interviews with the girls, their families, high school counselors, physicians, and media personalities to unpack what really happened, and explore the complicated emotional and practical challenges faced by teens on the brink of motherhood. An excellent resource for high school health classes, teen pregnancy prevention programs, and courses in psychology, adolescent development, public health, and education.

#13752/0685 67 minutes 2010 \$99.95

(Colleges and Universities \$199.95)

Grades 9 to Adult

SEXUAL RESPONSIBILITY (Teen Files Flipped)

What are the far-reaching consequences of becoming a teen father? What does it feel like to be a teen facing death from AIDS? These are the issues two high school teens must face in a candid look at the consequences of risky sexual behavior. This program is a dose of reality that provides an excellent basis for thought and discussion concerning the hazards inherent in risky sexual behavior.

#14795/0145 21 minutes 2002 \$129.95



TEEN PREGNANCY: Reel Stories, Real Life

Being a teenager is difficult enough. Try being a parent at the same time! This program follows the stories of three young women with unplanned pregnancies - 15-year-old Valerie, 17-year-old Karina, and 18-year-old Sara. Also presents another couple, Amanda and Tomas, who have chosen abstinence. In three segments, the teens are interviewed over the course of their pregnancies and after they have become mothers. In this emotional roller-coaster, labor might be the least of their difficulties as Karina and Sara's boyfriends eventually walk out, Sara decides to put her baby up for adoption, and none of the young women return to school.

**Includes Teacher's Guide*

#9076/0405 15 minutes 2002 \$79.95
Grades 7 to 12

TEEN SEX

This program seeks to understand how and why teens seem to be rewriting the book on sexual mores. Adolescents ages 13 to 19 share their intimate views and concerns as they talk about peer pressure, double standards, the influence of the media, having intercourse, whether oral sex is sex, STDs, birth control, pregnancy, and whether they and their families are emotionally prepared to deal with all of this. Interviews with parents are included as well as commentary by several experts and, onscreen statistics from the Kaiser Family Foundation emphasize important trends.

**Contains mature themes and explicit language and imagery. A Discovery Channel Production.*

#9789/0635 46 minutes
2004 \$99.95

PREGNANCY, CHILDBIRTH & CHILDCARE

New! PRENATAL AND EARLY CHILDHOOD NUTRITION

When women are pregnant or breastfeeding, they have special nutritional needs. Registered Dietitian Melissa Halas-Liang explains the nutritional considerations for women and their new babies during pregnancy and while breastfeeding, including: Nutrients and extra calories; Foods to be avoided and food safety practices; Favorite nutritious snacks and meals; and, Advice from a real mom on navigating pregnancy.

**Includes PDF Teaching Materials*

#14631/1290 25 minutes 2012 \$79.95
Grades 6 to A

New! FOOTPRINTS ON OUR HEARTS: Walking through Grief after a Miscarriage, Stillbirth or Newborn Death - NEW Edition

A baby dies. The agony we feel is complex and intense as it mixes with misplaced guilt, hurt, helplessness, and deep sorrow. A baby is not supposed to die. This new video offers ways to cope with these feelings in the days and weeks of grieving that follow, as it speaks words of understanding, encouragement, and hope for the future for anyone experiencing the grief from a still-born, miscarriage or newborn death experience.

**Includes Support Guide as well as AT A LOSS FOR WORDS - a special segment for friends and family.*

#10779/1710 Two programs 78 minutes
\$99.95

THE ULTIMATE GUIDE: Pregnancy

This visually stunning program takes viewers from the moment of conception to the moment of birth. Checking in at four-week intervals, it uses a broad array of high-tech photographic and computer imaging to capture every stage of embryonic and fetal development as well as the changes experienced by expectant mothers during pregnancy. In addition, a molecular embryologist and an obstetrician/gynecologist from Georgetown University Medical Center provide caring clinical commentary on the birth process. The program culminates with the filming of two births, one with and one without surgical intervention. A Discovery Channel Production.

#9841/0635 51 minutes 2002 \$149.95

New!

BEGINNINGS OF LIFE SERIES

This series of five programs teaches how a new life forms, what happens during pregnancy and childbirth, the impact of heredity, and the stages of newborn development. Learn how an embryo forms, stages of fetal development, and how to create a healthy environment. Discover guidelines for healthy prenatal care, common prenatal tests, and the ins and outs of fertility. Explore approaches to childbirth, the three stages of labor, and what to consider for a birth plan. See how professionals assess newborns and follow the stages of physical, cognitive and social growth. Learn how genes are passed to offspring, how traits are determined and the effect of environmental factors on a child.

FROM CONCEPTION TO BABY

Creating a brand new person requires a complex biological process featuring a cast of microscopic characters. Viewers learn about fertilization and how chromosomes determine the gender and physical attributes of a baby. We show how a single cell develops into an embryo and follow the rapidly changing stages of fetal development. Students also examine the importance of prenatal care, nutrition and a healthy prenatal environment. 26 minutes

PREGNANCY IN PROGRESS

For parents-to-be, the road from conception to birth is one filled with endless questions, changes, and decisions. In this program, viewers learn the early signs of pregnancy and the host of changes women will experience during their 9 month adventure. We explain common prenatal tests and what they can reveal about a baby's development. Students discover possible causes of infertility in both women and men, as well as common treatment options. We also offer guidelines for healthy prenatal care and making important birth choices. 32 minutes

UNDERSTANDING CHILDBIRTH

A lot happens between the onset of labor and the first moments of a new life. This program explores approaches to childbirth, including different methods and environments, as well as what to consider when creating a birth plan. Viewers learn about contractions, how to discern true labor from false labor, the three stages of labor, and the appropriate time to call a medical professional. See what to expect during a traditional delivery or a Cesarean section. 29 minutes

NEWBORN DEVELOPMENT

Within the first few minutes of life, children start adapting to their new environment. In this program, we show how professionals use the Apgar test to assess a newborn's health and the significance of the first interaction between parent and newborn. We then follow the many physical, cognitive, and social changes that newborns experience on their journey through early infancy. We also explain the crucial role of sleep and nutrition in fostering development and offer guidelines for parents to provide the best possible care for their newborn. 38 minutes

HEREDITY AND ENVIRONMENT

Is it our DNA or our environment that makes us who we are? Learn about the structures and chemistry of DNA molecules. Students see how genes are passed from parents to offspring and how they determine

the traits of an individual. Discover how environmental factors, inside or outside of the womb, can affect a child's health later in life. Viewers also learn about genetic disorders and how counseling and screening can provide health information before or during pregnancy. 39 minutes

#13950/1120 Five programs 2011 \$139.95 each or series \$599.95

PREVENTING BIRTH DEFECTS: A Guide for Pregnant Women

Although many birth defects and disabilities cannot be prevented, some can. This program stresses the importance of getting good prenatal care, treating other medical conditions, avoiding drug and alcohol use, not smoking, eating a healthy diet and avoiding exposure to toxins before and after conception.

Also explains the father's role.

**Includes a copier ready hand-out.*

#9603/1420 19 minutes 2005 \$119

Grades 9 to Adult

LIFE'S GREATEST MIRACLE

A remake of Lennart Nilsson's world famous film "Miracle of Life," this completely updated edition tells the inside-the-womb story of human life from conception to birth using the latest technological advances in microscopy and medical imaging.

#13033/1725 60 minutes 2001

\$89.95 *CC

A MOTHER'S CHOICE

This video examines the root causes of FAS/FAE (Fetal Alcohol Syndrome/Effects) from the perspective of native mothers. Focuses on an FAS support group whose members provide strong messages about drinking while pregnant. Ideal for workshops, discussion groups as well as couples who are considering having a child.

#10272/0735 30 minutes 1996 \$159.95

PREGNANCY AND SMOKING

Not only does smoking make getting pregnant more difficult, but women smoking during pregnancy have also been shown to create an unhealthy environment for the fetus, and increase the risk for birth defects. And it's not just on female shoulders; fathers who smoke also cause problems to fetuses, babies and children. Smoking parents are poor role models! Pregnancy is definitely an excellent time to quit smoking!

**Includes Teaching Resource Guide*

#7012/1420 15 minutes 1999 \$119



FROM CONCEPTION TO BIRTH

It takes one man, one woman, and a mysterious nine-month assembly process to create a newborn child. This program helps demystify nature's plan for the beginning of human life, from conception to birth. Following nine couples as they set this exciting journey in motion, the video explores

the fundamentals of egg and sperm production, observes cell division within the first few hours of pregnancy, views gestation at frequent intervals, and welcomes each child into the world. State-of-the-art, reality-based animation depicts the birthing process from the inside out and clearly conveys the power and complexity of human development. Contains footage of childbirth. A Discovery Channel Production.

#10775/0635 51 minutes 2005

\$169.95 *CC

FETAL ALCOHOL EXPOSURE: Changing the Future

How are fetal alcohol spectrum disorders diagnosed? What are the primary and secondary disabilities associated with FASD? And - most important of all - what is the human cost? This program addresses these questions through the firsthand experiences of Ann Streissguth, director of the University of Washington's Fetal Alcohol and Drug Unit; Kathy Mitchell, vice president of NOFAS; Erica Lara, who works at a residential drug and alcohol treatment facility designed especially for women with young children; and Erica Gitis-Miles, a college student who has FASD. The in utero effects of alcohol are considered as well, as are the facial, bodily, neurological, cognitive, and behavioral characteristics of FASD.

#4721/0635 35 minutes 2006

\$169.95 *CC

FETAL ALCOHOL SYNDROME and Other Drug Use During Pregnancy

This program profiles an eight-year-old Apache Indian boy born with FAS, showing how alcohol ingested by the mother crosses the placenta and enters the bloodstream of the fetus, remaining long after it has left the mother's bloodstream. It describes the common defects of children with FAS - small eyes, flattened face, short nose, long, smooth upper lip, small head circumference - and the learning disabilities, mental handicaps, and behavioral problems that are common. The program also explores babies born to cocaine-addicted mothers, illustrating how cocaine affects the fetus, and explaining that crack babies are at risk for low birth weight, impaired brain growth, and malformed kidneys and genitals.

#9536/0635 19 minutes 1992 \$149.95



CHILD CARE & DEVELOPMENT

New! ILLNESS IN THE FAMILY: Children Confronting Uncertainty

This unique program is an enlightening exploration of serious illness in the family, told from the healthy kid's perspective. The video weaves animated artwork and a storyteller's narrative with heartfelt interviews with kids ages 4 to 16 as they cope with the roller coaster of shock, fear and uncertainty. The children share their needs, hopes and resiliency. The insights they developed along the way can be of great value to parents, teachers and other kids who find themselves on a similar path.
#14728/0145 21 minutes 2011 \$149.95

COMMON CHILDHOOD ILLNESSES: Diagnosis and Treatment

At some point in their young lives, children will probably come down with a cold, a stomach upset, an earache, pinkeye, or the flu. Drawing upon the knowledge and insights of two pediatricians, a pediatric nurse, and parents with a lot of hands-on experience, this program will show viewers how to identify and deal with those common childhood illnesses - and reduce the likelihood of future re-infection, too. Excellent for parents and child care workers.
**A viewable/printable instructor's guide is available online*
#10388/0405 29 minutes 2008 \$99.95

TAKING CARE OF BABY Series

The TAKING CARE OF BABY Set includes the following two programs:

TAKING CARE OF BABY: BASIC CARE

Learning the basics of baby care is important for teens, new parents, and child care providers. This informative video gives clear demonstrations and explanations for holding and lifting babies, diapering, bathing, feeding, and administering basic medical care. This is an excellent introduction or refresher on baby care for teens and adults alike. 23 minutes

TAKING CARE OF BABY: NURTURING CARE

As babies grow, they learn more about their surroundings. Nurturing them will help babies explore the abilities they are naturally developing. This practical and informative DVD shows calming techniques, playtime essentials and safety. 20 minutes

**Both programs are Closed Captioned and include Teaching Materials*
**#14054/1290 Two programs 2006
\$99.95 each or series \$149.95
Grades 7 to A**



MINDING THE BABY

There are no set rules about how to be a parent. Couples need to work together to understand what they want as individuals, as partners and as a family. This video shows the kind of changes which can happen following the birth of a new baby and helps the adults involved to understand each other's experience. In a humorous and positive way the film shows the fears, joys and misunderstandings of five couples from different backgrounds as they plan, expect and start to live with their babies. Relevant during pregnancy and after the birth, it reveals the range of emotions and experiences which are normal at this time. Illustrates practical ways to improve communication and negotiating skills between couples and the benefits of looking after the adult relationship as well as taking care of the baby.
#13668/1120 15 minutes 2005 \$89.95

ASPECTS OF CHILD DEVELOPMENT: Fetus to Age 3

Created with the help of many leading pediatricians, child psychiatrists, nutritionists, psychologists, and sociologists as well as dozens of children and their parents, this comprehensive six-part series explores key stages of a child's growth, focusing on the period from the final months in the womb to three years of age.

Program One - BIRTH

An entrance into life, the beginning of discovery, and a forging of essential bonds. This program weaves footage of many women's experiences of childbirth with valuable commentary from obstetricians, midwives, psychologists, counselors, and recent mothers and fathers. Key topics covered are sonograms and prenatal examinations, changing attitudes to the role of pain in childbirth, postpartum depression or "baby blues," and birthing scenarios, such as in-hospital, at-home, and Caesarian section. Contains nudity associated with childbirth. 54 minutes

Program Two - FEEDING

Feeding is about so much more than just food. This program takes a close look at feeding in the first three years - from the breast or baby bottle to the spoon. The program shows many scenes of breast and bottle feeding, as well as the giving of solid food. Mothers, fathers, pediatricians, nutritionists, and child psychologists discuss the bond that feeding creates between children and their parents. In addition, parents and experts provide approaches to weaning and suggestions on appropriate foods. 53 minutes



Program Three - PERCEPTION

Carried in the womb, carried by their parents, and, finally, carried by their own two feet, children are continuously absorbing the stimuli of their world. In this program, mothers and fathers and a wide range of specialists provide insights into the stages of perception experienced in the first three years of life. Topics related to the perception process include parental roles in child-raising, the daily interactions that mold the physiology of the infant brain, the effect of a child's sex on parental expectations and societal acceptance, and enculturation through naming and ceremonies. 53 minutes

Program Four - BATHING

Throughout early childhood, the ritual of bathing is an important opportunity for children to develop an objective understanding of the body. In this program, mental health specialists and others immerse themselves in the subject of bathing, examining how it bonds parents with their babies and helps shape a child's self-perception. Footage of parents and their children offers additional opportunities to observe how hygiene, culture, and socialization intersect in the bath, promoting indispensable emotional exchanges. Infantile sexuality, toilet training, and

childhood illness are also considered. 54 minutes

Program Five - PLAYING

For a child, play is serious fun. This program will help parents, teachers, caregivers, and students understand the complex functions of play. The relationship to objects, whether toys or everyday things, is explored through dozens of scenes of children interacting in

classic situations. Discussion by experts and parents and video footage of children at play offer insights into games of imitation, the development of the imagination, stimulation of the senses, and what makes a good toy. 54 minutes

Program Six - TALKING

For the newborn, the notion of coexistence - that there are others in their world with whom they can communicate - begins with crying. In this program, researchers and other experts join with parents to discuss the steps children go through in mastering their mother tongue. Topics include the process of cognition, a baby's ability to make use of body language and semiotic gestures, babbling as a precursor to language acquisition, timeframes for learning to speak, and growing up in a multilingual home. 55 minutes

**#9598/0635 Six 53 to 55 minute
programs 1999 \$99.95 each or
Series \$549.95**



BABY'S FIRST YEAR: The First 12 Months

This video provides a roadmap for parents and caregivers. Includes the identification of key developmental issues, with specific regard to the physical, emotional, social, and intellectual growth an infant undergoes during his or her first year. Interviews with experts in the field of child development help to further educate the viewer on how to successfully navigate through this critical time in a child's life.

#10314/1690 20 minutes 2001 \$89.95

ATTACHMENT RELATIONSHIPS: Nurturing Healthy Bonds

Attachment is the ability to form and maintain healthy relationships. Follow the journey of a baby's phases of attachment from birth to age two. Study founding theorists John

Bowlby and Mary Ainsworth, and see examples of how parents and caregivers can foster healthy attachment relationships. Attentive, responsive, and loving care given by a baby's primary caregiver sets the foundation for a child's capacity to form these relationships throughout life.

**#13262/1120 28 minutes 2010 \$99.95
Grades 7 to Adult**

CHILD DEVELOPMENT THEORISTS: Study of the Child

Beginning with Sigmund Freud, modern child development theories have changed the way that parents raise their children and the way that teachers teach those children. This video is an entertaining and enlightening view of the major child development theories, how the theories differ, and how more than one approach can be beneficial. Historical footage and photos are combined with candid documentary footage from day care centers.

**#12461/1290 20 minutes 2009
Includes Teaching Materials
\$79.95 *CC**

MORAL DEVELOPMENT IN CHILDREN

How do people develop morals? What helps children distinguish right from wrong? Explore the topic of moral development and how it impacts children's behavior. Examine the approaches of development theorists and learn about Theory of Mind. Hear children's reactions to situations that challenge their morals. Expert interviews help explain how and why children develop as they do as well as stress why fostering moral development is crucial.

**#13718/1120 34 minutes
2010 \$109.95**

New! INFANT MILESTONES: An Overview

Follow an infant's rapid physical development in the first year of life. See how a baby's brain develops and how infants fit into the sensorimotor stage of development. We also provide tips to parents and caregivers for ways to foster the growth and development of young children.

**#14499/1120 28 minutes 2012
\$129.95 Grades 7 to A**

INFANTS SERIES

Three programs cover infant development in this excellent new series: Physical Development, Cognitive Development and Social/Emotional Development.

INFANTS: Physical Development

Watch our cast of infants begin to explore their world and reach different milestones along the way. Learn how a baby's brain develops and what activities help stimulate healthy brain growth. Also learn the importance of proper nutrition and sleep in the first year. See how infants rely on their innate reflexes and how gross and fine motor skills

emerge in typically developing children as well as those with challenging conditions. 29 minutes

INFANTS: Cognitive Development

Infants' brains are actively developing with everything they experience. Examine how newborns fit into the sensorimotor stage - tracing cognitive development from simple reflexes to beginnings of thought.

Explore infant intelligence, information processing and memory. See the progression of infant communication from crying-to giggling-to euphoric babbling and their first words! Understand how language is learned and how caregivers can use infant-directed speech to foster cognitive development. 29 minutes

INFANTS: Social and Emotional Development

In the first year of life, infants express a range of emotions - from faces of distress to spontaneous laughter. Watch as they begin to distinguish the expressions of others and mimic them as well.

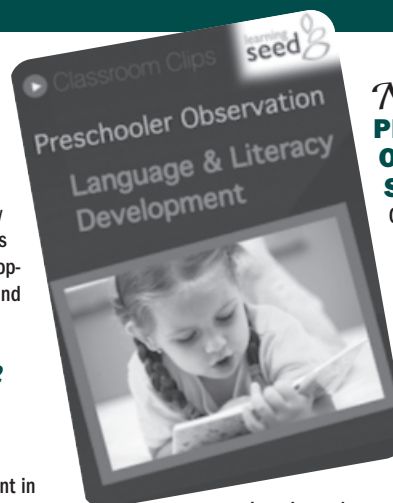
Examine the different stages of emotional development, and learn how children form attachments with people. Observe how personality and temperament affect an infant's social and emotional growth and how caregivers handle various situations. 26 minutes

**#13265/1120 Three programs 2010
\$99.95 each or Series \$249.95*CC**

CHILD DEVELOPMENT BASICS

Fabulous visuals cover stages of child development including physical, intellectual and social. Come along with a group of teens who tour a child care center because they want to start a babysitting business and need to know more about what children can do at certain ages. Observe infants, toddlers, pre-schoolers and kindergartners as they explore their environment.

***Includes Teaching Materials
#14094/1290 15 minutes 2005
Grades 6 to A \$49.95 *CC**



New! PRESCHOOLER OBSERVATION SERIES

Observe, discuss, analyze! Use this flexible, organized format to teach your students how to learn by observing! Study key developmental areas by showing these professionally filmed clips of 3- and 4-

year-olds on their own, in pairs and groups, and with teachers or caregivers. Each specially selected scene, with uninterrupted original sound, explores a crucial area of development: Cognitive, Physical and Motor, Social and Emotional, and Language and Literacy.

*Each Classroom Clips Plus! video package includes natural sound and is offered in three versions. You decide which version is best for your students.

1. Classroom Clips - suited for assessment and instruction-designed discussion or assignments
2. Classroom Clips + Guide - includes narrator questions to guide viewing and learning
3. Classroom Clips + Guide and Analysis - includes narrator questions and analysis for a complete learning experience

* Observation is a learned skill. These clips enable students to identify subtle movements often missed by unseasoned observers. The series includes:

PHYSICAL AND MOTOR DEVELOPMENT - Sixteen chaptered video clips show preschoolers engaged in the physical milestones typical for their age.

COGNITIVE DEVELOPMENT - Sixteen chaptered video clips show preschoolers engaged in the cognitive milestones typical for their age.

SOCIAL AND EMOTIONAL DEVELOPMENT - Sixteen chaptered video clips show preschoolers engaged in the social and emotional milestones typical for their age.

LANGUAGE AND LITERACY DEVELOPMENT - Sixteen chaptered video clips show preschoolers engaged in the language and literacy milestones typical for their age.

**#14790/1120 Four programs 2012
\$129.95 each or Series \$399.95**

PRESCHOOLERS OVERVIEW

Meet Asheli, Marie, and Nathan. They're preschoolers - full of endless curiosity and boundless energy. In this program you'll see how they and their friends develop physically, cognitively, emotionally, and socially. So much growth takes place during the preschool years. This program looks at each aspect of a child's development as well as examining the special needs of preschoolers with challenging conditions. It shows preschoolers engaged in activities that exemplify the extraordinary advancements made during this stage. Widely taught concepts from developmental theorists as well as practical suggestions for caregivers are clearly presented in this study of the whole preschool-aged child.

**#11966/1120 28 minutes 2008
Includes Guide \$129.95 *CC**

PRESCHOOLERS CHILDHOOD DEVELOPMENT SERIES

This comprehensive series includes the following three programs:

PRESCHOOLERS PHYSICAL DEVELOPMENT

From the ages of two to five, preschoolers reach developmental milestones with endless energy and increasing physical coordination. This detailed, entertaining and informative look into the world of preschoolers shows them engaged in activities that exemplify the extraordinary physical advancements that children make at this age. Teachers and caregivers also share their first-hand observations of how this development takes place. Viewers will learn the physical characteristics of preschoolers, how gross and fine motor skills are developed and the physical milestones that most children reach during this stage. We also take a look at the natural activities children are drawn to which help their physical development and strategies to encourage these activities. This film also covers the physical challenges that some children have, activity modifications to help children with physical challenges and why good nutrition and the proper amount of sleep are crucial at this age. 21 minutes.

PRESCHOOLERS COGNITIVE DEVELOPMENT

It is simply fascinating to observe how preschoolers begin to use language, mental imagery and symbolic thinking; think of past and future events; and think about their own thinking. Children start to clearly express themselves and grasp sophisticated mental activities, including emotion, motivation, intention and memory. Using footage of preschoolers in the classroom, dynamic graphics and interviews with teachers and caregivers, this program delivers a detailed overview of the cognitive development that takes place between the ages of three and five. This program shows how the brain grows neural bridges and strengthens a child's intellect, widely studied developmental theories of cognitive development and how to encourage it and characteristics of preoperational thought. Also covered are areas of language development, how children use symbolic thought and how "theory of the mind" helps preschoolers understand what the mind is and how it works. We also demonstrate teaching methods to guide preschoolers to higher-order thinking skills. 24 minutes.

PRESCHOOLERS SOCIAL AND EMOTIONAL DEVELOPMENT

Preschoolers are creative, curious and active experimenters that learn about themselves and their world as they take on new roles outside of their homes and families. In their interactions with peers, children commonly show kindness and compassion and sometimes can become frustrated, have squabbles and even exhibit aggressive behavior. 23 minutes.

#12013/1120 Three programs 2008
Includes Guides \$99 each or
Series \$249.95 *CC

MIDDLE CHILDHOOD DEVELOPMENT OVERVIEW

During middle childhood - the period between ages 6 and 12 - children reach many critical milestones. In fact, teacher and caregiver responses during this time of significant change can dramatically affect a child's physical, cognitive, social, and emotional growth, both immediately and for the future. At this stage, children grow physically, gain body awareness, and form lifelong habits that affect their health and well-being. At the same time, their minds expand in knowledge and understanding, as thinking processes become more logical and organized. The way they view themselves, and the manner in which they interact with family and friends, evolves as children develop self-concepts and self-esteem. This program provides an informative, clear and compelling examination of the middle-childhood stage of development and a detailed overview of a child's growth and maturity into an adolescent. Viewers learn pertinent vocabulary, statistics, and classroom strategies, and hear experienced classroom teachers offer insights and observations about children in this stage of development.

#11967/1120 28 minutes 2008
Includes Guide \$129.95 *CC

KIDS AND FAMILY FOOD ISSUES

Getting children to eat can be a constant battle for some parents, while other parents may be restricting foods to thwart weight gain.

In this program, child feeding expert Dr. Katja Rowell presents six segments that address many feeding issues that families with young children may be facing and offers practical solutions to make meals a pleasant experience for both parents and children. Segment topics include:

- How to make family meals happen
- Helping picky eaters
- Family meals when you're eating out
- How to feed children labeled "overweight"
- How to feed children labeled "underweight"
- How to plan snacks

#13748/1290 29 minutes 2010 \$99.95

HAPPY MEALTIMES AND HEALTHY KIDS

Perfect for early child family classes and parenting workshops, this DVD and Training Guide is the complete set for teaching parents and caregivers the different roles adults and children have when it comes to feeding. Adults decide what, when and where food is served, while children decide whether or not to eat and if so, how much to eat. The Training guide provides complete background information, discussion topics, activities and more that supports the feeding strategies presented and discussed.

#13742/1290 23 minutes 2010 \$149.95



MIDDLE CHILDHOOD DEVELOPMENT SERIES

Designed primarily for teachers, this comprehensive series consists of the following three programs:

PHYSICAL DEVELOPMENT

Between ages 6 and 12 children's bodies grow and mature in significant ways. They gain body awareness and develop new gross and fine motor skills. This is also a pivotal stage where injury, illness, and the increase of childhood obesity are common.

This detailed, well-organized program presents educator insights, pertinent vocabulary, statistics, and classroom strategies for fostering healthy physical development. 22 minutes

COGNITIVE AND LANGUAGE DEVELOPMENT

Between ages 6 and 12, children's minds expand in knowledge and understanding as their thinking becomes more logical and organized. They develop concrete operational thinking, and make substantial advancements in language development. This program presents educator insights and observations, pertinent vocabulary, statistics, and classroom strategies relating to the many aspects of cognitive and language development that children experience in this stage. 25 minutes

SOCIAL AND EMOTIONAL DEVELOPMENT

Between ages 6 and 12, children develop many of the social skills they'll use through adulthood. They form self-concepts and self-esteem, build new kinds of relationships, and begin to regulate more of their own behavior. This program presents educator insights and observations, pertinent vocabulary, statistics, and classroom strategies relating to the many aspects of social and emotional development that children experience in this stage. 24 minutes

#12012/1120 Three programs 2008

Includes Guides \$99.95 each or
Series \$249.95 *CC

GO TO BED! Kids and Sleep

The trip from womb to world is the longest, most traumatic journey a human will ever take. One result is to send newborns into months of what is much like severe jet lag. Their first sleeping patterns are nearly random. They need to learn night from day and adjust sleep patterns to fit their new world. This dance of adjustment - of children to the world and parents to children - is what GO TO BED! is all about. If you teach child development or parenting education, GO TO BED! will prove a valuable tool.

#10338/1120 21 minutes 2006
\$99.95 *CC

***** Ask about our
easy email preview!!!**

AGING RELATED / ALZHEIMER'S

New! THE BEST OF LIFE Part 2

A groundbreaking foray into the emotional, psychological, and financial aspects of aging, the first season of the PBS series *Life* (Part 2) was filled with inspiring and poignant moments. This program features many of those highlights, which convey not only a wealth of insights about aging but also wonderful examples of the freewheeling and original personalities making up our senior generation. Panelists include Carl Reiner, legendary comedian, actor, writer, and director; Dick Cavett, arguably the greatest talk show host in TV history; Rodney Rothman, a former writer for the David Letterman show; Marion Woodman, an internationally famous Jungian analyst; and Dr. Robert Kane, one of America's leading gerontologists.

#14476/1725 30 minutes 2011 \$59.95

ELDERS AND FAMILIES SERIES: A Tool Kit for Understanding

Taking care of an elder can be a rich and rewarding experience. What's needed is a good plan carried out with sensitivity. In an easy to absorb talk show format laced with dramatized, real-life scenarios, health care professionals walk caregivers through the process. This six program series helps families plan quality care with their dependent elders. Each emphasizes understanding and managing emotions during this difficult period of transition.

FIRST STEPS - suggests how caregivers can best raise the issue while avoiding bruised feelings. Special attention is paid to skirting the emotional land mines that can play havoc with family harmony. 30 minutes

FAMILY MEETING - features a re-enactment of a family meeting where a care plan is discussed and agreed upon by all involved parties. Tips include how to arrange such a meeting, who should attend, setting the agenda and putting the plan into action. 30 minutes

COPING WITH MEMORY LOSS - combines heart-rending documentary footage with revealing caregiver interviews. In actual home settings, this program covers all the emotional aspects of caring for parents or spouses suffering from various forms of memory



loss. Caregivers range in age, gender and the type of relationships they have with their elders. Poignant moments abound as caregivers cope with mixed feelings of anger, remorse, guilt and sadness. 23 minutes
WINDOWS TO CHANGE - The time comes when nearly every older adult must face the fact that they can no longer cope alone at home. At a minimum, they need caregiver help. Change is required that can be wrenching to both elderly parent and adult child, whether the parent is able to remain home with assistance, move in with their child or to a senior care facility. The three segments in this documentary portray individuals who are successfully making this difficult

cult life transition while confronting real lifestyle, legal and relationship issues. 27 minutes
HEALTHY LIFESTYLES - No man or woman is an island - especially when he or she is a senior. Whether they flourish or flounder can hinge on the support system that surrounds them - helping them remain physically, mentally and emotionally sharp. This program is chock-full of no-nonsense advice on how to build the personal and professional partnerships that enhance their quality of life while reducing dependence on the medical system. 21 minutes
AGING WITH GRACE - An uplifting and spirited conversation among articulate seniors on the impact of aging and their sense of who they are. The bottom

line: you need never stop growing and learning as you age, despite the limitations and loss that accompany the process. An eye-opening video for older people and caregivers alike, sure to erase any doubt that you CAN grow old gracefully. 22 minutes

**The 22-Page Manuals present a breadth of information and social skills. Caregivers and elders can use the materials in their homes to learn more about how to cope with their issues, whether it means confronting the need for care, responding to health changes, deciding about changes in living*

situations, promoting healthy lifestyles.

#14230/1470 Six programs 2008 \$99 each or series \$549.95

SELF NEGLECT: What We Can Learn from the Mary Northern Case

Putting a human face on one of the most complex and important self-neglect cases of our time, this program introduces us to Mary Northern - a 72 year

old woman with gangrene in her lower legs, who refuses surgery, insisting her legs were just dirty. It documents her early life and accomplishments, lists the known facts of the case when first reported to Adult Protective Services, and provides a progression on the case and the subsequent interventions. Through the presentations of several expert panelists, the video delves into the tough issues of capacity and competence, and provides an informative look at the ethical, legal, social, financial, and mental health concerns involved in serving the best interests of vulnerable older adults.

The accompanying Teaching and Discussion Guide serves as a springboard to a multidisciplinary dialogue that addresses a myriad of preventive and applicable interventions possible in case of extreme self-neglect.

#14239/2010 99 minutes 2009 \$159.95

New! AGING MUSCLE AND BONE BIOLOGY: The Effect of Strategic Nutrition and Exercise Interventions

**Features Darren G. Candow, Ph.D., Mark Tarnopolsky, M.D., Ph.D., Philip D. Chilibeck, Ph.D., A. Russell Tupling, Ph.D.*

Four presentations from the Select Symposium at the American College of Sports Medicine (ACSM) annual meeting address the impact of selected exercise training regimens and targeted supplementation efforts on older adults. Featuring two hours of authoritative information and insights, including:

- Introduction (Darren G. Candow)
- Resistance Exercise Training in Older Adults: Potential Role for Creating Supplementation, 2010 (Mark Tarnopolsky)
- Effect of Exercise Training Combined With Soy Isoflavone Supplementation on Bone in Postmenopausal Women (Philip D. Chilibeck)
- Inherent Compensatory Adaptations in Aging Skeletal Muscle and the Effects of Chronic Endurance Exercise Training (A. Russell Tupling)

#14127/0463 120 minutes 2010 \$129.95

New! CENTER STAGE: ARTHRITIS AND AGING

The number of individuals suffering from joint and immune system diseases that account for more than 100 arthritis conditions will grow from 46 to 67 million by the year 2030. This program provides an overview of those immune system-related conditions that are characterized by pain, deformity, and functional disabilities that can be positively impacted by physical activity. Also examines research findings for pre-surgery exercise strategies, as well as discusses the SilverSneakers outcomes survey for arthritis pain and functional activity.

#14389/0463 91 minutes 2010 \$69.95



THE HEART HAS NO WRINKLES

This is a gentle video about a difficult topic. It combines interviews and a realistic dramatic situation to explore the issue of sexuality and older people. Along the way it also addresses the related issues of intimacy, privacy, and respect for individuality. It is a reminder to health care providers that the emotional and physical concerns related to sexual function are an integral part of elder care.
#8346/0320 16 minutes \$149.95

POSITIVE IMAGES OF AGING

This compilation DVD provides instant access to 14 different chapters, 3 to 5 minutes in length, each reflecting on a positive image of aging. Show one or more of them to clients, or incorporate them into a PowerPoint presentation.

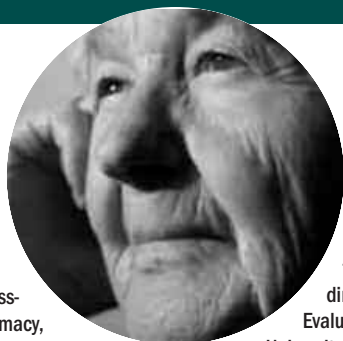
1. Changing Perceptions of Aging
 2. Positive Adjustment as We Age
 3. Intimacy in the Elder Years
 4. Family Ties, Grandparenting, and Mentoring
 5. Foster Grandparents
 6. Wisdom and Courage in Elderhood
 7. Creative Aging
 8. Beauty in Aging
 9. Spirited Senior Softball plus 5 bonus Features on Longevity
 10. Genetics versus Lifestyle
 11. Diet and Exercise
 12. Calorie Restriction
 13. Aging Statistics
 14. A Visit with Centenarians
- #12966/2010 56 minutes 2007 \$169**

INTIMACY, SEXUALITY AND AGING

Love, intimacy, communication, and sexual expression are affirmations of our being human. Physical and emotional bonding with another human being is both natural and generally beneficial. It is a true confirmation of life and living and a vital part of our existence as we age. This program provides important information on issues related to intimacy, sexuality and aging.
**Part of the SUCCESSFUL AGING Series*
#10596/0145 27 minutes 2004 \$149.95

THE ART OF AGING: Growing Older With Grace

**Mature Media Awards, Healthcare Division, Educational Training Programs*
 An outstanding film that looks at the art of growing older with grace, health and wisdom. A new generation of maturing adults has a chance to learn from poor health practices of the past, including obesity, lack of exercise and mental stagnation. Now, new research promises more effective strategies for aging well. Physician experts explore the role of physical activity, maintaining strong bones and engaging in social and intellectual interactions in healthy aging. A truly inspiring view of aging.
#11333/0145 25 minutes 2007 \$149.95 *CC



LATE-LIFE DEPRESSION

As many as one in five older Americans have late-life depression, which can lead to suicide. In this program from *The Doctor Is In*, three senior citizens describe how they have coped with this life-threatening illness. Medical commentary is provided by Charles Reynolds III, director of the Late-Life Depression Evaluation and Treatment Center at the University of Pittsburgh School of Medicine; psychiatrist Thomas Oxman, of the Dartmouth-Hitchcock Medical Center; and Lucille Karatzas, director of Elder Services at Seacoast Mental Health Center. The central message? Late-life depression is a treatable disease, not an inevitable part of aging.
#9267/0635 28 minutes 2003 \$99.95

AT THE BREAKING POINT: Emotions and Ethics in Family Caregiving

This compilation DVD gets to the emotional and ethical core of family caregiving - offers short video excerpts, (3 to 8-minutes each) that reflect on several crucial aspects of family caregiving - from the effects of Alzheimer's on the spousal relationship to the right to die with dignity. Each excerpt shows real families in the midst of dealing with real challenges. Handled with unprecedented candor, each chapter provides a trigger for further discussion of the topic. Each also provides a way to help others acknowledge and address the specific challenges involved in caring for a loved one. Chaptered for easy access to a specific topic, and can be incorporated into a PowerPoint presentation. Chapters are:

1. A Couple Faces Alzheimer's
 2. A Family Faces Alzheimer's: The Nursing Home Decision
 3. Giving Up The Keys: Driving And Dementia
 4. Complaints Of A Dutiful Daughter
 5. The Struggle Over Independence
 6. A Daughter's Anguish
 7. Dying With Dignity At Home
- #13427/2010 46 minutes 2009 \$149.95**

THE OLDER ADULT DVD LIBRARY

Mental fitness, dementia and eldercare... these five programs cover a range of older adult issues!

- **WHAT EVERY CAREGIVER NEEDS TO KNOW ABOUT ALZHEIMER'S DISEASE** presents a thorough and compassionate explanation of this difficult-to-manage disease. #10571
- **STRAIGHT TALK ABOUT DEMENTIA** is a documentary that explores issues important to both family and professional caregivers. #10572
- **AEROBICS OF THE MIND** presents the research underpinnings of mental activity for older adults and shows you how to run a group session on mental fitness. #10573
- **ELEANOR AT 80** tells the story of a typical family facing an eldercare crisis with step-by-step mediation analysis and conflict resolution techniques. #10574
- **MENTAL FITNESS** presents 24 mental workouts for individuals or groups. #10575

#10550/0140 Five programs 2006 \$129 each or Series \$299.95 *CC

INTO THE OTHER LANE: Driving and Dementia

This two-part program presents a compassionate, yet realistic, portrait of the many issues faced by persons with dementia, (and their caregivers) when a decision has to be made about giving up driving. **PART ONE - Stories** shows the real stories of five persons with dementia, and the impact that no longer being safe to drive makes on the autonomy and self-esteem of them as well as the effects on family relationships and life styles. The stories are four to eleven minutes long, and put a human face on how it feels to be told that you can no longer drive, and how it feels to be a caregiver in this emotionally-charged process. **PART TWO - Related Issues** includes helpful insights from healthcare and driving safety professionals on how Alzheimer's affects driving ability, how to initiate the conversation about driving cessation, transportation options, and what healthcare specialists can do to help facilitate the situation for both the person with dementia and the caregiver. *An accompanying Viewer's Guide provides the ideal backdrop for discussion and perspective on how to address the personal and public safety concerns about driving and dementia.
#13425/2010 56 minutes 2010 \$189.95

UNDERSTANDING DEMENTIA: The Caregiver's Notebook

This resource orients professional and family caregivers to the world of the person with dementia and helps caregivers understand the causes of many dementia-related behaviors. Also gives simple strategies to prevent or redirect these behaviors while providing emotional and physical care to the person. The video will also enable caregivers to:

- provide dignity while bathing and helping with other personal care needs.
- validate the person's emotions and feelings, and redirect toward familiar memories and actions
- reduce stress and agitation by adjusting sound levels and other potential environment triggers
- boost emotional comfort through body language and tone of voice

Also stresses the benefits of adjusting care to accommodate the person's preferences as much as possible, and creating positive interactions that encourage use of the person's remaining skills to build self-esteem and increase personal autonomy.
#12625/2010 43 minutes 2007 \$159

LEARNING TO SPEAK ALZHEIMER'S: An Introduction to the Habilitation Approach to Care

**Two-Time Telly Winner!*
 This program - featuring Alzheimer expert and author Joanne Koenig Coste, M.Ed. - introduces the key concepts and philosophies of her pioneering form of care - habilitation. This simple, compassionate and uncomplicated approach to care addresses the needs of the Alzheimer person and creates an environment in which both the patient and carepartner can transcend the disease. Based on the best-selling book, the film offers a wealth of information, practical techniques and guideposts for health professionals, caregivers, and families caring for an Alzheimer person.
#11956/0145 32 minutes 2008 \$179

EX-MEMORIA

Ex-Memoria is an award-winning dementia care training package that puts the caregiver/viewer in the shoes of the person with Alzheimer's. Using the life story of Eva, a female resident with dementia, this 'trigger' video allows the viewer to see and experience the world through her eyes - the way her past and present sometimes blend together to create a new 'reality' for her, the way sudden actions or sounds can startle or confuse, and the way she is attempting to communicate with her family and the world around her. Designed to enhance the quality of life for persons with dementia, this video will encourage caregivers to:

- Become more aware of their words and actions while providing care
- Empathize with the emotions and feelings the resident may be experiencing, and
- Find ways to better understand and respond to the individual needs of each resident. The

**Includes Resource Guide with discussion questions, and further develops the themes in the video.*

#12626/2010 15 minutes 2008 \$139

GRANDPA DOESN'T KNOW IT'S ME (Alzheimer's)

"Highly Recommended. A clear and sensitive portrayal of Alzheimer's disease from a child's perspective." Della Frazier-Rios, Alzheimer's Association, NYC Chapter

Children need to understand Alzheimer's, as do adults. And this touching Donna Guthrie story reveals how a little girl comes to understand and live with her grandfather having Alzheimer's disease.

#13433/0450 10 minutes 2008 \$149.95



THE ALZHEIMER'S PROJECT

Alzheimer's disease may be affecting as many as five million people and as the Baby Boomer generation moves

through retirement, that number could more than double. While there is not yet a cure for this disease - more feared than any other except cancer - these four programs show there is now genuine reason to be optimistic about controlling and, eventually, eliminating it. Also takes a humane but honest look at the devastating effects of Alzheimer's on patients and those who love them. **An HBO Production*

THE MEMORY LOSS TAPES

This program puts a human face on the progression of Alzheimer's disease as it profiles seven people, ages 63 to 87, at different stages of the illness. Cases range from a woman fiercely holding onto her independence even as memory lapses make it harder and harder to do so, to a man who can no longer remember his family yet can still perform beautifully with a vocal group, to a woman who must be fenced in, literally, to keep her from wandering off her daughter's property. "We wanted to capture a sense of what it was to be inside the disease," says filmmaker Shari Cookson. "You see how everything you've learned and been in your life is stripped away - yet you still get these glimmers of the person." 85 minutes **\$199.95**

GRANDPA, DO YOU KNOW WHO I AM?

with Maria Shriver

Based on the book What's Happening to Grandpa? by Maria Shriver, this program tells the stories of five children, ages 6 through 15, who are confronted by the effects of Alzheimer's disease on their grandparents. Commentary by Shriver, whose father has Alzheimer's, offers grandchildren of patients compassionate advice on how to cope with a beloved family member's

gradual decline into dementia through these five case study "lessons". This program is a valuable resource both for young people and for counselors and health-care professionals who provide guidance to children and their families. 30 minutes **\$129.95**

MOMENTUM IN SCIENCE, Parts 1 and 2

Amidst the heartbreak of Alzheimer's disease, there is real reason for hope. This program goes inside the labs and clinics of 25 leading scientists and physicians who are seeking to discover how to better detect and diagnose the disease, delay the onset of memory loss, affect the brain changes associated with the disease, and ultimately prevent the disease altogether. Alzheimer's hallmark beta-amyloid plaques and tau tangles are investigated, as well as relationships between Alzheimer's and vascular disease, diabetes, inflammation, genetics, exercise, and nutrition. Advanced imaging and diagnostic technologies and vaccine clinical trials are also discussed. 125 minutes **\$289.95**

CAREGIVERS

Approximately 70 percent of people with Alzheimer's disease live at home and are cared for by family and friends - and the physical and emotional tolls on those caregivers can be extreme. Through five intimate portraits, this program illustrates the stages of Alzheimer's while documenting the sacrifices and successes, frustrations and triumphs, of caregivers experiencing a loved one's gradual descent into dementia. Issues such as denial and guilt are addressed, as are care-related changes in communication and intimacy. Caregiving tips, coping skills, and insights into the hidden rewards of Alzheimer's care are interwoven throughout. 50 minutes **\$169.95**
*Viewable/printable discussion guides are available online

#12907/0635 Four programs 2009 Series \$799.95 *See above for individual program prices

SMOKING & TOBACCO

New!

SMOKEY JOEY

**Recommended! School Library Journal*

This young persons' video explores how peer pressure leads Joey Fingerhead (finger puppet) to begin smoking even though he knows it is not good for him. Billy the Bully and his gang tease Joey and try to convince him that smoking will help him look "cool". Even though Joey's friend Wilbur and his teacher warn him about the dangers of smoking, Joey just wants to stop the teasing. But when Grandpa Fingerhead catches Joey practicing smoking in the basement he is soon given something else to think about. A wonderful resource for reaching young children with a message on the dangers of cigarette smoking and the impact of peer pressure from those around them.

#14548/0697 12 minutes 2009 \$109.95

Pre-K to Primary



TOBACCO (Teen Files Flipped)

In this program, we explore the themes of addiction and the dangers of tobacco through the lives of two ambitious teenagers. Kyle is dependant on chewing tobacco, but hopes to become a professional baseball player, while

Ashlee, a cigarette smoker, hopes to make it as an actress. Neither is concerned about their dangerous habit, thinking they are "invincible". Believing they won an opportunity to live out their fantasies, they instead discover the destructive realities of tobacco as they watch their lives go up in smoke.

#14552/0510 21 minutes 2002 \$129.95

SMOKING: TRUTH OR DARE?

A powerful program from Discovery's TEEN FILES FLIPPED series that graphically demonstrates to teens who use tobacco exactly what this deadly habit is doing to them. Today, the number of teen smokers in the is the highest its been in two decades.

#14771/0545 21 minutes 2002 \$129.95

LET'S CLEAR THE AIR: What Smoking Says About You

This straight-talking video forces teens to take an honest and clear look at the destructive ramifications of smoking. Addiction, self-worth, health effects, the dangers of second-hand smoke, peer pressure, cigarette advertising, and tips on successfully quitting are all part of this comprehensive and compelling program.

#10569/0235 19 minutes 2002

**Includes Leader's Guide \$95*

Grades 7 to 12



KIC THE NIC: Stop Smoking Now!

Meet the quitters! A group of teens who have successfully completed the Tobacco Awareness Program (TAP) at their school meet in a lively discussion with their cessation facilitator. In this informative classroom meeting, we learn techniques for avoiding tobacco, how the support of friends helps to reach "quit" goals, and how good it feels to be tobacco free. These candid young people make it clear that kicking nicotine takes commitment, a plan, and hard work - but that breaking the addiction is worth it! This practical "quitting" video will educate, encourage and inspire students to stop smoking cigarettes or chewing tobacco... a must see for beginner smokers!

#9078/0505 27 minutes 2004

***Includes Presenter's Guidebook**

\$79.95 Grades 9 to 12

New!

SMOKING: The Toxic Truth 2.0

Now updated to include social media, this very popular title explains what your friends won't tell you about cigarettes! The ugly side of smoking is portrayed for prevention; Interviews with informed teens debunk myths about smoking; Viewers are shown horrific medical realities of smoking; Head and neck cancer surgery scenes; A pathologist presents tobacco diseased organs; and, Teens warn teens about tobacco addiction.

#10871/0505 26 minutes 2011 \$99.95

ONE BREATH AT A TIME (First Nations)

This is a smoking prevention and community empowerment video that focuses on Native communities who are using progressive approaches in dealing with tobacco misuse. Featuring native tobacco experts, health professionals, community workshops, personal testimonials and success stories - this program recognizes the sacred role tobacco has played in native communities for thousands of years, as well as social pressures affecting Native people; the program acknowledges that getting people to "quit" often means empowering whole communities. Provides advice, solutions and examples of how communities can best approach the smoking and chewing of tobacco in their area - and create positive steps to get people on the road to good health. We meet Native Urban Youth who discuss the reasons for smoking such as peer pressure and other social factors. Aimed at native people of all ages and presents anti-smoking messages in a non-threatening and culturally-sensitive way using the words of Native speakers themselves.

#10276/0735 28 minutes

2003 \$159.95



THE COMPLETE STORY ABOUT TOBACCO

** Highly Recommended by
BOOKLIST*

A COMPLETE STORY was created by an internationally award-winning director and two CINE educational filmmakers who were looking for a better way to address the dangers of smoking after each suffered a loss due to smoking related diseases. This compelling program is three complete videos in one. It deals on a personal level with the devastating consequences of tobacco use. It's not about scare tactics. It's about self-realization and what part smoking, in the face of all the evidence against doing it, plays. The video is broken down into three 20-minute parts - LOSS, RISK and CARING. Each part can be used independently. It is best to include a group discussion after each section. LOSS is the story of Jewel and her battle with cancer of the larynx. For Jewel one of the greatest issues was one of acceptance. How would her friends act? Who would date a person with a hole in her throat? It's about living with the consequences of a teenage decision. RISK gives information about smoking related diseases and the personal experiences of doctors who deal with them. For example, over 85% of lung cancer victims do not live beyond five years; one doctor deals with this fact by mentally considering his patients already dead. In Risk, there are special sections dealing with nicotine addiction, pregnancy and how smoking affects skin. COPING is a self-help guide for people dealing with stress while trying to quit. Using journals, deep breathing, positive thinking and a music therapy relaxation session they learn information that will help them their entire life. The final section of Coping is important facts about smoking and weight loss. In conclusion, A COMPLETE STORY puts a question to viewers: know that every time you smoke you are showing a total disregard for yourself. Wonder why you don't care?

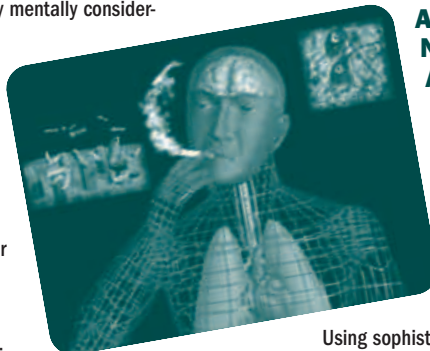
#6476/0975 60 minutes 2003
Includes Guide \$149.95

THE PHYSICAL EFFECTS OF SMOKING

Smoking affects not only your heart and lungs; it also impacts nearly every organ in the body. People need to know that smoking damages the immune system, digestive system, and the reproduction system. Some people quit because they find out that nearly every body system is affected; others stop because yellow teeth and bad breath limits their love life. This video reaches both groups.

#10873/1420 19 minutes 2001

***Includes Resource Guide \$119**



SMOKING OUT THE TRUTH: Teens and Tobacco

You can lecture until you're blue in the face about the horrible effects of cigarettes, but with tobacco companies spending tens of millions of dollars every day on marketing, even the most forceful teachers and counselors need all the help they can get. This video focuses on the illusions and misconceptions surrounding teen smoking, exposing the faulty reasoning that leads kids to start or continue the habit. Also offers several rock-solid motives to quit or abstain - and strategies for doing so. Taking a proactive, student-driven approach, the program features myth-busting classroom presentations delivered by smoking and nonsmoking students alike. Topics covered include the methods and mind-set behind teen-targeted cigarette advertising, the ways that nicotine and tobacco damage health and personal appearance, and the fallacy of claiming, "My parents don't care if I smoke" or "I can quit whenever I want to". Use this video to show teenagers - among the most vulnerable of media consumers - how to see through Big Tobacco marketing schemes and dead-end peer pressure. *Includes PDF Guide containing learning objectives, educational standards, fast facts, discussion questions, and more.

#4303/0405 24 minutes 2006 \$89.95

***CC Grades 7 to 12**

ANIMATED NEUROSCIENCE AND THE ACTION OF NICOTINE, COCAINE, AND MARIJUANA ON THE BRAIN

**CINE Golden Eagle Award
"...one powerful tool a
teacher can
use to make neurobiology
instruction meaningful."
Science Books & Films*

Using sophisticated 3-D animation, this program, divided into two parts, takes viewers on a journey deep into the brain to study the effects of the three substances. The first part illustrates the major functions of the brain and shows how its principal cells, the neurons, communicate with each other through electrical and chemical signals. In the second part, animated molecules of nicotine, cocaine, and marijuana travel a route from the external environment through the body to the brain, where viewers learn about the cellular targets of these drugs, and how each drug interacts with them and subsequently affects the body. Images of actual neurons used in the animations create a realistic effect that helps viewers understand the concepts presented.

#5361/0635 24 minutes

***Includes PDF Guide \$99.95**

***** Ask about our
easy email preview!!!**

OTHER HEALTH CONCERNS

WHAT IS CANCER?

Using re-enactment, graphics and interviews, this program presents a clear, basic explanation of how normal cells behave and cancer cells begin. This is illustrated by following a hypothetical cancer patient through diagnosis and treatment. World renowned experts provide straightforward commentary.

#4388/0635 57 minutes 2004 \$129.95

New!

LEARNING AND UNDERSTANDING ABOUT BREAST CANCER

This educational animated video teaches youth and general audiences the symptoms, risk factors and treatment options of breast cancer with emphasis on the importance of early detection through self examination, where a step by step process is demonstrated. Learning the process at a young age enables each person to know what is normal for their body so that abnormalities can be instantly recognized and if necessary, treated. Routine mammograms and physician visits are just as important in the prevention and early detection of breast cancer.

#14428/0167 19 minutes 2011 \$89.95

CANCER CONQUEST: The Best of Conventional and Alternative Medicine

This breakthrough documentary focuses on the latest cancer treatments and medical technology advances that are giving patients who were previously given "death sentences" renewed hope for a cure and remission of their cancer. The video shows medical advances which save lives, proving that even late stage cancer can be treated and put into remission; there is always hope. You will meet patients whose oncologists had told them to settle their affairs, that nothing more could be done to save them... and see that they are now free of cancer! Meet the leading doctors and professors who are working together to create extraordinary medical advances both in Germany and in America, such as a blood test that tells the doctor which chemotherapeutic agent will target the patient's tumor and, more importantly, the floating cells that metastasize and cause serious damage. Conventional medicine alone is not always successful in the treatment of cancer; this DVD shows that there are new, revolutionary treatments that can take over where conventional medicine leaves off.

#13383/0145 77 minutes 2009 \$149.95

UNDERSTANDING FIBROMYALGIA

Often mistaken for a psychological problem, fibromyalgia is a chronic condition that manifests as memory problems, sleep disturbances, and bowel and bladder irritability, along with the more commonly known symptom of pain throughout the body. In this program experts discuss how patients can be diagnosed, explain the possible causes of fibromyalgia, and identify the lifestyle changes and treatment methods that can assist those who have the condition to get their lives back on track. Dr. Daniel Clauw of the Chronic Pain and Fatigue Research Center and Lynne Matallana of the National Fibromyalgia Association are featured.

#14729/0635 26 minutes 2008 \$129.95

MACULAR DEGENERATION (Second Opinion)

Many think loss of vision is a normal part of aging. Think again. The number one cause of vision loss is actually a disease called macular degeneration. This program describes the disease and ways to assist prevention.

#14195/0145 28 minutes 2008 \$149.95

HYPERTENSION (Second Opinion)

It is called the silent killer, presenting few symptoms until there is serious physical damage. What qualifies as "high blood pressure," and what do the numbers mean? Panelists discuss the latest in diagnosis and treatment.

#14212/0145 30 minutes 2008 \$149.95

MIGRAINES

In terms of lost and reduced productivity, migraines cost North American employers more than \$10 billion each year. How can these debilitating headaches be prevented? Using case studies, this program discusses the biomechanics of migraine, including postmonitory and postdromal phases; diagnosis of migraine; and treatment of migraine with beta-blockers and neuromodulators as well as with biofeedback and dietary supplements such as coenzyme Q-10 and vitamin B-10. Doctors from Albert Einstein College of Medicine of Yeshiva University, Spaulding Rehabilitation Hospital, Diamond Headache Clinic, and Nashville Neuroscience Group provide expert commentary.

#12075/0635 28 minutes 2007 \$99.95

CORONARY ARTERY DISEASE

The number one killer of both men and women is coronary artery disease, also known as heart disease. This program explores the risk factors and symptoms associated with CAD, emphasizing that it can lead to a heart attack or cardiac death without warning. Promoting a positive approach, the video portrays these traumas as life-changing occurrences for patients who do survive a cardiac event and commit to improving their health. Case studies and personal commentary from patients, along with explanations of advanced medical procedures developed to treat CAD, are also included.

#4461/0635 28 minutes 2003 \$149.95

MAKING CONNECTIONS: The Doctor-Patient Relationship

Having a physician share their insights patients and families can move forward to heal with the doctor's support and knowledge. Too often, patients leave a physician's office not knowing what to think or believe. This film helps provide the necessary tools to make life easier while treatment or healing takes place.

#12699/0145 33 minutes 2009 \$149.95

MULTIPLE MEDS

Confusion over multiple prescriptions and appropriate dosages might sound like a minor nuisance - but it can be dangerous or even fatal. This program explores the challenges that patients often face as they cope with drug interactions. An informative case study features a woman who regularly takes more than 12 medications for various health problems and who, while hospitalized, experienced a drug regimen error that led to cognitive side effects. Guests include Dr. Leslie Brandwin of Erickson Health, who provides essential know-how on properly monitoring drug intake at home and in the hospital, and Anne Burns of the American Pharmacists Association, who discusses the importance of communication between patient, physician, and pharmacist.

#12545/0635 24 minutes 2007 \$129.95 Grades 9 to Adult

COPD: The Struggle to Breathe

Chronic obstructive pulmonary disease is an umbrella term used to describe patients with chronic bronchitis, emphysema, asthma, or any combination among those three ailments. This program examines the impairments of COPD, including shortness of breath and mobility so restricted that simple tasks like walking to the car are almost impossible. Several case studies reveal both the clinical and the human dimensions of COPD, while newly developed drug treatments for the disease are also highlighted. Expert commentary comes from John Kirkwood, President and CEO of the American Lung Association; Dr. Frank Rahaghi of the Cleveland Clinic Florida; and Dr. Gene Colice of Washington Hospital Center.

#12068/0635 28 minutes 2006 \$129.95



New! **ANAPHYLAXIS:** **What You** **Should Know** **about an** **Allergic** **Emergency**

Millions of people suffer from anaphylactic allergies: allergies that can kill. Anaphylaxis is a severe allergic reaction that involves a number of body systems and can be fatal within minutes. It is caused by allergies to certain foods, insect stings, medications, latex, or other allergens. There are up to 2,000 episodes of anaphylaxis per every 100,000 people each year. This program highlights ways to prevent anaphylaxis, shows how it is diagnosed, and discusses the available emergency treatments that can truly be life-saving.
#14784/0635 27 minutes 2010 \$129.95

New! **ALLERGIES AND THE** **RESPIRATORY SYSTEM**

In this educational animated video, Dr. Thomas will present to you the necessary information to better understand what allergies are, how they affect the respiratory system and what you can do to prevent or control an allergy attack. At the same time, Dr. Thomas also explains to you how the allergies that affect the respiratory system can also trigger asthma and rhinitis symptoms. Allergies can affect anyone and are most commonly found in children and individuals with family history of allergies.
#14429/0167 16 minutes 2011 \$89.95

***** See also**
FOOD ALLERGIES on Page 29

MAKING CONNECTIONS: **Challenges, Fears and Hopes**

Living with a parent with MS can be very hard ... or not that big of a deal. The more informed the children involved are, the more comfortable they become, and better able to handle both the good and difficult times. This video looks at the feelings, interactions and relationships that teens and young adults have and how they share those with siblings, parents and friends. Learn and understand more about how teens and young adults process these challenges.

#12473/0145 28 minutes 2008
\$149.95 *CC

MAKING CONNECTIONS: **Living with MS for 20+ Years**

This essential film documents the challenges of a person living with the chronic disease Multiple Sclerosis for over 20 years. Anyone who lives with MS, is a family member or caregiver knows the many difficult times that one faces. Fatigue, disability, the unknown, anger and frustration are just a few of the on-going challenges that are encountered.

#10755/0145 18 minutes
2007 \$149.95



STROKE: Conversations **and Explanations**

This two-video DVD shows the emotional impact of stroke on the lives and relationships of six diverse couples, and provides useful information on the warning signs of a stroke, preventive measures, and recent developments in treatment and rehabilitative therapy.

LIVING AFTER STROKE: Conversations **with Couples**

Six couples share their experiences on how stroke has affected their lives and their spousal relationships. These stroke survivors and spouse caregivers, in their early 40's to late 70's, candidly touch on the very real issues of intimacy, finances, fear of dependence, frustration, and the rigors of day-to-day care.

STROKE: Early Recognition and Treatment

Providing an in-depth exploration of stroke, this video identifies what a stroke is, how it affects the brain and body, and what to do in case of a stroke. Through interviews with three neurologists and comments from stroke survivors describing the onset of their strokes, the video gives further information on how to recognize the symptoms, and take proactive measures to reduce the likelihood of a stroke.

**Includes Educational Booklet*

#13692/2010 Two programs 2007 \$169

PREVENTING **A STROKE**

A major stroke can hit without warning and leave a broken body and a damaged mind in its wake. But there are ways to prevent strokes, even among high-risk groups. This program looks at anticoagulation and its role in averting strokes and other devastating conditions. Viewers learn how doctors identify risk factors in patients and how certain treatments can stop blood clots from forming and making their way to the brain. Subjects include ischemic strokes, intracerebral and subarachnoid hemorrhages, blood clot formation, DVT, stroke symptoms, treatments by type of stroke, anti-thrombotic therapy, and telestroke. Commentary comes from Dr. Mark Alberts and Dr. Robert Bonow of Northwestern University.

#12584/0635 27 minutes 2008 \$129.95

SEPSIS: The Peril of Infection

A frightening and often deadly affliction, sepsis is a result of the immune system overreacting to bacterial infection. This program thoroughly examines the cause of sepsis, its specific symptoms and effects, and the possibility of treatment and recovery if life support and antibiotics are administered in time. Describing how immunological defenses shift into overdrive to rid the blood stream and organs of invaders, the video illustrates the all-too-frequent results of the human body attacking itself: organ damage and, typically, system failure. Case studies of sepsis survival and expert commentary from physicians at major medical centers are also included.

#4463/0635 24 minutes 2003 \$149.95



MANAGING DIABETES

A disease that frequently goes unnoticed for years, diabetes can lead to blindness, loss of limbs, even death. The good news, as this program clearly demonstrates, is that diabetes is neither inevitable nor unmanageable. Illustrating ways for patients to take a proactive approach to their health, the video details changes in diet, exercise, and attitude that can stop the progression of the disease and in some cases prevent its occurrence in the first place. Personal testimony from patients and expert commentary from physicians are included. The result is an empowering guide to managing and minimizing a formerly debilitating illness.
#4381/0635 28 minutes 2003 \$149.95

CHILDREN AND TYPE 2 **DIABETES**

Defines Type II Diabetes and explains how being overweight and sedentary combine with genetic factors in causing it. Describes how families can support children and teens with dietary and other lifestyle habits. Viewers are given a variety of dietary suggestions that allow diabetic teens to still eat with their friends. Presents "kid-friendly" exercise choices.

**Includes copier-ready handout*

#9106/1420 18 minutes 2003 \$119

UNDERSTANDING AND **MANAGING TYPE 2 DIABETES**

With diabetes on the rise around the world - and with the type 2 strain afflicting up to 90 percent of the diabetic population - the need for greater awareness and working knowledge has also risen. This program was developed as a response to growing demand for diabetic nursing expertise in Australia. Topics include types, characteristics, and symptoms of type 2; monitoring blood glucose levels; obtaining a glucose level reading; managing glucose levels with diet; managing glucose levels with medications; and recognizing and managing adverse effects. This is a valuable learning resource for nursing students, clinical nurses, and support staff delivering hands-on care.

#13353/0545 32 minutes 2007 \$129.95

DIABETES: Lifetime Solutions **(First Nations)**

A documentary about the prevention, care and maintenance of Diabetes in First Nations communities. Looks at the history and present-day factors contributing to the fastest rising disease amongst Native American and Canadian Aboriginals. This is a culturally-sensitive video that not only covers the basics of what diabetes is and how you get it, but talks about factors unique to Native communities. Also explores different ways of preventing diabetes, such as improved diet and exercise as well as reduction of stress. For those with diabetes, the program emphasizes methods of maintaining good health and blood sugar levels. Designed for Native and non-Native health professionals, hospitals, and community groups seeking to provide diabetes information to First Nations.

#10274/0735 30 minutes 1997 \$159.95

DIABETES: Common Condition

This video is a quick yet thorough introduction to diabetes, its cause, prevention, and treatment.
#11746/0145 30 minutes
2005 \$169.95

DEPRESSION, DIABETES AND STRESS

The program begins by defining stress, depression and diabetes and the influences they have on each other. Gives many helpful hints on how to manage and optimize diabetes control and a person's sense of well-being. "Positive" stresses are also included.
**Includes Presenter's Resource Guide*
#9928/1420 17 minutes 2005 \$119

KIDNEY DISEASE AND DIABETES

What is kidney disease and what relationship does it have to diabetes? Easy to understand discussion of renal physiology and the stages of renal disease are presented with an emphasis on prevention and treatment of each stage.
#5762/1420 18 minutes 2001 \$119



GESTATIONAL DIABETES

Describes the development of this condition that effects about 4% of pregnant women. Although it usually goes away after birth, it may still have long term unhealthy consequences for both mother and baby. The

role of diet as a factor in prevention and treatment is discussed. Answers most frequently asked questions.
#5761/1420 17 minutes 2003 \$119

GLUTEN FREE FOODS

Paul Smith, from FG Roberts Foods, has been developing gluten-free bread flour for almost ten years. With the help of Paul and a few of those people he works closely with, the program examines the characteristics and properties of gluten, the causes and symptoms of coeliac disease, the effect of bread ingredients on gluten and the challenge of producing and marketing gluten-free products.
#13179/0545 20 minutes \$129.95

CELIAC DISEASE

Celiac Disease is an auto immune disease that results in severe damage when the body is exposed to "glutens" - a protein that is found in wheat and several other common grains. It not only damages the intestines, but left undiagnosed, it can lead to migraines, stunted growth, severe malnutrition, anemia, and even death. Meet two children with celiac disease, and find out from the experts what to watch out for in your children and family.
#12228/0145 26 minutes 2008 \$149.95 *CC

***** See also**
GLUTEN FREE BAKING #12818
2009 \$49.95

***** Ask about our**
easy email preview!!!

ALTERNATIVE MEDICINE

HEALING WITHIN: How Your State of Mind Can Promote Health and Healing

**Winner! Award of Excellence, First Place - National Health Information*
 Stress can come from a variety of places: work, school, home, family. A build up can affect the body and be the onset to serious illnesses. Today, researchers are developing an innovative and holistic approach to combat stress. Meditation and relaxation techniques increase the emission of alpha waves by the brain and trigger a series of reactions that soothe the body. These techniques have helped patients rediscover their confidence, their identity, and their livelihood while bringing them a newfound energy to confront the illness face to face. In this program, five patients share their stories - each an emotional battle for survival.
**Includes PDF Discussion Guide*
#12578/0145 52 minutes
2006 \$149.95

DIAGNOSIS RECOVERY GUIDE

This program is for anyone diagnosed with a serious medical condition. It contains practical information that explores what can be done today to improve your chance for a successful outcome. In just 30 minutes, this guide promotes self-reliance, courage, and hope. Patients, physicians, hospitals, and support groups will all benefit from this informative video.
#13389/0145 31 minutes
2009 \$149.95

ALTERNATIVE MEDICINE

Beyond the boundaries of mainstream medicine are treatments that many claim have powerful healing properties. This intriguing program scrutinizes the principles behind acupuncture, magnet therapy, crystal therapy, homeopathy, therapeutic touch, and reiki as respected practitioners demonstrate their specialties and make their case. But at every turn, equally respected critics also have their say, making this video a particularly well balanced analysis of these popular treatment modalities. Is alternative medicine scientifically quantifiable? And, if it reduces suffering and promotes healing, does it matter?
 A Discovery Channel Production.
#15526/0635 52 minutes 2002 \$149.95

CHINESE MEDICINE

Produced in San Francisco, a city rich in Chinese culture, this program explores the ancient healing techniques of Traditional Chinese Medicine, or TCM. Dr. Effie Poy Yew Chow, a registered nurse and one of the foremost experts in TCM, guides students through the philosophy and methods behind various TCM techniques - such as acupuncture, qi gong, and herbal remedies. Viewers will visit a lab that processes medicinal herbs and gain insight into the TCM concept of chi, while learning about the ways in which chi can become blocked and the special approaches needed to remove blockages. Physical demonstrations of acupuncture, qi gong, and other procedures are included in the program.
#13035/0405 25 minutes 2007 \$129.95



NATIVE AMERICAN HEALING IN THE 21ST CENTURY

This program discusses the invaluable contributions the Native Americans made to our early frontier heritage and shows how many of those same healing plants and herbs are an important source of today's modern methods of maintaining health. The point is clearly made that what has been effective for thousands of years may still be the best means of maintaining a healthy lifestyle today. Learn from today's respected physicians the crossover of ancient Native American healing remedies to present-day medical practices. Explore for Native American healing plants and herbs. Learn from tribal elders traditional healing practices and philosophies. Discover the contents of a 350 year old Indian medicine bag! Herbal healing remedies for: Heart/Circulatory; Arthritis; Female conditions; Respiratory Asthma; Skin Conditions; Digestive tract; Sinus and more.
#12426/1830 40 minutes 2004 \$219.95

SPIRITUAL HEALING: Healing from Within

Can one's faith or beliefs have an impact on illness? This is the theme of this program during which Dr. Torman speaks with Dr. Deepak Chopra (Indian spirituality expert), Dr. Lewis Mehl-Madrona (psychiatrist of Native American heritage and knowledge), Dr. Kenneth Pelletier (author of *The Best of Alternative Medicine*) and country music star, Naomi Judd. The current state of research in spirituality and healing is one of the issues reviewed in this program.

#12099/0145 30 minutes 2007 \$149.95

UNDERSTANDING THE MIND/BODY CONNECTION: Preferred Methods of Treatment

Fascinating current research underscores the enormous role and connection of the mind in enhancing the body's ability to heal itself or at least, improve its condition. Dr. Howard Torman interviews Dr. Herbert



Benson, author of the *Relaxation Response*, Dr. Robert Fried of biofeedback fame, Dr. Kenneth Pelletier, author of *The Best of Alternative Medicine* for a clearer understanding of the mind's impact on health and illness. In keeping with Health Choices' vision, patients and families talk about their illnesses and preferred method of treatment.
#12038/0145 30 minutes 2007 \$149.95

DEATH & DYING

New!

HELPING PARENTS GRIEVE: Finding New Life After the Death of a Child

A video for any parent who has experienced the death of a child and for those who aim to help someone who is grieving. Meet men and women who have suffered, who share their stories, and help to kindle hope for finding life again. Topics include: Knowing you are not alone; Dealing with the loss of hopes and dreams; Grieving the death of a baby; The family's grief journey; Honoring and remembering your child.

#14691/1710 60 minutes 2011 \$99.95

HELPING CHILDREN GRIEVE

This profound video resource offers information to adults (parents, caregivers, professionals) on how to help children of all ages grieve with hope and heart. You will meet two experts: Khirs Ford and Paula D'Arcy, whose personal experiences with death give them intimate knowledge and compassion. And you will meet others who are now in the process of helping their children through grief. Topics covered include: Differences between how adults and children grieve; How a parent can grieve and still help a child to grieve; Three common feelings expressed by all grieving children; How to be authentic and tell children the truth about death.

#14692/1710 55 minutes 2009 \$99.95

WHAT ABOUT ME?

Kids and Grief

*FIRST PLACE: CAVE Media Festival;
Bronze Plaque-Columbus International
Film & Video Festival.

*RECOMMENDED: Booklist, School Library
Journal, Caring Concepts, Bereavement
Magazine

This highly reviewed video highlights 11 boys and girls ages 4 to 14, while they discuss grief experiences due to the death or chronic illness of a sibling or parent. The children talk about their experiences to offer hope, support and a sense of community to other children.

#14638/0697 12 minutes 2008 \$149.95
Grades 4 to A

New! JOURNEY THROUGH THE SHADOWS: Hope for Healing after Someone You Love Has Committed Suicide

Suicide deeply affects the lives of those who are left behind by the one who has died. With so much pain and sorrow it is difficult to know how to navigate these changes. This program offers encouragement and support to survivors who are both grieving the death of a loved one to suicide, and wondering why it happened at all. Advice from experts and family members who have walked this path combines with resources that teach friends how they can help.

#14695/1710 50 minutes 2011 \$99.95

New! A GOOD DEATH: Case Studies in End-of-Life Care

At the Sacred Heart Palliative Care Centre in Sydney, Australia, a small group of health care professionals are devoting their careers to death. Sacred Heart's patients have all been diagnosed with a terminal illness - but instead of pursuing elusive cures and treatments, they have embraced the finality of their lives with guidance that contradicts much of conventional medicine. In this film, four of those patients have made another courageous decision. They have allowed cameras to accompany them on their last journeys, which focus on spending time with loved ones and receiving palliative care that maximizes dignity and comfort. Conversations with patients, doctors, nurses, and scholars praise the Sacred Heart environment, which replaces stress and false hope with what might be called empowerment.

#14210/0635 45 minutes 2010 \$169.95

LIVING WITH HOSPICE

This poignant, award-winning documentary spotlights stories of families, patients and caregivers and their experiences with hospice. Their stories provide the viewer with a rare opportunity to hear about dying as a time of comfort, acceptance, love and healing. Quality of life is an underlying theme in each of the hospice stories, turning the most difficult times into a time for healing. Excellent resource for hospice workers and families.

#14321/0145 29 minutes 2006 \$149.95

WHEN A LOVED ONE DIES: Walking Through Grief as a Teenager

An ideal resource to help a teen dealing with grief featuring interviews with bereaved teens, because teens are most receptive to their peers. They speak from the heart, sharing candidly about their pain and healing. Divided into segments, the video covers topics such as surviving the first days, weeks, and months after the death, grieving the relationship lost, facing the future, and rebuilding your life. Gives insight not only to teenagers, but also parents, teachers, and counselors who want to know how to help bereaved youth. The accompanying resource guide provides information about the grief process, activities that can aid grief, and grief support organizations.

#14694/1710 30 minutes 2006 \$79.95

New! FACING DEATH: Confronting End-of-Life Choices

How far would you go to sustain the life of someone you love, or your own? When the moment comes, and you're confronted with the prospect of "pulling the plug," do you know how you'll respond? Unfounded rumors of federal "death panels" grabbed headlines last summer, but the real decisions of how we die - the questions that most of us prefer to put off - are being made quietly behind closed doors, increasingly on the floors of our intensive care units. In this video, FRONTLINE gains access to the ICU of one of New York's biggest hospitals to examine the complicated reality of today's modern, medicalized death. Here, we find doctors and nurses struggling to guide families through the maze of end-of-life choices they now confront: whether to pull feeding and breathing tubes, when to perform expensive surgeries and therapies or to call for hospice. Also offers an unusually intimate portrait of patients facing the prospect of dying in ways that they might never have wanted or imagined.

#14064/1725 60 minutes 2010
\$99.95 *CC



COPING WITH GRIEF SERIES

When someone dies, life for those people close to them will never be the same. This series consists of three programs - one dealing with grief in the family, one for young children under the age of five and another for teenagers.

GRIEF IN THE FAMILY

Bereavement is particularly hard for families. At a time when children are in need of extra support, so are their parents. This program looks at the ways children and young people respond to grief and what the adults around them can do to help. Gives parents an insight into the process of grieving, its physical and emotional effects and the special needs of children and young people. Shows families from a wide range of backgrounds dealing with bereavement. It offers practical advice to parents who need to learn how to find support for themselves, while helping their children to express their feelings and handle confusing emotions. Stressing the importance of listening to children and answering their questions honestly, it encourages the development of communication and a supportive family environment. 14 minutes

NOT TOO YOUNG TO GRIEVE

When someone dies, children under five have feelings just as strong as those of older people. Although they are unable to communicate or understand fully what is happening, they will be deeply affected by the loss of a parent, sister or brother. At the same time, those looking after them are also likely to be suffering from grief and shock. This program looks at the ways very young children respond to grief and what the adults around them can do to help. It gives parents an insight into the child's grieving process, its physical and emotional effects and the various needs of babies, toddlers and preschoolers. Offers practical advice to parents about ways of comforting and supporting a bereaved child who may be experiencing anxiety, sleep difficulties, guilt, sadness, regression, withdrawal or physical illness. Stressing the importance of talking honestly and simply to children about death, it encourages the development of communication and a supportive family. Designed for parents, care providers, nursery workers and all those working with families and bereaved children. It is suitable for viewing at home and also for use in parenting education, bereavement support, and professional and voluntary training. 15 minutes

TEENAGE GRIEF

Teenagers already have to cope with huge changes in themselves and their lives, and adjusting to the death of a close friend or family member at the same time may feel like too much for them to handle. For parents whose children are starting to look grown up and to behave independently, it can be difficult to know when they need to be left to deal with things on their own and when they need support. Teenagers often keep quiet about their intense feelings and they may become anxious or aggressive. This program contains six separate episodes about young people, from a wide range of backgrounds, facing different kinds of bereavement. 13 minutes

#13600/1120 Three programs 2008
\$89.95 each or Series \$259.95

AT DEATH'S DOOR and BEYOND DEATH'S DOOR Set

This DVD set consists of two programs...

AT DEATH'S DOOR will help viewers acknowledge emotions as they experience the terminal illness of a loved one, and guide them in living fully through the last months, weeks, or days of their time together. A life has ended. Whether the death resulted from illness, accident, or violence, it still means facing the deepest of sorrows: Someone you love has died. Life is thrown out of balance: the experience is most often shock, disbelief, questioning, guilt - a broken heart.

BEYOND DEATH'S DOOR provides firsthand understanding of the grief process, and provides direction for a healthy grief journey.

#10780/1710 Two 35 minute programs
1999 \$109.95

DEALING WITH DEATH: Sudden Memories

The sudden death of a friend or a family member can be a devastating experience; this is especially true when a younger person dies. And in a school setting, this can be a terribly difficult thing for young people to cope with. The purpose of this dramatic program is to help young people understand grief and learn how to deal with it. We see the reenactment of a true story; Dane Matthews was killed in automobile accident and his best friend, Todd Stewart, doesn't know how to deal with his death. Todd is hurt, angry and confused; also he doesn't know what to do or what to feel. Speaking with a counselor, he discovers these are all normal things to feel; also he is offered sensitive and constructive steps to help him cope with his loss. We get to witness some of Todd's memories with Dane; also, in silhouette, we hear from other students who discuss their feelings about the unexpected loss and how to deal with the grief of losing someone close. In the end, Todd and each student discovers that the best way to keep their friend's memory alive is by living their lives to the fullest of their potentials.

#13434/0450 30 minutes 2009 \$149.95

REMEMBERING: Families Talk about Death

The death of a loved one is the most emotional and disruptive time in the life of any family, perhaps especially for the lives of young people. This video talks about death, taking a look at just how deeply death can impact life through personal reflections of children and their parents. Viewers see how families come to terms with their loss and celebrate the life of the person who has died. Dr. Rosie Friedman, a grief therapist offers her insights to families. An excellent film showing how personal development can arise out of the pain and loss.

#11743/0145 24 minutes 2007 \$149.95



ON OUR OWN TERMS: Bill Moyers on Dying

"HIGHLY Recommended!"
Booklist and MC JOURNAL: The Journal of Academic Media Librarianship

Bill Moyers examines the growing recognition and acknowledgement

of death as life's ultimate rite of passage rather than the shameful secret that no one ever talked about. Using interviews and research from many ethnic and cultural sources, viewers are presented with the intimate experiences of patients, families, and caregivers as they struggle to infuse the process of dying with compassion and comfort.

LIVING WITH DYING

Death, which sooner or later comes to all, is treated as a strangely taboo subject in North America. Veteran PBS journalist Bill Moyers describes the search for new ways of thinking and talking about dying.

A DIFFERENT KIND OF CARE

At the end of life, what many people want is physical and spiritual comfort in a home setting. This program presents the important strides being made in the area of palliative care at pioneering institutions.

A DEATH OF ONE'S OWN

More and more people are looking for opportunities to exert some measure of control over where and how they die. Bill Moyers unravels the complexities underlying the many choices at the end of life.

A TIME TO CHANGE

Introduces crusading medical professionals, including staff members of the Balm of Gilead Project in Birmingham, Alabama, who have dedicated themselves to improving end-of-life care by changing an overburdened health system.

#6183/0635 Four 87 minute programs
2003 \$99.95 each or Series \$299.95

MILLIE AND DUNCAN: A Story of New Love

"Highly Recommended."

This is a real-life drama that addresses sadness and often depression that comes from losing a husband or wife. This story shows how the sharing and caring of others can provide healing powers."

National Media Review

This award-winning drama is one of those special stories where the healing power of love and caring help two people who share the common thread of having lost their spouse find a new kind of love. At first we see how Millie and Duncan deal individually with the loneliness and grief one can feel even years after having lost a spouse. But as the story unfolds, we learn how sharing helps them come to terms with their emotions, and in the end we see a story of new love is just beginning."

#13403/0450 30 minutes
2009 \$149.95



New! **WE WILL MISS YOU: Support for Grieving the Death of a Pet**

Animals are guileless. That sort of honesty touches the human heart in a unique way. It allows us to see a better side of ourselves than sometimes is visible in our relationships with our fellow human beings. We

invest a deep part of ourselves in the relationships we have with our pets. They are our family. When a beloved pet dies, we become vividly aware of the loss, and we need support that understands the depth of our love and attachment. This video offers this level of support as you grieve the death of a pet who was a companion, a family member, and a friend. Topics include: The human-pet relationship is unique; Grief can be unexpected; You may experience feelings of guilt.

** Women, men, and children grieve differently; Other pets will also grieve; Some people will not understand; Create your own simple funeral or memorial; Consider whether to get another pet; and, Ritual is important.*

#14785/1710 31 minutes 2012 \$139.95



LOSING YOUR BEST FRIEND: Coping with the Death of a Pet

"This video shows how much people are affected by the loss of their pet. It shows how different people cope with grief." In this remarkable program, you will meet several people just like you who are coping with the loss of a pet they love. You'll also hear special insight and advice from grief experts. This program will help you heal, honor your memories, and realize that you are not alone.

#13387/0145 30 minutes 2009 \$149.95

HOLDING OUR OWN: Embracing the End of Life

2008 Telly Award Winner and Communicator Awards - Award of Distinction

"This film opens us to our fears around aging, loss, death, grief and spirituality and shows us how we might reclaim a rich community-based potential at the end of life."

Balfour M. Mount, M.D. McGill University

This powerful yet tender treatment of our final life passage features artist Deidre Scherer, the hospice chorus Hallowell, and Ira Byock, M.D., author of *Dying Well*. With its gentle, direct, and celebratory approach toward the end of life, "Holding Our Own" can be shared with audiences of all ages. Excellent for hospices and those dealing with end-of-life issues.

#12483/0145 57 minutes 2007 \$175



GROWN-UP TEARS: Adults Grieving the Death of a Parent

Losing a parent can be one of the most difficult and painful times in our lives, regard-

less of how old we are. The loss of a parent stirs many memories from childhood through adulthood. There can be such great sadness that the parent will not be present for many major life passages such as weddings, childbirth, grandparenting and career changes. For many adults, the loss of emotional support and guidance can be devastating. This video explores how adults feel about - and cope with - the loss of their parent(s) through the eyes and experiences of seven individuals and three professionals. Excellent video for professionals to use for training purposes, workshops and classroom settings.

#13337/0145 28 minutes \$149.95

***** See also
FOOTPRINTS ON OUR HEARTS:
Walking through Grief after
a Miscarriage, Stillbirth or
Newborn Death - NEW Edition
on Page 11**

SPECIAL EDUCATION / DISABILITIES

RECOLLECTIONS OF THE INSTITUTION PART ONE: Personal Reflections

Presents rare archival footage and excerpts from interviews with individuals who once lived in institutions for people with mental retardation. Individuals relate their experiences of daily life in institutions, and these starkly honest reflections provide a glimpse of the institution from an insider's view. In addition to addressing the realities of the institution, the program clearly shows the insight, sensitivity and compassion of the individuals who had to endure these settings.

**Includes 21-page PDF Study Guide*

#14096/1615 42 minutes 2005 \$89.95



RECOLLECTIONS OF THE INSTITUTION PART TWO: Parents' Perspectives

The pains and trials of parents who placed their children in institutions are often overlooked and misunderstood. Oftentimes, we falsely assume they placed their children for selfish reasons. Nothing could be further from the truth. This program presents a riveting view of the institutional experience from the unique role of the parent. Parents tell us how they were advised their child had a disability and the professional information, advice and supports they were given. How promises of therapeutic intervention and an education, coupled with isolation and stress, led them to believe placement was best. As they became aware of the real conditions their children were living in and the lack of promised services, how they succeeded in getting their children out of the institution and into the community.

**Includes 22-page Study Guide*

#14097/1615 54 minutes 2007 \$89.95

A MIND LIKE MINE

A compelling documentary chronicling a year in the life of two adults with Attention Deficit Hyperactivity Disorder. This deeply personal film features the filmmaker's son, Kail and another young man, Daniel. Seven years after documenting their lives as children with ADD/ADHD, for her film, *ODD KID OUT*, O'Donnell turns the lens back to document their growth into young adults. The film experiences a powerful twist, taking the filmmaker by surprise. Ultimately she delivers a story more personal than she ever imagined.

#14093/1615 58 minutes 2009 \$249.95

ODD KID OUT: Living with Attention Deficit Disorder

Break the code of silence as three families reveal what it really feels like to live with Attention Deficit Disorder and Attention Deficit Hyperactivity Disorder. See the day-to-day interactions from the point of view of both the child and the families, and how they cope. Each family discusses what types of treatment options they have tried and what works for each child. Excellent for support groups, schools and families.

#12608/0145 52 minutes 2004 \$169.95

WHY CAN'T MICHAEL PAY ATTENTION?

**GOLD Award, Charleston International Film Festival*

Many parents find themselves in a quandary about the point where normal childish exuberance goes beyond acceptable. When is a child out of control and what can and should the parents do about it? Join the parents of six year-old Michael as they seek to understand his impulsiveness, hyperactivity, and inattention. After a multi-faceted assessment, Michael is diagnosed with Attention Deficit Hyperactive Disorder (ADHD). Michael's parents learn techniques such as consistent schedules, docking systems, star charts, and self-monitoring to help organize home life. Michael's parents face the pros and cons of medication.

#9107/1120 21 minutes 1998

***Includes Guide \$99.95**



A FAMILY

HEALING: Coming to Terms with Intellectual Disabilities

This intimate family portrait made by one member of the family explores the impact of the developmental disability of a sibling on the interaction and relationships of the family as a whole. The program is divided into two 28-minute parts. Part One allows family members to open repressed lines of communication and express their feelings of guilt, resentment, over-protectiveness, embarrassment. Questions about basic human rights and the sexuality of the intellectually disabled are also brought forward. Part Two focuses on long-standing family conflicts and misunderstandings that skew relationships when disabilities command attention... unequal sharing of responsibility, planning for future care, the special concern of parents for a child who will never really achieve full adulthood.

#11260/0165 57 minutes

1996 \$149.95

COMMUNITY ACTIVISTS DISCUSS "A FAMILY HEALING"

After viewing the two videos from A FAMILY HEALING, a group of families of and activists for the developmentally disabled join the video's producer to add their own views and experiences. Generally critical of institutionalization, they stress the need for support systems for parents, the need for the disabled to have friends outside the family, and to integrate into society in general as much as possible for maximum health and lifestyle benefits.

#11272/0165 27 minutes

1998 \$89.95

New! UNLOCKING THE WORLD OF AUTISM

This seven-part series is a practical guide to understanding autism and building relationships with autistic children. It progresses through seven integrated and sequential keys to accessing autism and making connections with children on the spectrum. This series offers the unique methodology of Elaine Hall, also known as Coach E! in The Miracle Project, a musical theater and film program for children with autism and other special needs.

- Music, movement and drama as well as traditional therapies and creative protocols are demonstrated throughout the series in vignettes.
- The seven keys provide integrated mind/body/spirit techniques for health care workers, teachers and families in order to remove the frustration of interacting with children with special needs.
- The techniques deployed within this series can be applied to any health care setting making this series universally functional for all health care professionals.
- Viewers will learn how to approach unpredictable situations with a sensitive and accepting method.

#14150/0430 Seven programs on one DVD 2010 \$749.95

AUTISM IS A WORLD

**Nominated for an Academy Award*

This program is a rare look at this disability through the words of a young woman who lives with it. Produced and directed by Gerardine Wurzburg, Academy Award winner for "Educating Peter," and narrated by actress, Julianna Margulies (E.R. and The Grid), this documentary is about Sue. "Autism Is a World" takes the viewer on a journey into her mind, her obsessions, and her world. The documentary explores autism from the most authentic perspective, an individual who is living with this often misunderstood disorder. This film provides great insight to all those professionals, teachers and parents who are striving to better understand autism spectrum disorders and related disabilities. It also demonstrates how assistive technology can effectively facilitate communication. An excellent staff development tool to help educators recognize and appreciate the potential that exists within each special student whose lives they touch.

#11704/1435 40 minutes 2005 \$99

Brand New Series! DISABILITIES AT WORK: Successful Job Hunting for People with Disabilities

- EFFECTIVE JOB SEARCH FOR PEOPLE WITH DISABILITIES
- SMART RESUMES AND APPLICATIONS FOR PEOPLE WITH DISABILITIES
- JOB INTERVIEW ESSENTIALS FOR PEOPLE WITH DISABILITIES

#14670/0635 Three 28-minute programs 2012 \$99.95 each or Series \$279.95



UNITED PLAYGROUND: We All Belong

We should treat others the way we would want to be treated, regardless of ability, age, gender, creed, color, nation of origin, or race. In this timely production we meet three special individuals whose "Ability" will encourage viewers to accept and celebrate all people with whom they may come in contact.

This program will inspire each viewer to stop and take notice of those around them before pre-judging, and to help eliminate exclusion, teasing and bullying. This title provides a wonderful introduction to "Ability" while at the same time providing important life lessons.

#14637/0697 6 minutes 2008 \$89.95

CULTURALLY DIVERSE INDIVIDUALS WITH DISABILITIES: Therapeutic Needs

**Features Miguel Gallardo, Past-President - California Latino Psychological Association Jennifer Gibson, Disability Service Center, University of California, Irvine*

Students will learn multicultural specifics for connecting with, caring for, and meeting the needs of clients with disabilities. Skill development is stressed along with communication tips for working with clients who experience disabilities. The disability identity model and its racial/ethnic implications are important for understanding all clients. Detailed handouts are provided.

#14334/1410 50 minutes \$109.95

LEARNING DISABILITIES: A Complex Journey

This program is for people who suspect their child may have a learning disability - a neurological problem processing information that he or she is actually smart enough to understand. How do you find out? And where can you go for help? Meet a developmental pediatrician, a parent advocate, and the head of a national learning disabilities organization as they help answer those questions.

#12569/0145 26 minutes 2005 \$179.95

WALKING IN THE DARK: Finding the Light in Autism

Autism is a rapidly growing developmental disorder that affects 1 out of 100 children in the United States. When parents are given the diagnosis that their child has autism, they often feel a sense of being lost or feel hopeless. In this documentary, hope is restored. The primary purpose of this program is to serve as an educational tool to help parents seek those unanswered questions, find ways to network and to get involved. And, through meeting families who have overcome their fears, find hope. Viewers will come into their lives, their homes, and see how they live day to day. See how they cope, how they search for the best therapies and medical attention they can find for their children. And, most of all, through the eyes of their children, see the hope.

#13712/2017 90 minutes 2010 \$129.95

DISABILITY AND SEXUALITY: Exploring the Intimacy Option

This program challenges the preconception that being physically disabled necessarily means a lack of desire for physical intimacy. Through candid interviews with people who have substantial physical disabilities - cases involving paraplegia, quadriplegia, kyphoscoliosis, neuromuscular disorders, and other conditions - the video expresses their needs as human beings, examines constraints placed upon them by their conditions as well as by the medical and residential facilities that serve them, and spotlights high-minded organizations prepared to assist them in having loving experiences. Filmed in Europe, Disability and Sexuality offers insights into issues that transcend national boundaries and find common ground in the heart.

**Contains mature themes and clinically explicit language.*

#13340/0635 52 minutes 2008 \$169.95

SEVEN EFFECTIVE STRATEGIES FOR SECONDARY INCLUSION

Inclusion of students with disabilities at all levels is a challenge. This program features Dr. Lisa Dieker, Associate Professor, author and nationally acclaimed teacher trainer, whose work over the last 15 years has focused on two aspects of inclusion of secondary students with middle to moderate disabilities:

The philosophy, structure, climate and instruction in secondary schools that are embracing the needs of students with disabilities in inclusive settings; and, The role of effective teams of teachers in co-teaching secondary environments at the middle and high school level. This exciting and practical video is specifically designed for those educators who are either developing or currently working to include students with mild to moderate disabilities in secondary classrooms.

#11782/1435 65 minutes 2007 \$129.95

ADHD: Attention Deficit Hyperactivity Disorder Series

Professionals in health care, education, and anyone who works with the public will benefit from the information in these programs. The viewer will gain insights into recognizing when AD/HD might be a factor in observed behaviors, and methods for interacting more effectively with these individuals. They will also increase their knowledge of both the medications and behavioral therapies currently in use, allowing them to support the individual's treatment process. The information in these programs also highlights the impact of increased technological exposure on this disorder. Detailed descriptions of each program are available on our website.

AD/HD: Identification and Assessment, 21 minutes

AD/HD: Medication Strategies, 24 minutes

AD/HD: Behavioral Strategies, 19 minutes

#11326/0430 Three programs 2008

\$325 each or Series \$879.95 *CC



New!

THE R WORD

**Featuring Joe Clayton, Metis narrator*

"We have been studied as if we were a different species," says Joe Clayton. Clayton, who was sent to an institution at age 12, takes us across the country, through a shocking history of abuse as told by the people whose lives were dehumanized by the system. He explains how he suffered years in a government residential school not only for the crime of being Metis, but also for the additional sin of being intellectually challenged. People have called them "village idiots", "imbeciles", "fools", "subhumans" and "retards". They have been incarcerated in prisons and institutions, abused and even at times murdered. They have been feared and misunderstood for centuries. This program chronicles the incredible struggles of a culturally diverse group of Canadian people with intellectual disabilities and their families to be recognized and treated as fully human with the same rights as anyone else in society.

#14014/2044 65 minutes

2009 \$149.95



NORM: A Documentary about Love, Family, and Survival

**Winner of two Gemini nominations!!!*

Donald Brittain Award for Best Social/Political Documentary and Best Director.

NORM is a love story pure and simple. But there is nothing simple about it. It begins with a simple premise - a grown sister decides to step

up to the plate and rescue and take care of her older mentally challenged brother. It evolves into a story of hilarity and healing and the gathering up of all the frayed strands of a lost and guilt-ridden family. It speaks to every one of us. NORM is an exuberant celebration of life. Postscript - Norm passed away at his home in October 2010 at the age of 61.

#12339/1397 49 minutes

2008 \$149.95

WELCOME TO HOLLAND

This program follows the journey of three families with special needs children. Through parents' insight and shared experiences, viewers gain an understanding of how families nurture and care for children with special needs. Discover the importance of structure and predictability in the home and how to incorporate other positive affect resiliency factors - all while ensuring a nurturing and loving environment for the family.

#13067/1120 48 minutes 2010

***Includes Guide \$149.95 *CC**

MULTICULTURAL PERSPECTIVES ON ADULTS WITH DEVELOPMENTAL DISABILITIES

Community-based caregiving is a vital mode of support for older adults with developmental disabilities. This insightful and uplifting program examines how, within Hispanic, African-American, and Asian-American cultural contexts, the needs of high-functioning members of this population are being met through the empowering assistance of their families and through healthcare- and employment-related programs that promote self-determination. The importance of service providers who share their clients' respective cultures and, where necessary, speak Asian languages or Spanish is underscored.

#11402/0635 33 minutes 2002 \$99.95

WHAT DOES NORMAL MEAN?

This compelling film about the "inclusion" of children with disabilities in public schools follows seven children - elementary to high-schoolers - with a broad range of disabilities, over an academic year. Produced by multiple Emmy award winning filmmakers, the children's struggles and triumphs give dramatically clear testimony to the value of equal educational opportunities for all. The documentary is constructed so that each child's story can be viewed and discussed as a chapter, generating many different teaching and learning issues. Excellent for college students, community programs, advocacy or parent groups, or anyone that wants to see and "feel" how an inclusive change in our schools has made us more aware and thoughtful about potential, difference and about what normal means.

#11730/1615 57 minutes 2006 \$129.95

TEN COMMANDMENTS: Communicating with People with Disabilities

This isn't about political correctness. It gives viewers who supervise, work with or provide any kind of customer service to people with disabilities a better grasp of how they can communicate better, more effectively and more sensitively. Viewers are treated to humorous vignettes to help explain the right and the wrong ways to go about it.

**Includes 20 pages of camera ready reproducible resource guides, closed captioned version followed by a second version with open captioning and audio descriptor all on one video cassette.*

#7430/1615 26 minutes 1994 \$199.95

GETTING IT RIGHT: How to Interact and Relate to People with Disabilities

How do you talk to someone who uses an interpreter? Is it OK to push someone in their wheelchair? Is there a difference between handicapped and disabled? Use this new training program in any business or organization to teach staff how to interact and relate to people with disabilities. Six scenes are included that highlight interaction with people with the following disabilities: Mobility; Psychiatric; Deafness; Speech; Blindness; and, Prosthetics. The program ends with a diversity training group. Participants walk away with a changed attitude and new learned behavior.

#12153/1615 33 minutes 2008 \$179.95 *CC

PERSONS WITH DISABILITIES SERIES

In this series of small group discussions taped in a studio setting, three people with disabilities speak passionately from their own personal experiences of negative stereotyping, respect issues and psychosocial and physical aspects of sexuality for people with disabilities. The programs are hosted by Robbin Miller, a licensed mental health counselor who has worked with persons with disabilities as an advocate and counselor since 1996.

HOW TO TALK TO PERSONS WITH DISABILITIES BEING PC

Were you taught that "wheelchair-bound" was an acceptable term to call a person in a wheelchair? Joe Bellil, Mike Kennedy, and Sonya Perduta, three people with disabilities, will re-educate viewers and teach them proper terminology when interacting with persons with disabilities. They will also discuss the history behind these derogatory terms.

PERCEPTIONS, MYTHOLOGIES, AND STEREOTYPES

Society often perceives people with disabilities as asexual and non-social. Is this really true? Sonia Perduta, Mike Kennedy and Joe Bellil will review various perceptions, mythologies, and stereotypes describing persons with disabilities and teach new ways of learning positive images of persons with disabilities.

SEXUALITY AND DISABILITY Part One - PSYCHOSOCIAL ASPECTS

As a Registered Nurse and as a Certified Critical Care Nurse, Sonya Perduta draws from her personal experiences as well as those as a nurse to show how society perceives persons with disabilities as asexual and unattractive. She provides an excellent overview of sexual development and sexual expression with people with disabilities.

SEXUALITY AND DISABILITY Part Two - PHYSICAL ASPECTS

Sonya Perduta, RN, MS, CCRN, will teach viewers how persons with disabilities can engage in sexual encounters with their significant others. Remember the book *The Joy of Sex* that provided detailed artistic images of how people can enhance their sexual pleasures? Ms. Perduta provides tasteful illustrations of how persons with disabilities can engage in sexual pleasure with their partners.

#13733/1410 Four 30 minute programs 2010 \$89.95 each or Series \$249.95

LEARNING DISABILITIES: A Complex Journey

Does your child have trouble reading? Does your daughter seem to have more difficulty with school-work than you would expect, even though she's trying her hardest? Is your son avoiding school, claiming illness a little too often, insisting that he's stupid when you know that's not really true? If so, your child may have a learning disability - a neurological problem processing information that he or she is actually smart enough to understand. How do you find out? And where can you go for help? Meet a developmental pediatrician, a parent advocate, and the head of a national learning disabilities organization as they help answer those questions for you.

#12569/0145 26 minutes 2005 \$149.95

PRINCIPLES AND PRACTICES OF BUILDING COMMUNITY SERIES

This is a series of compassionate, humorous and provocative training for service providers or undergraduate college level instruction providing skills and education on some of the most important concepts of community inclusion. Developed and presented by Dr. Thomas Pomeranz a nationally recognized authority, trainer, clinician and consultant in the field of services for people with disabilities. Dr. Pomeranz uses high quality graphics, humor and his 35 years of experience to engage his viewers.

Volume One - THE SKILLS OF COURTESY

Founded in the maxim "an institution is not a place; it is a state of mind." Tom explains that individuals who have few valued relationships and few things of value are living an "institutional life." It introduces the concept of "disabilityism" explaining how one's behavior may unwittingly cause one to behave in a discriminatory manner. Tom discusses a variety of tools - "skills of courtesy" that may be exercised to support others in improving the quality of their lives.

Volume Two - AGE APPROPRIATENESS

Dr. Pomeranz decisively dispels the myth "they are children in adult bodies." The implications of developmental age and mental age are thoroughly explored. Introduces a variety of age-appropriate training and leisure materials that are desired by individuals with developmental disabilities. Through the sharing of tales, attendees will increase their sensitivity to adults with developmental disabilities utilizing age-appropriate media and behaviors. Deviancy-competency hypothesis will be discussed as to its importance in encouraging adults with developmental disabilities to select age-appropriate items.

Volume Three - SUPPORTED ROUTINES

The maxim that "without a presence, there is no future" serves as the foundation for this session. Details how supports should be delivered to allow individuals with significant cognitive, physical and/or behavioral challenges to participate in all aspects of their life. The session provides participants with insight as to how our perceptions and expectations serve as barriers in providing support. The four supported routine outcomes (facilitating connections, maximizing independence, enhancing self-worth, and producing self-determination) are detailed and their life enhancing effects are reviewed.

Volume Four - POSITIVE BEHAVIORAL SUPPORTS

Dealing with anger and its consequences is one of the most difficult and important challenges we face in supporting people with developmental disabilities. This presentation is focused to provide "best practice approaches" which will assist in supporting others in diminishing the causes of anger. In this presentation Dr. Pomeranz assesses the medical/biological,

psychological/psychiatric and environmental influences of socially inappropriate behavior. Emphasis is placed on proactive strategies to identify and respond to the unmet needs of the individual. Limitations of classical behavior management approaches are discussed. Through example and short story Tom makes it clear that "anger communicates unmet need".

Volume Five - UNIVERSAL LANGUAGE

Heightens sensitivities to the impact of language in promoting respectful relationships. The evolution of slang references that devalue people in numerous examples of insensitive language are

presented with the Universal Language alternative. Provides

viewers with strategies to master Universal Languages as well as sensitively supporting others who struggle in using words of respect. It is the outcome of this session "that the words and language we use in talking about our friends - the words and language they use in talking about us", will serve as the standard in how we speak to and about people with disabilities - It's all in how you say it.

Volume Six - INSTRUCTIONAL STRATEGIES

Dr. Pomeranz focuses on the fundamental strategies of promoting independence and self-determination. The instructional strategies address: verbal prompting, training materials usage, physical queuing, physical prompting, backward chaining, graduated guidance, successive approximations, proximity control and environmental engineering. Provides attendees with intensive hands on experience of best practice technology for facilitating skill acquisition. Through demonstration and role-play, attendees will enhance their skills in training "direct support professionals" in effectively teaching individuals: daily living, vocational, leisure, social and community participation skills. The session also reinforces the precept that an essential responsibility of all support staff is to emancipate the individuals they support - from unnecessary dependence.

Volume Seven - TRANSITION:

From Consumer to Producer

Staff will learn 'Best Practice' approaches in transitioning classic day program services to a "work" oriented service model. Dr. Pomeranz provides participants with the values and vision that drive the Day Program from activities of little meaning (beads and string) to a content of meaningful activities that engender dignity and respect. Staff will learn realistic and common sense approaches to significantly improve quality of services, as well how to incorporate the objectives of the Individual Support Plan into the context of a work focused program.

#14095/1615 Seven 50-minute programs 2005 \$79.95 each or series \$449.95



CELEBRATING DIVERSITY: A Universal Message from the Real Rain Man

**Recipient of a 2007 Telly Award!*

"It has been wisely observed that the school's most powerful moral influence is the way people treat each other. CELEBRATING DIVERSITY is a uniquely valuable resource for preventing peer cruelty and promoting respect and caring - not only toward those with visible disabilities but toward all members of the school community. Character educators everywhere should have this compelling DVD in their toolbox."
Thomas Lickona, author, *Character Matters*, and director, *Center for the 4th and 5th Rs, SUNY Cortland*



For general and special educators, parents, and students committed to creating a more inclusive and tolerant school and community, this program provides a powerful teaching and learning tool. An excellent

resource for staff development, parent training and/or for use with students in grades 5-12 as part of a character education unit. Meet Kim Peek, The Real Rain Man, observe him interact with students and demonstrate his unique gifts. Through his life's story, viewers will learn about

accepting differences in others, developing tolerance and fostering a greater understanding of diversity.

#11384/1435 27 minutes 2007
\$79.95 *CC

IF A TREE FALLS

**WINNER! Canadian Nurses Association Media Award for Excellence*

Intimate, moving and insightful, this is the powerful, first-person story of a filmmaker who is losing her hearing. Shot over a year and a half, the film follows her slow descent into a frightening world of jumbled noises and blurred conversations - where there is no treatment and no prognosis. She embarks on a documentary about her experience, but she's torn between her need to make the film, and her fears about what will happen to her career when people find out she can't hear. Finally, she reaches out to the hard-of-hearing community where she discovers a remarkable group of people who give her the strength to deal with her disability. Filled with raw emotion, laughter and tears, this program is a rare, personal journey into the little-known world of the hearing-impaired.

#7191/0865 46 minutes 2002
\$149.95 *CC

FOOD & NUTRITION

New! FOOD ALLERGIES: A Little Knowledge Can Prevent Big Problems

What is the difference between a food allergy and a food sensitivity? Why do some schools have peanut-free zones? What is Celiac disease? Are some people sensitive to food dyes? Join in on a discussion of food issues with an allergy expert as well as real people who live with food sensitivities and life-threatening food allergies every day. Learn the steps you can take whether you have an allergy, work with food, or know someone with an allergy. A little knowledge can prevent some big problems.

**Includes Teaching Materials*
#14497/1290 26 minutes 2012 \$49.95
Grades 6 to 12

***** See also
ALLERGIES and ANAPHYLAXIS
on page 21**

New! FRESH INGREDIENTS: Healthy International Food Tips

Cookbook author and world traveler Paulette Mitchell presents a series of five video segments that offer food and nutrition lessons we can learn from food markets around the world that can be applied to our home-cooked meals. She contrasts packaged and processed foods with similar fresh items found at your local farmer's markets and supermarket, while offering tips for using fresh, tasty ingredients in quick-to-prepare, healthful meals. The segments are: Planning fresh meals; Seasoning with fresh herbs; Seasoning with spices; Selecting olive oil; and, Selecting the best fish.

**Includes Teaching materials*
#14009/1290 20 minutes 2011 \$79.95

New! GET OFF THE SOFAS! Avoiding Solid Fats and Added Sugars

Teach your students why SOFAS don't belong in the kitchen! Viewers learn what Solid Fats and Added Sugars have in common, and why new nutritional guidelines say to avoid these calorie nightmares. But are other fats and sugars really any different? They are! This program explains the why, what, and how of it all.

**Includes Guide*
#14495/1120 20 minutes 2012 \$99.95
Grades 7 to A



TEEN NUTRITION: What's the Big Debate?

There's no debate that healthy eating is good for you, but too often, teens don't make smart choices when it comes to food and activity. Two high school classmates prepare for a debate on healthy eating, a nutritionist gives advice, and student interviews give a "real life" view of eating habits. From them viewers learn:

- The F-A-T-S method of eating and activity
- The P-L-A-N method of changing bad eating/activity habits
- Why the Food Pyramid matters
- How to use a hunger scale to control eating
- How reading food labels can help teens make good choices

Includes Teaching Materials
#11147/1290 20 minutes 2008
\$79.95 *CC

PROJECT NUTRITION FOR LIFE

Join our group of middle schoolers as they embark on a school project, all about making healthy food choices. Watch and learn along with the kids as they put the advice of their teacher to good use in a final report that teaches us all that nutrition is a "Project For Life". Students will learn: How to use web-based resources effectively; What are kids really eating today?; The food pyramid; How foods affect our body; Using food labels to make healthy choices.

**Includes Teaching materials*
#11919/1290 15 minutes 2008
\$49.95 *CC

SMART NUTRITION!

In a world of countless food choices and nutrition messages, it can be challenging to know what teens should and shouldn't eat. Viewers get the facts straight about breakfast, body image, portion size, physical activity, the importance of fruits and vegetables, beverages, significant nutrients, late night snacking, vegetarian diets, and acne in this fun and entertaining title.

**Includes Teaching Materials*
#12951/1290 21 minutes 2009
\$79.95 *CC

New! AMAZING EGGS Revised

Explore the versatility of eggs! Discover the uses of various sizes and grades of eggs, what the eggshell's color means, egg nutrients, how to store eggs, cooking temperatures and more. Chef Dave Christopherson explains the many uses of the egg while demonstrating a variety of delicious, easy to prepare egg dishes. See website for full description.

#12218/1290 21 minutes 2011 \$49.95
**Includes Teaching Materials*

BREAKFAST BECAUSE!

Explore why breakfast is so important! Engaging and creatively written, this video emphasizes the benefits of breakfast for great physical and mental performance. Chaptered into units appropriate for all ages. Includes segments on breakfast facts, how body parts come alive with the need for breakfast, great breakfast ideas, how to read the nutrition label, and more. This DVD contains two versions - one featuring the U.S. Food Pyramid and the other the Canada Food Guide. **Teaching materials included*
#12206/1290 25 minutes 2009 \$99.95 *CC

EAT TO WIN!

Nutrition for Athletes

**Telly Award Winner!*

Your body can't help you compete if you don't help by eating a balanced diet. Encourage students to understand and make healthy food choices that will enable them to be at their best in sports competitions and in every day life. Nutrient myths, what to eat and when, and necessary energy sources are all covered in this fast-paced, motivating video.

**Teaching Materials Included*

**#11146/1290 20 minutes 2006
\$79.95 *CC**

OBESITY IN A BOTTLE I and II: Understanding Liquid Calories and Nutrition

The original OBESITY IN A BOTTLE identifies the link between rising obesity rates with the beverages we drink, talks about the calorie contribution of different popular drinks and about HFCS, caffeine, diet pop, importance of nutritious drinks (milk, 100% juice, and water) and limiting empty calories. The all new OBESITY IN A BOTTLE II tackles how to pick healthy beverages (for specific situations) and what to look for on the labels, debunks some "health" claims, and really focuses more on sugar (where the original focuses more on total calories and fat).

Both versions for Ages 6 to 12 and includes Teaching Materials

**Original #11257/1290 21 minutes 2007
\$79.95 *CC**

**New #13744/1290 28 minutes 2010
\$79.95 *CC**

FAST FOOD NUTRITION

Fast food often gets a bad rap. High amounts of saturated fat, trans fat, sugar, sodium, and calories, and a lack of fruits and vegetables make most fast food choices not the best in terms of nutrition. Join Rickey and Genevieve as they explore the world of fast food with fun and humor as they help viewers learn how to make the healthiest choices when eating on the go at fast food restaurants.

**Includes Teaching materials*

**#12923/1290 16 minutes 2009
\$79.95 *CC**



FOOD ADDITIVES

Do you know what maltodextrin is? No, it's not the winning word from the national spelling bee. It's probably in your corn flakes. Read the label? Are you kidding me? In the past few days, you've probably eaten several hundred chemicals during your snacks and meals. Some you may know all about, but there may be a lot you've never heard of and even a few you can't pronounce! Are all these chemicals safe? Which are healthy, and which aren't? And is it true that they can be found in even the simplest foods? From the history behind preserving foods to new concepts in enriching foods, this program presents examples of the many additives that are used to flavor, color, and preserve so much of what we eat. Viewers get a simple, factual look at the everyday trade-offs we make when we choose our food.

#12272/1120 24 minutes 2009

**Includes Guide \$99.95 *CC*

FOOD SCIENCE EXPERIMENTS

Experience kitchen chemistry and the wonders of food science! Host Susan Turgeson and students demonstrate six fun and easy food science experiments and explain the science behind them. Also includes an interview with a food science professor and tour of a sensory evaluation lab. Experiments include: Sensory Evaluation; Biochemistry of milk: mozzarella cheese; Hand washing and food safety; Scientific method: what makes popcorn pop? Emulsions: mayonnaise; and, Fermentation: root beer.

**Teaching materials are included*

**#13544/1290 50 minutes 2010
\$79.95 *CC**

NUTRITION CONTROVERSIES

"Eat this, but don't eat that! The messages about food and nutrition we hear can be confusing and are not always easy to discern the facts from fiction. Join host and two teens as they take a closer look at controversial nutrition topics to get the straight facts on food safety, organic foods, genetically engineered foods, food allergies, MSG, functional foods, dietary supplements, and more in this entertaining and enlightening video. **Includes Teaching Materials*

**#12925/1290 22 minutes 2009
\$79.95 *CC**

BASICS: Fruits and Vegetables

Fruits and vegetables are an essential part of a healthy diet. In this video, Chef Paulette Mitchell discusses the variety of fruits and vegetables available while demonstrating preparation and cooking methods.

Chef Paulette also demonstrates easy and delicious recipes including fruit kabobs, fruit smoothies, fruit ices, vegetable pizza and a veggie tortilla roll-up.

**Includes Recipes and Teaching Materials*

**#12221/1290 16 minutes 2008
\$49.95 *CC**



FRESH FOOD: What is Farm to Table?

Tap into the current trend of eating locally grown foods without the use of chemical pesticides or hormones! The basics of sustainable farming are explored through the eyes of three highly trained chefs who leave their big city jobs to carve out a place to grow fresh, healthy ingredients for their

gourmet dishes. Discover how farm fresh food is grown, distributed and marketed as it travels from the farm to the table.

**Includes downloadable Teach materials*

**#13746/1290 20 minutes 2010 \$79.95
Grades 6 to 12**

NUTRITION LABELS: Start With Breakfast!

Six lively teens show us why breakfast is the smart way to start your day, and how to eat smart by reading nutrition labels. In short snappy scenes, the audience learns:

- How to balance protein, healthy fats and carbohydrates
- Why a balanced breakfast is important
- How to read the ingredients list on the nutrition label
- Why we should avoid sugar, corn syrup, enriched flour, and trans fats and choose whole grains instead.

A high level introduction to the food pyramid featuring breakfast foods is also included.

**Includes Teaching Materials*

**#13014/1290 13 minutes 2009
\$49.95 *CC**

HERBS AND SPICES

The essence of the world's cuisines is based on indigenous ingredients and flavorings. Most important are the herbs and spices, which give the cuisines their personalities. Cookbook author Paulette Mitchell explains how to cook with herbs and spices as she shows how to make Herb-Roasted Vegetables, Caprese Salad, Basil Pesto and Pesto Butter - delicious, flavorful, easy-to-prepare recipes.

**Includes Teaching Materials*

**#12976/1290 18 minutes 2009
\$49.95 *CC**

ALL ABOUT NUTRIENTS

Our body does not function efficiently without the correct amounts of specific nutrients. Diet related diseases result from excessive quantities of some foods and their associated nutrients. Insufficient quantities of certain nutrients can also cause health related illness. This program explores the function of nutrients, the reason why we need to eat a balanced nutritional food intake and what health problems may result if we do not eat properly.

**#13768/0545 25 minutes 2009 \$129.95
Grades 8 to A**



New!

INFLUENCE OF GENETIC FACTORS ON HEALTH, PHYSICAL ACTIVITY, AND FITNESS

This program provides a basic introduction to the field of genetics and describes how health, physical activity, and fitness are all affected by genetic and non-genetic factors. Also discusses the fact that there are high, average, and low responders to exercise programs, diets, or medications. Furthermore, the DVD reviews the fact that genetic factors affect the speed and extent of these responses. Explains how genetic factors have more of an effect on fitness and less of an effect on physical-activity behavior. In addition, the DVD details how fitness and activity are both important and independent risk factors for health, but suggests that exercise programs should emphasize physical activity more than fitness.

#14383/0463 44 minutes 2010 \$69.95

FUNCTIONAL FOOD: Dietary Management of Cholesterol

Helping individuals manage their cholesterol through lifestyle and dietary modifications is an important step toward maintaining a healthy heart. The food individuals eat can have a powerful impact on blood cholesterol and the health of their heart. Following the guidance of the National Cholesterol Education Program's recommendations for lowering cholesterol and the latest science surrounding functional foods, this program reviews the research behind saturated fat, plant sterol-containing foods, oats, and polyunsaturated fats for cholesterol management.

#14393/0463 101 minutes 2007 \$69.95

NUTRITION FOR THE MATURE ADULT

Mature adults have unique nutritional needs and challenges associated with aging. This program reviews the nutritional concerns of older adults and offers detailed recommendations concerning how to meet the nutritional needs of the aging population. Also features a detailed overview of the nutritional challenges that arise as people grow older.

#14396/0463 38 minutes 2006 \$69.95

ELEMENTS OF HUMAN NUTRITION SERIES

Six new and fully revised programs exploring the science and nutritional elements of food, their role in the human body, and their impact on our health.

CARBS

What are carbohydrates, and why do we need them? Learn how our bodies use carbs, how many we should eat each day, and which foods are healthier choices for carbs than others. Begin to understand the role of glucose, fructose, sucrose, lactose and other sugars in the diet. Learn why people who go on carb-reducing diets lose weight and why carbohydrates are a more efficient fuel than protein. Also, get important facts about blood sugar, insulin, diabetes, and the glycemic index. 21 minutes

FATS

We often think of fat as harmful, but it is actually very important to the body. It is equally important to learn the effects of fats on the body in order to maintain a healthy diet and lifestyle. Why is fat so important to a person's diet? Is all fat bad? Discover the importance of lipids to good nutrition, the differences between various kinds of fat, and how fats relate to vitamins, hormones, energy, and our nervous system. Understand the consequences of consuming certain foods, and how to maintain a healthy, balanced diet. 22 minutes

PROTEIN

The word "protein" comes from a Greek word that means "of prime importance." Proteins help us see, contract our muscles, and clot blood. Our organs and immune system are made up of mostly protein. Learn what a protein is and the foods that provide it, how our bodies process protein, the difference between high and low quality proteins, and the recommended intakes of this essential nutrient. Learn what the best dietary sources of protein are and how our bodies use amino acids. 21 minutes

MINERALS

Minerals are more than squares on the periodic table; they're crucial to our health. Learn the names and functions of minerals, and which foods are the best sources to ensure proper nutrition. Understand the differences between vitamins and minerals, and what defines a mineral as "major" or "trace." Also, see how minerals behave in our bodies once we ingest them, as well as how they react with each other in many vital bodily functions. 28 minutes

VITAMINS

Do you hear the word "vitamins" and envision pills? In fact, our main source of vitamins is the food that we eat. This video teaches the basics about these essentials to human nutrition. Learn what vitamins are, and how they keep us healthy. Get tips on the best ways to get all the vitamins you need. Explore the latest research about the dangers of "overdosing" on vitamins. Understand the signs of a vitamin shortage in your body. Discover whether vitamins can stop cancer, slow aging, or boost energy. And learn if we should take vitamins to counter stress, illness, or that "run down" feeling. 21 minutes

WATER

Learn what water does for the body, from cell structure and joint lubrication to body temperature regulation and vitamin dissolution. Understand potential problems, such as what dehydration is and can do, and what water contamination means to third world countries and disaster areas. Learn what concerns surround water alternatives like energy drinks and sodas. Get recommendations for water intake daily and during exercise, where we get our water, and health regulations for purity, filtrations and additives. 21 minutes

#12225/1120 Six programs 2009 \$99.95 each or Series \$499.95 *CC



NUTRITION: Eight Modules!

Pizza, pasta, pancakes, papaya, and pie! What should you eat???

So many choices, but eating is more than just consuming delicious foods, it's essential. This Standard Deviants Teaching Systems series gets down to the fruits and nuts of the vitamins, minerals and water needed to make our bodies

work. Teens will understand the importance of the choices they make to maintain a healthy, strong lifestyle and what makes up the perfect plate!

1: INTRO: CELLS AND MACRONUTRIENTS - This program provides the breakdown of the six main types of nutrients that your body needs to get down fueling you everyday.

2: WHAT YOUR BODY DOES WITH FOOD - This program explains the actual process is and why it happens! Topics covered: Digestion, Metabolism, Metabolic Syndrome, Sugar Overload and Processed Foods, Calories and Nutrients, Hunger, and Appetite.

3: THE FOOD SPECTRUM - We all know that nutrients come from foods. But what foods? And is this maintaining a well-balanced diet? Are you getting everything you need? This program covers what foods do for you and your body. Topics covered: Grains, Fruits and Veggies, Nuts, Seeds, Beans, Fish, Poultry, Eggs and Red Meat, Dairy and Calcium, Sugar, Salt, Oil and Alcohol, and Food Geometry.

4: MICRONUTRIENTS: VITAMINS, MINERALS, AND WATER - Micronutrients are major players in the Nutrition game, so what do they do? Without the micronutrients, you wouldn't be able to access the energy the macronutrients provide. This program will help you understand their role and how they work!

5: PREVENTING NUTRITIONAL DISORDERS - Nutritional disorders are increasing but they are highly preventable! This program covers the ins and outs of disorders and how to maintain a healthy life style. Topics covered: What Are Nutritional Disorders, Exploring Nutritional Disorders, Exercise, Weight Management, and Weight Loss.

6: EATING IN CONTEXT - Humans come in all shapes and sizes. Students will deep dive into the factors that determine body composition, body type and our reactions to foods. Topics covered: Every Body is Different, Alternative Diets and Diets Around the World, and Psychology of Eating.

7: WHERE DOES YOUR FOOD COME FROM? -

Enter into the plastic-wrapped world of the food industry - past, present and future. Students will gain an understanding of what it means for a food to be organic and discusses fresh, local foods and their alternatives.

8: THE SAVVY EATER - Discusses practical tips for being an informed and savvy consumer in the grocery store. Then delves into the harrowing world of food safety. Finally, some lasting tips for making healthy choices a part of your daily life.

**Each module includes a CD-ROM with a Digital Workbook*

#14465/1945 Eight programs 2011

\$49.95 each or Series \$358.95

Grades 6 to 12

New!

THE HEALTHY HOUSE: A Novel Program for Pediatric Obesity

A salient feature of successful pediatric obesity is family involvement. This program provides an overview of the Wellness Fitness Awareness Nutrition (FAN) Program, which addresses the prevention and treatment of childhood obesity through observational learning and active play in a simulated home environment (The Healthy House). Also discusses how adapting concepts from social cognitive theory can enable healthy lifestyle choices to be modeled in a real-life setting, which may be translated into healthy behaviors in both the home and community.

#14388/0463 65 minutes 2010 \$69.95

New!

COMBATING THE OBESITY EPIDEMIC: Treatment Options

This program features an overview of the primary approaches employed to address one of the most serious healthcare issues. Designed as a resource for health and fitness professionals who want to confront the obesity epidemic through science and practice. Also looks at the results of several of the studies in the scientific literature on each of the treatment options and discusses the relative effectiveness of each alternative. Details several factors (energy balance-related and genetic) that can affect weight loss efforts. Among the topics covered:

- Exercise/physical activity
- Weight-reducing diets
- Behavioral treatment
- Combination interventions
- Pharmacotherapy
- Gastric bypass surgery
- Summary of interventions use of follow-up
- Potential factors mediating weight loss

#14391/0463 59 minutes 2011 \$69.95

NUTRIENT BASICS

It was a bad day for the nutrient team! They had spent weeks getting ready for their school presentation, and now they find out that most of their nutrient exhibit is missing. Follow along as the team searches for their missing nutrients. While the team solves the mystery, viewers will learn about the six nutrients - protein, vitamins, minerals, carbohydrates, fat and water - that work to keep our bodies healthy.

**Includes Teaching Materials*

#14091/1290 15 minutes

2005 \$49.95

Grades 5 to 9 *CC

SPORTS NUTRITION ESSENTIALS

In order to get the most out of their exercise and athletic performance endeavors, individuals need to consume a sound diet. This program details the key elements involved in proper nutrition, including nutrient needs, metabolism basics, and supplement use. Also features nutrition guidelines specific to particular types of training.

#14394/0463 28 minutes 2006 \$69.95

FAT LIKE ME:

How to Win the Weight War

In this ABC News special - nutritionists, psychologists, pediatricians, and other experts explore the causes of obesity, the physical and emotional damage it can do, and how parents and schools can team up to help kids improve their health. Also included is hidden-camera footage of a daring social experiment in which a slim teen, professionally made up to look obese, goes to school and experiences firsthand the abuse so often aimed at overweight people. A post-experiment discussion underscores the stigmatizing effect of intolerance while emphasizing the need for greater compassion.

**Includes Teacher's Guide*

#9656/0635 43 minutes 2003

\$99.95 *CC

FIT FOR LIFE:

Eat Smart and Exercise!

The numbers of overweight or obese teens is growing. In this program, four diverse teen reporters point out the dangers of an unhealthy lifestyle and help viewers make smart choices. They give easy-to-use information about reading labels to find the fat and sugar in food; exercising at home; eating well at fast food restaurants; changing family habits; and much more. They also visit a school that makes nutrition and fitness part of the curriculum; and a Boys and Girls Club where middle school teens share nutrition basics and fun activities. Through humor, surprising facts and compelling personal stories, teens and parents see how they can also have more energy and self-esteem through a healthy lifestyle.

**Includes Teaching Guidelines*

#9702/0425 30 minutes 2005 \$69.95

***Grades 7 to 12**

TEN NUTRITION TACTICS OF TOP ATHLETES

Many people are curious about what elite endurance athletes put on their plate or in their mouth during an event. This program takes lessons from the top athletes and discusses the science behind their nutrition-related tactics. Offers tools and advice that health/wellness professionals can share with their clients. Also discusses the science underlying diet strategies that are typically adhered to by endurance athletes and details evidence-based information and insights concerning how they fuel their workouts - all appropriate within the scope of practice.

#14392/0463 87 minutes 2009 \$69.95



KITCHEN SAFETY SMART

Five teens follow comedian Stevie Ray around the kitchen. They instruct him as he narrowly averts

impending disasters while preparing them breakfast. Short vignettes on knife safety, burns, broken glass and ways to prevent and respond to kitchen safety issues are presented. The students are the experts demonstrating equipment usage and personal safety.

**Includes teaching materials*

#14183/1290

2005 \$49.95 Grades 6 to A *CC

**See also the KITCHEN SAFETY POSTERS - Set of four helpful posters for safety in kitchen labs. Titles: Food Safety, Prevent Falls & Shocks, Avoid Cuts, Avoid Burns. 11" x 17" Laminated \$19.95*



FOOD SAFETY Revised

Our classic program on food safety has been revised and updated! What is the leading cause of food poisoning? E. Coli? Pesticides? Not even close. The leading cause of food borne illness is consumer ignorance. Think of this video as preventive medicine. Experts estimate food borne illness accounts for over 300,000 hospital admissions yearly. Most cases are mild, yet experts estimate over 5,000 die each year from food poisoning.

Learn:

- How to handle food safely and prevent illness.
- How to keep dangerous bacteria from growing into a health hazard.
- How to take simple (but not always obvious) safeguards when preparing and storing food.
- How to protect against possible cross-contamination.
- That the common belief about how to tell when meat is cooked through might not work.
- What temperatures should food be cooked to in order to protect against food poisoning?
- Emphasize the "why" of food handling instead of a series of rules.

#10369/1120 25 minutes 2007

Includes Guide \$99 *CC

FOOD POISONING

Although the culprit behind food poisoning is often invisible to the eye, food-borne illnesses represent a colossal health issue spanning a wide range of problems and solutions. This program explores the causes of food contamination, the symptoms and ailments it produces, and the methods for preventing it. Viewers are introduced to bacteria, viruses, fungi, molds, and yeasts that threaten unsuspecting consumers, as well as dangerous cooking temperature ranges, proper time frames for food disposal, and common incubation periods for several microbe strains. Food allergens and non-microbial sources of contamination, such as pesticides and industrial waste, are also studied.

#13354/0545 24 minutes 2008 \$129.95

New! TAP INTO YOUR FAT BURN

Metabolism and fat loss remain much discussed topics in fitness, but are still controversial and often misunderstood. This program examines and explains key physiological principles involved in both metabolism and fat utilization within the body. Also discusses the impact that exercise can have on fuel utilization and metabolism. Offers strategies and applications for influencing fatness and fitness.

#14136/0463 104 minutes 2010 \$69.95

THE GROCERY SHOPPING CHALLENGE

Looking for the most bang for your buck at the grocery store? Want to know the nutrition values in the aisles of your grocery store? Look no further! Get the inside scoop on what stores do to get you to spend more at the checkout. Join Megan and Josh as they venture their way through the grocery store with the same shopping list to see who gets the better nutrition value and price for eight common grocery items. Learn some tricks grocery stores use to get you to spend more, and how to separate the hype from the deals so you can eat well for less. **Teaching materials included*

**#12831/1290 13 minutes 2009
\$49.95 *CC**

EATING OUT: The Right Way

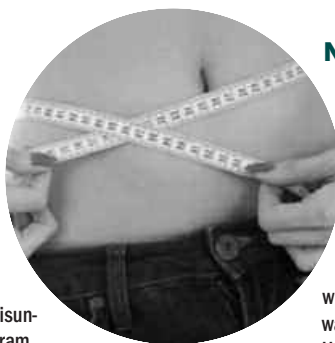
Dining out can be a challenge to individuals who are watching their waistlines or overall health. This program details various tricks of the trade for dining out. Covers a variety of topics, including restaurant trends, suggestions for finding the healthiest choice on a menu (without altering a chef's creative creation), and tools that trainers can give their clients (or possibly use themselves) to eat right around any town! Topics Covered: dining trends; consumer trends; green dining; discovering the healthiest choice on the menu and tips for eating right.

#14166/0463 108 minutes 2010 \$69.95

VEGECIPES

Across the world a significant number of individuals, including many fitness professionals, are attempting to adhere to a plant-based diet in order to achieve the healthiest lifestyle possible. Some people, however, are struggling with ways to implement this goal, without disrupting or complicating their lives. This program details healthy recipes that can help make the lives of these individuals easier. Also explains how to add nutritional value by simplifying popular recipes and incorporating delicious substitutes for their favorite ingredients in most foods. Topics Covered: nutrification; prioritizing foods; food groups; health-damaging foods; equipment for a healthy kitchen; constructing a meal; 'Ahhh!', the green smoothie; sample meals.

#14167/0463 81 minutes 2010 \$69.95



NUTRITION BASICS: Why Food Matters

Explores the why and how of nutrition ... Viewers are amazed to learn that each of us eats about fifty tons of food in a lifetime! From this mountain of edibles we obtain four basics of life - water, energy, protein, as well as vitamins and minerals. This program is about why we need to eat and why we have to choose carefully. Find out why the body uses so much water, discover how much water we need and how "water in" equals "water out". How many calories do you burn jogging for thirty minutes? Time's up. The answer is - none! You can't burn calories, and you can't eat them either. A trick designed to teach your students the basics of human energy. Learn the difference between carbs and fats, find out why calories count, and learn why most diets don't work. Protein is always at work in your body. You grow over nine pounds of new skin each year. You constantly rebuild all your body parts. Since you picked up this catalog, your stomach has replaced half a million cells in its lining! Discover why we need to "eat rocks" and what happens if we don't get vitamins from food. This program is ideal for courses in nutrition, life sciences, and food. Use it to correct the many commonly held misconceptions about why we eat.

**#9781/1120 19 minutes 2005 \$99.95
Grades 7 to 12**

PORTION SIZE ME and PORTION SIZE ME TOO!

"Portion size is the key to the obesity epidemic" says James Painter, chair of Eastern Illinois University's School of Family and Consumer Sciences. He believes that healthy choices can be found in every fast-food restaurant. To prove his point, he follows two graduate students - 254 pound Aaron and 111-pound Ellen - who ate portions suitable to their body types for a month. They could choose only foods from 10 fast-food restaurants and gas stations. Result? Both ended up LOSING weight and LOWERING their cholesterol. Viewers will learn how Aaron and Ellen did it, comparing calories, portion sizes, extras and thinking "outside the bun" for healthier choices.

**Includes Teaching Materials*
**#4780/1290 25 minutes Two programs
2006 \$99.95 *CC Grades 7 to 12**

REAL FOOD: The Cost of Convenience

What do you buy most in a supermarket? Hint: It's not food. Most of your dollars are spent for slicing, dicing, portioning, and packaging. In short, you pay for convenience. But are those few saved moments worth the cost? This program illustrates how much we pay - in dollars and nutrition - when we buy processed foods. Using compelling and memorable examples, viewers will learn how buying local products, fresh ingredients, and raw foods will impact their health as well as their wallets.

**#11965/1120 24 minutes 2008
*Includes Guide \$99.95 *CC**

WOMEN AND WEIGHT MANAGEMENT: Long-Term Success

Far too often, women who want to manage their weight are given weight-loss programs and advice by health/fitness and medical professionals that result in short-term success. In reality, a number of factors need to be considered when developing weight-loss programs that are designed to achieve long-term success, including goal-setting, priorities, family goals, age, lifestyle, medical history, and life stage (pre- or post-partum; menopause). This program explores differences in training programs for women vs. men and provides an overview of weight-loss programming involving a three-month goal setting regime that has been proven successful for women.

#14129/0463 61 minutes 2010 \$69.95

THE FINE LINE: Counseling Clients in Nutrition

Featuring a panel of renowned health/fitness professionals, this program reviews the key factors impacting what constitutes an appropriate scope of practice for trainers and any nutritional advice or information they might share with their clients. Provides an exceptional resource for trainers who want to better understand their professional boundaries concerning counseling clients in nutrition.

#14168/0463 99 minutes 2010 \$69.95

COOKING AND CHILDREN: A Learning Activity

We want all our kids to eat healthy...but how do you actually accomplish it? How do we get them to want to eat healthy? Studies show that life-long healthy eating habits start by having kids help prepare the food! Follow Nica and preschoolers in the kitchen as they have fun learning about nutrition through making healthy snacks. Features easy recipes, ways you can "be prepared", safety tips, and highlights easy jobs in the kitchen that teach preschoolers coordination, math, and a love of healthy food.

**#14059/1290 20 minutes 2011
\$79.95 *CC**



RAISING FIT KIDS

This program explores and defines options that can enhance the level of health and general well-being of kids. In lieu of the fact that childhood obesity and morbidity have reached almost epidemic proportions, the DVD looks at various lifestyle factors that impact kid's health and that must be addressed if the situation is to be reversed. In addition, features advice for both coaches and parents concerning the appropriate way to interact with children in an exercise or sports environment. Among topics covered: steroids, alcohol, cigarettes, exercise vs diet, survey, research, team vs individual sports, stretching, age-appropriate activities, advice for coaches and parents, where else are kids lacking the opportunity to get physically fit.

#14132/0463 84 minutes 2010 \$69.95

New! **HEALTHY EATING: A Guide to Nutrition**

In an age of fad diets, ultra-processed foods, body image issues, and rampant obesity, clichés like "You are what you eat" just aren't enough to educate teens about smart eating. This five-part series explores food-related issues with the energy, complexity, and engagement needed to reach today's young adults.

Using eye-catching animation sequences and commentary from nutritionists, dietitians, and trainers, the series conveys detailed, real-world knowledge about basic nutrition, weight management, physical fitness, eating disorders, and food safety.

BASIC NUTRITION

Most young people acknowledge the need for fuels that won't harm the planet - but do they realize that also applies to fueling the body? This program guides students through the basic concepts of healthy eating and the principal nutrients that keep the human anatomy functioning properly. Outlining the properties and benefits of carbohydrates, lipids, proteins, water, vitamins, and minerals, the video explains the difference between macronutrients and micronutrients, illustrates the functions of monosaccharides and disaccharides, highlights the virtues of whole grains, pinpoints the dangers of dehydration and vitamin deficiency, and presents eye-catching animation and in-depth commentary from nutrition experts clarifying each topic.

NUTRITION AND WEIGHT MANAGEMENT

There's no end to the number of "miracle" diets advertised on TV. Combat their influence with this video, which illustrates what's really needed to reach and maintain a healthy weight - commitment, discipline, and attention to dietary details. Focusing on bad eating habits as the main factor in America's obesity epidemic, the program also cites lack of exercise along with cultural and technological issues. Viewers learn about body mass index, or BMI; the risks of being overweight or obese; ways in which healthy eating and exercise help to prevent a range of diseases; and the benefits of fiber, vitamins, minerals, and proper hydration. Students will also gain an understanding of calorie intake and expenditure using a simple formula.

NUTRITION FOR SPORTS AND EXERCISE

A combination of exercise and smart eating will help anyone - from the varsity quarterback to the student who simply needs to fulfill gym requirements. It's also important to recognize that good nutrition is the power source not just for physical activity, but also for mental acuity. This video shows young people how to make healthy eating a priority

as they pursue sports and fitness.

Viewers encounter the four main categories of physiological health - cardiovascular and respiratory fitness, muscle strength and endurance, flexibility, and body composition - while learning how glucose, glycogen, ATP, and other compounds play a role in the body's energy production, via aerobic and anaerobic metabolism. Students may be surprised to learn that the amounts of protein, fat, and carbohydrates needed by an athlete are roughly

similar to what the average person requires - and that pricey supplements are no substitute for real food.

NUTRITION AND EATING DISORDERS

Whether they're viewed from a behavioral standpoint or from a profound psychological perspective, one thing is clear - eating disorders stress the body's systems and put individuals at increased risk for disease, infertility, organ failure, and death. This video pinpoints the dangers of anorexia, bulimia, binge eating, and other eating disorders, exploring their possible causes as well as ways to overcome them. Showing how food consumption (or avoidance of it) is often the one thing that eating-disorder sufferers feel they can control, the program features dramatized case studies that enlighten viewers in a nonconfrontational way. With the aid of expert commentary, it also provides practical information on identifying signs of eating disorders in others and emphasizes the importance of persuading them to seek professional help.

FOOD SAFETY AND DISEASE PREVENTION

Despite the best efforts of experts and organizations, food-borne illness outbreaks still occur. This video examines the risks facing consumers while highlighting culinary and food-handling methods for addressing those risks. Illustrating the dangers of food-borne bacteria and gastrointestinal viruses, the program also assesses the safety of pesticides, herbicides, hormones, and antibiotics used in agriculture. Food-preparation advice encompasses washing hands carefully, separating raw meat from produce, and cooking food thoroughly; on the nutrition side, the program promotes fruits, vegetables, and whole grains while suggesting an array of "superfoods". Viewers also learn about government agencies charged with ensuring food safety, including the FDA and the USDA, as well as those dealing with public health, such as the EPA and the CDC.

**Includes PDF Guides*

#14075/0635 Five 25-minute programs 2011 \$99.95 ach or series \$469.95 *CC



HEALING HUNGER: Dieting

One of the most disturbing facts is that although obesity is at an all-time high, 57 million people are dieting. How can we inspire

and educate our clients

to place value on their health and let the natural size follow? For too long diets have ruled women's (and men's) lives and created an unhealthy relationship with food. Learn how you can inspire your clients to hunger for health and gain a new respect for and relationship with food and their body.

#14128/0463 98 minutes 2010 \$69.95

VITAMIN BASICS - Revised Edition

Fully revised and updated with the most current information available. Use this video to teach the basics of what vitamins are, and how they keep us healthy.

#9448/1120 18 minutes 2005

**Includes Guide \$99.95*

THE COOKING PROCESS: How Food Changes

It sounds simple, but scrambling an egg involves more than just heat, a frying pan, and a spatula. Using colorful, nontechnical demonstrations that any aspiring chef can understand and appreciate, this program illustrates important concepts regarding the cooking process and its effect on the basic biochemistry of food. Viewers learn what happens to fats, proteins, and carbohydrates during cooking; why foods taste either salty, sweet, bitter, or sour; how to interpret and make use of the glycemic index; and how the addition or substitution of an ingredient can make a dish unique, exciting, and typical of a certain country or region.

#14792/0545 24 minutes 2010 \$129.95

GOOD ENOUGH TO EAT! Food Presentation and Service

If food looks good, we are more or less compelled to find out if it tastes good too! This program explores the way food is styled and presented and how those aesthetic decisions shape the overall experience of a meal - whether at home or in a restaurant. Taking into account the human body's five senses, the video demonstrates how we evaluate food and addresses the sense-related characteristics that people look for in a variety of meals. Interviews with a chef, a nutritionist, and a food stylist reveal the many ways in which food can be presented, from small parties to banquets.

#14793/0545 20 minutes 2010 \$129.95

BODY IMAGE / SELF IMAGE

BEAUTY IN THE EYES OF THE BEHELD

Society tells us that beautiful women have it all. But beauty can be as much a curse as it is a blessing. In this sensitively filmed program, eight women labeled as beautiful - two pageant winners, an exotic dancer, a former pop musician, a college student, an assistant paralegal, a physician, and an entrepreneur - explore body image issues through their frank stories of how concepts and realities of physical beauty have molded their lives for both better and worse. Objectification, negative stereotyping, insecurity, and vulnerability are recurring themes, as are opportunity and preferential treatment. A study of skin-deep attractiveness, the video offers empowering insights into inner beauty as well.

#13244/0635 55 minutes 2008 \$169.95

BEAUTY MARK: Body Image and the Race for Perfection

"A fresh, honest film about self-image and the disconnect between our minds and our bodies. Beauty Mark exposes the myriad emotional, cultural, and psychological influences that compel us to measure ourselves against an elusive standard of physical perfection - sometimes at the price of our own health. Full of wisdom, hope and humor."

Lois Dino, Jacob Burns Film Center

In this courageous, deeply personal new film, Diane Israel examines our culture's unhealthy fixation on thinness, beauty, and physical perfection. Israel, a Boulder-based psychotherapist and former champion triathlete, talks candidly about her own struggle with eating disorders and obsessive exercising, fearlessly confronting her own painful past as she attempts to come to terms with American culture's unhealthy fixation on self-destructive ideals of beauty and competitiveness. With fascinating insights from athletes, body builders, fashion models, and inner-city teens, as well as prominent cultural critics and authors such as Eve Ensler, Paul Campos, and Naomi Wolf. **Includes Study Guide*
#12650/0685 57 minutes 2009 \$149.95 (Colleges and Universities \$249.95)

BEAUTY MYTH: The Culture of Beauty, Psychology, and the Self with Naomi Wolf

Naomi Wolf presents her definitive treatise on THE BEAUTY MYTH. On a sweeping historical canvas, from the Industrial Revolution to today's multi-billion-dollar diet and cosmetic industries, Wolf exposes the Beauty Myth as a distinct cultural narrative - a fiction that "beauty" exists objectively and universally. Having set her stage, Wolf next reveals why "beauty" must be understood within the power structures of

political and economic systems and how "beauty" is used as a kind of currency, like money itself. She incisively illustrates how beauty is a story about female identity told through a cultural system of images: a potent narrative designed to sell products and support a hierarchical system of social relations with devastating consequences for female well-being, and for our most intimate relationships. From the first printing press to today's women's magazines, Wolf illuminates how, as women made powerful strides in economic and political spheres, the Beauty Myth took hold as a new set of fictions, and as a new sphere of control. She reveals how "beauty" came to replace domesticity as a core social virtue, with its own injunctions and prescriptions, not unlike religion itself. With wit and clarity, Wolf illustrates why the Beauty Myth has nothing to do with appearances - but, instead, with channeling female identity into an ever-narrowing sphere of consumption, competition, and anxiety. From workplace equality and sexual harassment, to cosmetic surgery and eating disorders, to the very core of social and romantic relationships, Wolf powerfully illuminates the psychological and physiological ravages of the Beauty Myth. Naomi Wolf wraps this extraordinary six-part DVD presentation within a stirring vision of how we might transcend the Beauty Myth by shedding light on the cultural and economic systems that perpetuate it.

**Includes menu for easy reference and selection*
#12886/0920 50 minutes 2009 \$279.95

NAOMI WOLF: In-Depth

In this companion program available with purchase of The Beauty Myth, Naomi Wolf addresses key implications, criticisms, and the most commonly asked questions raised by the main program
#12887/0920 23 minutes 2009 \$89.95

STEROIDS: True Stories hosted by Curt Schilling

Former Boston Red Sox All Star pitcher Curt Schilling talks about the disastrous consequences of anabolic steroid abuse. Teen athlete Craig, his parents and sister describe their five-year "nightmare" resulting from his steroid use. Nate, a successful 18 year old athlete, explains how he builds strength naturally. Roberto Olivardia, Ph.D., Harvard Medical School, answers FAQ. Recommended for grades 6 through college, parents and other caregivers.
** Discussion Guide available on the DVD*
#14594/0680 20 minutes 2006 \$99.95 Grades 5 to 12

PICTURE PERFECT by Carol Tizzano

"PicturePerfect is one of the best videos I've seen on how girls and women are represented and influenced by popular media." Tamara Sobel, Girls, Women + Media Project

A compelling documentary that explores and challenges stereotypical and distorted media images of girls and women. Covering various forms of media, including TV, music, film and advertising, and by weaving together interviews, media images, cut-away footage, text, music, and sound, this documentary artfully challenges and depicts the messages that women and girls are sent daily in our media-saturated culture. It will prompt discussion around many issues: self esteem and identity, the interplay of race and ethnicity, cosmetics, body image, dieting, eating disorders, Barbie dolls - and more. Lively and engaging, this program empowers young women viewers to become critical consumers of mass culture with the ability to recognize the unrealistic standards that media messages can impose on them.

#10393/1740 40 minutes 2002
**Includes Guide \$159.95*

BODY IMAGE FOR BOYS

"Any young male would benefit from watching this tape."
Youth Today

As the idealized male physique continues to be hyped in movies, on TV, in magazines, and on billboards, a rapidly growing number of men are becoming obsessed with appearance. This topical program explores some of the issues facing young men today as they struggle to define themselves amidst the flood of media-generated images of male physical

perfection. Includes expert commentary as well as a number of young patients tell how they are grappling with problems such as steroid abuse, eating disorders, exercise addiction, and phony food supplements. **Includes Teacher's Guide*
#7755/0405 18 minutes 2002 \$89.95 Grades 7 to 12

TOUGH GUISE: Media Images and the Crisis in Masculinity

There is a lot of talk of the images from magazines, music and movies that women have to live up to, but what about men? Who are the role models? How do they affect male lifestyles and attitudes to violence and anger and relationships and society? Here is the first program to look systematically at the relationship between the images of popular culture and the social construction of masculine identities.

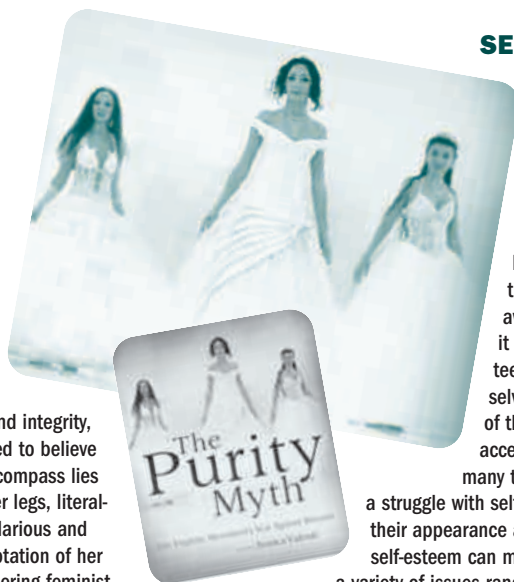
Two versions **#5782 (Abridged - 57 minutes - for high schools) #7417 (Full Length - 82 minutes) \$179.95 (Colleges & Universities \$279.95)**

New! **THE PURITY MYTH: The Virginit**

Throughout history, boys have been taught that the things that make them men - good men - are transcendent ideals like courage and honesty and integrity, while girls have been led to believe that a woman's moral compass lies somewhere between her legs, literally. In this alternately hilarious and enraging new film adaptation of her bestselling book, pioneering feminist blogger Jessica Valenti shows how this moral double standard is alive and well today thanks to a well-funded coalition of virginity-obsessed conservatives bent on vilifying feminism and rolling back women's rights. Valenti trains her sights on what she calls the "virginity movement" - an unholy alliance of evangelical Christians, political activists, and policy wonks who have been spreading irrational fears about women's sexuality to shape government policy, public education, and even popular culture in their own traditionalist image. And whether her focus is the exploding popularity of dad-and-daughter "purity balls," or the millions of dollars American taxpayers shell out each year for failed abstinence-only programs, Valenti's baseline target is the same: the myth that the worth of a woman depends on what she does or does not do sexually. In the end, **THE PURITY MYTH** shows why commercial culture's hypersexualization of women is too serious a problem to be left to ideologues, arguing that the antidote to our pornified culture is not a set of reactionary policies that replace one form of sexism with another, but embracing women's autonomy and power.
#14460/0685 66 minutes 2011 \$129.95 (Colleges and Universities \$249.95)

THE BIG DANCE

This documentary tells the story of a modern dance troupe of large women who celebrate their size, strength and a new sense of self-esteem amongst themselves and, recently, with audiences and on "Good Morning America". "BIG DANCE has nothing to do with weight loss. It is meant to celebrate and accept who you are, where you are, how you are", says dance instructor Lynda Raino. "It's about doing something to overcome body image problems and questions about self-consciousness as well as self-esteem; it's about pride and beauty and grace and friendship. It's about growth and transformation of the spirit. It's about doing things that you don't think you can." This program has brought many audiences to tears with its beauty, strength and soul.
#9774/1324 48 minutes 1999 \$89.95 Grades 9 to Adult



SELF ESTEEM (Real life Teens Series)

As part of the process of adolescence, teens naturally have to deal with their feelings of self worth. As teens develop both physically and emotionally and as their awareness of self changes, it can be tempting for teens to compare themselves with others as part of the natural desire to feel accepted by their peers. For many teens this gives rise to a struggle with self-doubt, concerns about their appearance and low self-esteem. Low self-esteem can make teens susceptible to a variety of issues ranging from feelings of inferiority and failure, poor performance in school, withdrawal, poor lifestyle choices and parental issues and concerns. Before teens can begin to improve their self-esteem, they must first believe that they can change it. This valuable program discusses self-esteem, lack of self confidence, what teens feel about their self image and how they can start building their confidence that they do have self worth.
#14672/2003 18 minutes 2009 \$89.95 Grades 8 to 12

RED MOON: Menstruation, Culture and the Politics of Gender

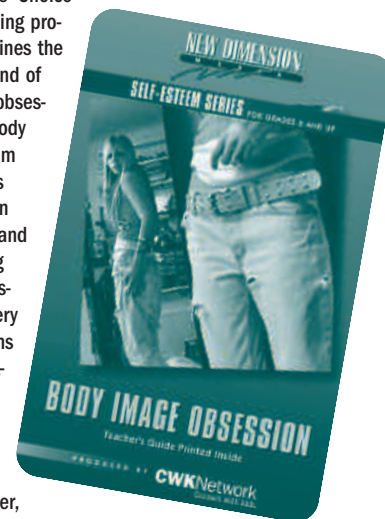
When filmmaker Diana Fabianova reached puberty, she found herself irremediably trapped in menstrual etiquette. She carefully hid the evidence from her father and brother first, and later on, from most of the other men in her life. And no matter how bad she felt, she pretended she was fine. The taboo far exceeded the scope of her family: it was all around her. Periods were a "girl thing." Periods were shameful. Periods were inappropriate for public discussion. End of the story? Not quite. Something in her was reluctant to accept and suffer in silence. Why did the sign of what all societies consider a blessing - women's ability to give birth - happen to be described with names and expressions like "the curse" (in England), the "English war debarquement" (in France), and "to be on the rags" (in the U.S.)? With humor and refreshing candor, Fabianova's **RED MOON** provides a fascinating, often ironic, take on the absurd and frequently dangerous cultural stigmas and superstitions surrounding women's menstruation. As educational as it is liberating, the film functions as both a myth-busting overview of the realities of menstruation, and a piercing cultural analysis of the ways in which struggles over meaning and power have played out through history on the terrain of women's bodies. Ideal for use in women's studies and health courses, as well as classes in anthropology, sociology, and cultural studies.
#13408/0685 53 minutes 2009 \$149.95 (Colleges and Universities \$249.95) Grades 9 to A

COSMETIC SURGERY: Younger, Thinner, Smoother

"Highly Recommended! Veteran documentary filmmaker Elizabeth Sher deftly skewers American's obsession with cosmetic surgery. Her ability to poke fun at society at her own expense is, well, eye-opening. Highly recommended and sure to be popular." Video Librarian
Liposuction, Tummy Tucks, Breast Surgery, Breast Implants, Breast Lifts, Breast Reductions, Facial Surgery, Eyelid Surgery, Face Lifts, Lip Implants, Rhinoplasty. According to the American Society of Aesthetic Plastic Surgeons, there are over eight million surgical and non-surgical cosmetic procedures performed yearly in the United States alone. As more and more people feel motivated, entitled and even required to disguise their age, those who age naturally are becoming the exception rather than the norm. Producer Elizabeth Sher's search for answers in this program leads viewers through a history of the Baby Boomers and the parallel growth of cosmetic surgery. She interviews candid men and women who have been "nipped and tucked" as well as their doctors to find out positives, negatives and whys. At times, she finds herself checking the mirror and examining her own wrinkles and vanity. And the underlying questions remains: Can the promise of a younger look "fix" society's prejudice against old age?
#13574/0450 52 minutes 2009 \$179.95

BODY IMAGE OBSESSION

What is the price of attaining the "perfect" appearance? Who sets contemporary standards of beauty? This Parents' Choice Award-winning program examines the growing trend of childhood obsession with body image. From the media's influence on self-image and the growing trend of cosmetic surgery among teens to devastating diseases such as body dysmorphic disorder, this eye-opening program features true stories of teens who see themselves as less than "perfect," and how this anxiety may threaten their health. This program encourages viewers to analyze advertising images, and to nurture self-esteem by developing strong character rather than focusing on surface beauty.
#14718/1445 20 minutes 2006 \$159.95



SLIM HOPES: Advertising and the Obsession with Thinness

This video features Jean Kilbourne (the creator of *KILLING US SOFTLY* on 'advertising's image of women'). Here, she focuses her attention specifically on the media, body image and health. Her thesis, and the hundreds of examples she presents, leave little doubt that advertisers are preying on the fears and insecurities of women, especially young women, with the result that they are actually encouraging the development of bad nutrition and eating disorders! An excellent resource for both media studies and women's health, this video offers insights and discussion topics that really go to the core of today's consumer society. **#5784/0685 29 minutes 2002 \$129.95 (Colleges and Universities \$249.95) Grades 9 to A**

WHAT A GIRL WANTS (Edited Version)

A fascinating interview with girls in the 8 to 16 age group from a variety of socio-economic backgrounds about their views on media culture and its impact on their lives. What do girls think the media says about them, to them, for them? How does the media image of girls affect their own view of themselves, the views of others towards them? Using footage culled from a typical week of television broadcasting, examples of that image are shown. This is a program that will provoke debate and make viewers start to think critically about some of the everyday influences in

their lives that may not be as harmless as they seem. (Two versions - #5781 has had coarse language edited from it. The version with coarse language is #7527) **#5781 or 7527/0685 33 minutes 2002 \$95 (Colleges and Universities \$195)**

SELF ESTEEM AND IDENTITY IN THE DIGITAL AGE

Today's media is often criticized for projecting unrealistic images of what we ought to be and the examples set by magazines and television can hinder the development of a positive self esteem in many young people. In this DVD we examine how we develop our own identity, what influences the development of our identity and the key factors in the development of positive and negative self esteem. Special emphasis on technology-related pitfalls associated with growing up in the Digital Age - particularly body image issues aggravated by the media and antisocial behaviors resulting from too much time spent online. **#13322/0545 27 minutes 2007 \$129.95**

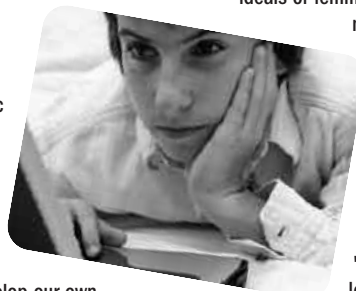


KILLING US SOFTLY IV: Advertising's Image of Women

In this new, highly anticipated update of her pioneering *KILLING US SOFTLY*

series, the first in more than a decade, Jean Kilbourne takes a fresh look at how advertising traffics in distorted and destructive ideals of femininity. The film marshals a range of new print and television advertisements to lay bare a stunning pattern of damaging gender stereotypes - images and messages that too often reinforce unrealistic, and unhealthy, perceptions of beauty, perfection, and sexuality. By bringing Kilbourne's groundbreaking analysis up to date, "*Killing Us Softly 4*" stands to challenge a new generation of students to take advertising seriously, and to think critically about popular culture and its relationship to sexism, eating disorders, and gender violence.

#13338/0685 34 minutes 2010 \$150 (Colleges and Universities \$299.95)



EATING DISORDERS & SELF-INJURY

BATTLING EATING DISORDERS

Anorexia and other eating disorders exert a frightening degree of control over millions of teenagers, especially young women. Manifested in so-called "Pro-Ana" websites, which actively promote anorexia, bulimia, and binge eating, the mental and physical grip of these sicknesses can prove impossible to break. This program represents a powerful weapon in the battle against eating disorders, pinpointing their origins in body image and self-esteem issues, illustrating their grim consequences in crystal-clear terms, and offering students, parents, teachers, and counselors a rich source of information and support. Hosted by The Sopranos' Jamie-Lynn Sigler, herself a survivor of teenage anorexia, the video explains how to recognize eating disorders, how friends and loved ones should communicate their fears and concerns, and how those who suffer from these often fatal illnesses can find professional help. Special emphasis is placed on identifying anorexia, bulimia, and binge eating as actual diseases, not as misguided lifestyle choices - a realization necessary for effective treatment. **#10831/0635 29 minutes 2006 *Includes PDF Guide \$79.95**



TRAUMA AND EATING DISORDERS

"The literature says that 30% to 40% of the patients who engage in eating disorder behaviors are, in fact, survivors of sexual trauma, and I believe another whole cohort of those folks have experienced other kinds of trauma. If you think about it, being 90 pounds or being 300 pounds is a very visible, tangible way to say, 'I'm in pain.'" Lisa Ferentz

Until recently, the focus of eating disorder treatment has been on getting the sometimes life-threatening symptoms under control. In the process, underlying trauma issues have often been ignored. Now, new treatment approaches are being developed that address trauma and eating disorders in an integrated fashion. In these two videos, clinicians explore the special treatment issues that this dual diagnosis presents. The presenters emphasize the importance of working with the eating disordered

part of self that encapsulates the trauma of the past. In addition, seven current or former clients relate how trauma and eating disorders have impacted their lives, and how they have worked to overcome those effects.

TRAUMA AND EATING DISORDERS I: Clinical Presentations - 42 minutes - covers the following topics:

- Eating disorder as communication
- Eating disorder as self injury
- Trauma history in eating disorder treatment
- Dealing with isolation in eating disorder treatment
- Control issues in eating disorder treatment
- Distinctive features of anorexia, bulimia, and binge eating
- Dissociation in eating disorder treatment

TRAUMA AND EATING DISORDERS II: Treatment Issues - 41 minutes - covers the following topics:

- Following the symptoms in eating disorder treatment
- The therapeutic relationship in eating disorder treatment
- Safety issues in eating disorder treatment
- Stabilization in eating disorder treatment
- Trauma resolution in eating disorder treatment

#9215/0290Two programs 2003 *Includes Guides \$149.95 each or Series \$249.95

MORE THAN THIS: Issues on Body Image

This drama demonstrates for viewers not only how the cycle of addiction can take hold in an otherwise innocent and naïve high school setting but also what influences the choices that can lead to the trap of addictive behavior. A teenager wanting to emulate his older brother's athleticism turns to steroids while his girlfriend finds herself not only trying desperately to convince him to stop also sees her best girlfriends falling into dangerous eating disorders. Body image and self-esteem issues can lead down the road to substance abuse and other life-threatening behaviors. So what are friends and associates supposed to do to intervene and remedy such situations? Are you your brother's/sister's keeper?

#13379/0145 26 minutes 2009 \$99.95

DYING TO BE THIN with Susan Sarandon

All across North America, young girls are waging a dangerous battle with their own bodies. Unhappy with their appearance and often suffering low self-esteem, these girls - many of who are not overweight - embark on crash diets. The problem is growing on an alarming scale. Some girls succumb to anorexia, the deadliest of all mental illnesses, while even more young girls develop bulimia and now there is a third, newly recognized syndrome called binge-eating disorder. However, secrecy is a hallmark of these illnesses, and many cases go unreported. The video examines the complex factors that lead to eating disorders and the therapies that can help their relief.

**#1081/1725 60 minutes 2000 \$39.95
Grades 9 to Adult**

RECOVERING BODIES

Features interviews with a variety of very articulate people who are in various stages of recovery from eating disorders. They offer insights as to why they believe they fell into the problem, what the warning signs are, and how their descent into starvation or binge eating displayed the same signs of compulsion as any other physical addiction. Most of all, however, this program is full of hope that no matter what degree of disorder has developed, successful intervention can occur and a return to a healthy life is possible. Making people aware of the signs of a disorder enables them to take action for themselves or for their friends or relatives to prevent this deadly habit from tightening its grip.

**#6494/0685 35 minutes 2003 \$79.95
(Colleges and Universities \$129.95)**

SKIN DEEP: Understanding Self-Injury

Each year millions of people injure their own bodies on purpose using knives, scissors, glass, cigarettes, candles, razors - in fact, practically any destructive item they can find. Through interviews with patients and mental health professionals and footage of actual therapy sessions, this compelling program seeks to understand a deeply disturbing and often secretive mental disorder that affects as many teens and young adults as anorexia.

#7470/0405 21 minutes \$89.95

CUTTING: Addicted to Self-Injury

Like most addictions, this one starts as a way of coping with emotional pain. But cutting, the habit of self-injury on the rise among teenagers, especially girls, is a sign of deep-seated anxiety and self-hatred that no one can cope with alone. This video examines the distressing, ritualized behavior and explores how parents, friends, guidance counselors, and those who cut themselves can work together to stop it. The program goes inside a support group for young women struggling with the habit, showing them engaging in group discussions, self-expression exercises, and role-play that helps them let go of negative emotions and confront the "demon" of addiction.

**#10772/0635 10 minutes 2006
\$49.95 *CC**

THE HURTING: Cutting for Relief

In this program, Ashley resorts to 'cutting' to cope with an abusive father, who's regularly victimized her family as far back as she can remember. Like a growing number of teens nationwide, Ashley regularly cuts her arms and legs, substituting her overwhelming inner pain and rage with an external pain that she is seemingly better able to manage. This last illusion is finally dispelled in a heart-wrenching ending that finds a desperate Ashley reaching out to a sympathetic teacher for help.

**#10726/0145 23 minutes 2006
\$89.95 *CC**

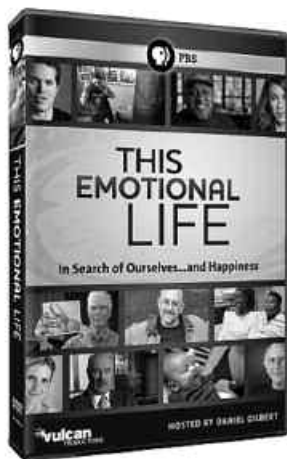
***** See also**

**MY BLOOD IS MY TEARS on page 39
NUTRITION AND EATING DISORDERS on page 34
and BECOMING INVISIBLE on page 39**

MENTAL ILLNESS & WELL-BEING

THIS EMOTIONAL LIFE

This three-part series explores ways to improve social relationships, learn to cope with depression and anxiety and become more positive, resilient individuals. The series host, Harvard psychologist and best-selling author of "Stumbling on Happiness", Professor Daniel Gilbert, talks with experts about the latest science on what makes us "tick" and how we can find support for the emotional issues we all face. Each program weaves the compelling personal stories of ordinary people and the latest scientific research, along with revealing comments from celebrities such as Chevy Chase, Larry David, Alanis Morissette, Robert Kennedy Jr. and Richard Gere. Professor Gilbert, whose research examines why people so often mispredict what will make them happy, says, "Science has revealed three important facts about happiness: You can't be happy alone; you can't be happy all the time; you can be happier than you are. Our three shows examine each of these three facts."



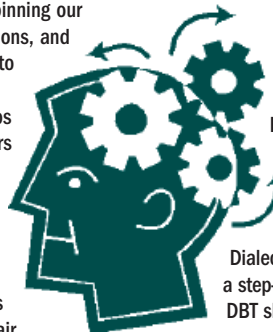
FAMILY, FRIENDS AND LOVERS - looks at the importance of relationships and why they are central to our emotional well-being. What are the cognitive and neurological processes underpinning our everyday interactions, and can they help us to understand why some relationships flourish and others fail?

FACING OUR FEARS - looks at emotions that are commonly

regarded as obstacles to happiness - such as anger, fear, anxiety and despair. Why do we have these emotions and how can we best manage them? Our brains are designed for survival, and the negative emotions they create are vital to that mission. But those negative emotions can spiral out of control with debilitating effects.

RETHINKING HAPPINESS - explores happiness. It is so critical to our well-being and, yet, it remains such an elusive goal for many of us. What is it, why is it important and how can we attain more of it?

**#13304/1725 Three DVDs in one case
2009 \$129.95**



OPPOSITE ACTION: Changing Emotions You Want to Change

Explains how deliberately acting opposite to one's negative emotions is an efficient and effective way to change those emotions for the long term.

Dr. Marsha M. Linehan, developer of Dialectical Behavior Therapy (DBT), provides a step-by-step how-to guide for applying the DBT skills of Opposite Action. Viewing this program produces knowledge gains, increases confidence and mastery to change negative emotions, and reduces subjective distress after applying the skill. Appropriate for teenagers through adult.

#11031/0230 26 minutes 2000 \$59.95

THE ANIMATED MINDS COLLECTION

This multi-award-winning collection

of eight three-to-six-minute micro-documentaries attempts to communicate the subjective experience of abnormal psychological states by blending edgy animation with narration by people who live each day with debilitating mental conditions.

Impressionistic, abstract, and even surreal, these dark cinematic gems are designed to help eliminate misconceptions about mental illness by promoting viewer empathy. Compelling; insightful; honest.

DIMENSIONS (Schizophrenia)

Voices - sometimes benign, sometimes malevolent. Disordered thought and flights of fancy. Delusions both pleasant and unpleasant. Paranoia. This animated short film focuses on what it is to experience schizophrenia. "I was living outside consensus reality," says Chas. "The first voices I started hearing a lot of was my family.... Later on they were very persecutory. That wasn't pleasant, and it wasn't something I wanted to continue. I mean, the voices were very distressing, the impression is they were encouraging me to self-harm or commit suicide. They were getting pretty nasty."

THE LIGHTBULB THING (Bipolar Disorder)

This animated short film charts the emotional trajectory of Hannah, a college student who, after becoming more and more manic, falls without warning into a dark place without meaning, an inner world of depression where every day seems the same. "You wake up in the morning and you think, 'God, not this day again!' It feels like you have done it already." With the memory of euphoria fading from her mind, Hannah is left empty and despairing as the brightness within her - "the lightbulb thing" - goes out.

FISH ON A HOOK

(Agoraphobia and Panic Attacks)

Mike has panic attacks associated with agoraphobia. He characterizes his condition as being like a fish wriggling on the end of a hook, and in this animated short film he describes what it's like to deal with anxiety so debilitating that even a journey to the supermarket can be terrifying. "My heart beats louder and louder. As I walk," he says, "I feel my body is like jelly and I'm not at all sure-footed. I mean, I'm scared I might fall over. I'm now a prisoner who has moved out into a very hostile area."

OBSESSIVELY COMPULSIVE

(Obsessive-Compulsive Disorder)

Could fleeting thoughts of Saddam Hussein cause an escalation of the Gulf War and plunge humankind into World War III? Steve honestly believed so, and this animated short film illustrates the rituals he performed to undo any harm his thoughts may have

caused. "Ordinary day-to-day simple tasks" had to do in the absence of an intrusive thought," says Steve. "If I couldn't do that, I had to repeat the behavior over and over again." Walking, reading, eating, drinking, even breathing - all had to be done without the imaginary taint of Saddam Hussein.

BECOMING INVISIBLE (Eating Disorders)

Feelings of utter loneliness. Violent nightmares for years on end. Suicidal wishes. And a carefully crafted

mask to hide it all behind. Going beyond acts of bingeing and purging and food intake restriction, this animated short film explores the inner reality of eating disorders. "I did want to reduce myself in size, but it wasn't to fit my clothes, it wasn't to look good," says Nicole. "It was to disappear. It was to take up less space in the world" I wanted to become invisible."

OVER AND OVER (AND OVER) AGAIN

(Obsessive-Compulsive Disorder)

After checking every electrical outlet, every light switch, every window latch, every faucet in the house, Danny would be almost done with his daily morning routine. "And then I'd leave [for school] and I'd have to stand there for about - it could last about two hours - just checking the door." In this animated short film, Danny describes a life ruled by safety-related rituals and the number eight. "But there was another part of me, in my head, there was the normal me. I used to argue with myself, be like, 'just stop!' Sometimes you just can't."

AN ALIEN IN THE PLAYGROUND

(Asperger's Syndrome)

Joshua has Asperger's syndrome - a condition that makes him seem like an alien to his peers. "I think when I started primary school, I think then is when I first noticed that I was really different from everyone else," he says in this animated short film. Joshua's inability to read the faces and body language of others, and the torments associated with that inability, were unceasing: "I was having nightmares night after night about school and about being bullied, and the sad thing is that what was happening in my nightmares was what was going on in real life, so I couldn't even have any escape in my dreams."

MY BLOOD IS MY TEARS (Self-Harm)

Abbie, Louise, and Nicole have burned themselves with heated metal and cigarettes, stabbed needles into their skin, punched walls, slammed doors on their arms, and thrown themselves down staircases. This animated short film examines self-harm: the impulses that prompt it and the temporary relief from emotional pain that physical pain seemingly provides. "People cry; I can't cry. My blood is my tears because I can't cry - there's no way for me to show emotion that isn't self-harm, and I wish there was."

#14209/0635 37 minutes 2010 \$149.95



CASE STUDIES IN CHILDHOOD OBSESSIVE-COMPULSIVE DISORDER

Bridget, 15, cannot go near her own parents because she fears they are somehow "contaminated". Rocco, 9, dissolves into tears whenever he tries to leave for school - consumed by anxiety over what could happen once he steps outside. Michelle, 13, spends hours in the shower. These children, along with about one million others, have OCD. This edition of Primetime tracks the treatment of Bridget, Rocco, and Michelle as they attempt to reclaim their lives and overcome the stigma associated with the disorder. Can they subdue a condition that consumes their every waking moment and utterly disrupts their families? Original ABC News broadcast title: Kids Battle Obsessive-Compulsive Disorder.

#14155/0635 38 minutes 2009 \$149.95

TOUCH WOOD: Understanding Obsessive-Compulsive Disorder

"OCD is built on magical beliefs that don't make much sense in the real world," says Cosmo - and he should know, because he has had the disorder since he was a child. In this program, Cosmo reaches out to others with OCD to more deeply understand the nature of his own condition: Nellie, who fears becoming someone else and uses repeating rituals to keep those fears at bay; Margaret, a hoarder and a hand-washer; and Mark, who must check every single thing in his house when he leaves and returns. In addition, two psychologists and a researcher shed light on diagnosis of OCD subtypes and OCD management through exposure-and-response therapy and cognitive therapy. A gentle inquiry into a thoroughly disrupting condition, Touch Wood is by turns unsettling and inspiring.

#14156/0635 46 minutes 2006 \$169.95

MENTAL HEALTH:

The Individual and Society

For those who have never faced deep-rooted emotional or psychological problems, it can be difficult to see why maintaining mental health requires more than the capabilities of any one individual. While personal accountability remains an important step toward wellness, the complex demands of society do contribute to mental illness and create obstacles to healing. This program examines mental health at the personal level and in a social context. It discusses key processes for recovering and maintaining mental well-being; helpful information concerning depression and drug and alcohol abuse; and the importance of diet, exercise, meditation, social interaction, and community resources and structures.

#13750/0545 28 minutes 2009

*Includes Guide \$139.95

I LOVE YOU LIKE CRAZY: Being a Parent with Mental Illness

Eight mothers and fathers who suffer mental illness discuss the challenges they face as parents. This video is excellent for professional development and for offering help to other parents in similar circumstances. No one knows how many parents must cope with mental illness while raising children, but it is a far larger number than is generally realized. This tape is an introduction to some of the problems these parents are dealing with as they strive to be effective, supportive and loving mothers and fathers.

#3253/1345 27 minutes 2007 \$69.95

BOY INTERRUPTED

"Deeply absorbing . . . hard to reckon with, but even harder to shake off" Scott Foundas, LA Weekly

This feature documentary examines the life, bipolar disorder and suicide of fifteen year-old Evan Perry. Contemporary interviews with family, friends, doctors and therapists attempt to shed light on this devastating illness. Includes extensive home-movies, photographs and documents to create an intimate portrait of this vibrant, troubled young man and the effect his illness and death had on those who loved him most. **#12975/1753 90 minutes 2008 \$189.95**

SHOULD I LIVE? SHOULD I DIE? Understanding Borderline Personality Disorder

Originally thought to be situated at the "borderline" of psychosis, borderline personality disorder is a condition affecting emotion regulation. This program opens a window of understanding into the excruciating reality of life with BPD by examining the experiences of Rachael and Maria. "My plan was to be dead by 30", says Rachael. Hers is a rocky road that has included sexual abuse, self-harm, attempted suicide, and a period of institutionalization - but dialectical behavior therapy, a supportive mother, and a loving boyfriend have enabled her to stabilize and look forward to a happier future. Maria too struggled with BPD even as she fought to raise awareness of the illness, but at 53 she succumbed to anguish and despair and immolated herself. Two women, two outcomes, and one question repeatedly faced: should I live, should I die? **#13362/0405 52 minutes 2004 \$169.95**

CREATING WELLNESS SERIES

This three-part series based on a workshop with renowned author Mary Ellen Copeland presents simple, effective, and non-invasive self-help strategies for anyone dealing with emotional, behavioral, or psychiatric challenges - how to get well and stay well. Invaluable for in-service trainings and for self-help and support groups. For ease of use, the workshop may be viewed in its entirety without interruption; or each session, and even each topic, may be viewed individually.

KEY CONCEPTS FOR MENTAL HEALTH offers an introduction to the underlying principles of Mary Ellen Copeland's recovery model. Lively and insightful discussions include: hope, personal responsibility, education, self-advocacy, support, health care, and medication. (52 minutes)

WELLNESS RECOVERY ACTION PLAN (WRAP) provides a simple system for monitoring and managing emotional and psychiatric symptoms, as well as avoiding unhealthy habits or behavior patterns. In this session, Ms. Copeland discusses with her group the steps to developing a "WRAP". In order to arrest symptoms and hasten remission and recovery, participants both learn and share personal strategies for dealing with each level of relapse. (32 minutes)



THE WELLNESS TOOLBOX introduces the concept of "wellness tools" - simple actions that anyone can do to feel better and to stay well. Participants discuss with Ms. Copeland how to create a personal "toolbox" for their own use in times of stress or increased symptoms. The workshop is organized into various topics including reaching out for support, peer counseling, focusing, relaxation and stress reduction, and journaling. (28 minutes) **#11010/1345 Three programs on one DVD 2002 \$149.95**

A CRY FOR HELP

This primetime special features first-person stories from adolescents who are confronting depression, anxiety and mental illness. From depressed, suicidal teens to parents unaware of what may be troubling their own children to those on the front lines of prevention and care, CRY FOR HELP provides a rare and important look at mental illness among young adults. **NOTE - This program contains frank discussions of suicide and violence. Viewer discretion is advised.* **#12816/1725 60 minutes 2009 \$89.95 *CC**

DIGNITY 2: The Human Side of Mental Illness

"Recommended. This is perfect viewing for anyone considering a position in the social work field. The program underscores the inner feelings and emotions of living every-day with mental illness. This documentary will undoubtedly change your perspective on several issues about mental illness. It shows life within aging facilities existing on meagre public funding and donations, and sets the perfect stage for asking questions." EMRO Review

This program, a sequel to DIGNITY 1: A Study of Schizophrenia, documents the impact and stress on mentally ill residents and staff members when the Mercer Inn, an all-women facility, has to close for budgetary reasons, and most of the women are forced to move in with residents of the Summit Inn. We gain a rare insight of the human side of mental illness, seeing the day-to-day challenges faced by patients and caregivers. **#13697/0450 52 minutes 2009 \$179.95**

FAMILIES COPING WITH MENTAL ILLNESS

Ten parents and siblings share their experiences of dealing with family members suffering from schizophrenia or bipolar disorder over periods ranging from three to 40 years. Designed to provide insight and support to other families, the tape also has profound messages for professionals about the needs of families when mental illness strikes one of their own. **BONUS - This DVD also contains both the 22 and 37 minute version of the program INVISIBLE WORKFORCE - examines the value of work/having a job to those in recovery from mental illness and explains some of the special considerations and arrangements that promote success.* **#3254/1345 22 minutes 2007 \$69.95**

UNDERSTANDING MENTAL ILLNESS

Although mental illnesses severely affect thoughts, moods, and coping abilities, a fulfilling life is still possible for people who face those challenges. Outlining the symptoms and possible causes of schizophrenia, clinical depression, and bipolar disorder, this program explores various treatment options and identifies ways that patients can achieve personal independence. Real-world success stories are featured, emphasizing the importance of support from family and friends, as well as the vital role that medication and therapy play. A detailed discussion of meds developed during the 1990s sheds light on their improvements over previous drugs, as well as concerns about their side effects. **#4479/0635 27 minutes 2004 \$149.95 *CC**

THE MIND OF A KILLER: Case Study of a Murderer

**Emmy Award & Highly recommended by MC Journal: The Journal of Academic Media Librarianship*

What compels a seemingly normal person to disregard a fundamental societal principle and commit murder? In this disturbing program, correspondent Steve Aveson reports on recent scientific research into the behavior of killers. An exclusive interview with serial killer Joel Rifkin, convicted of strangling 17 women, is combined with neurological testing, brain scans, and even information derived from laboratory studies of animal aggression to attempt to shed light on Rifkin's obscure motivation to kill - a motivation that is a mystery even to himself. An ABC News/Discovery Channel Production. **#10664/0635 29 minutes 1999 \$149.95**

HOW MAD ARE YOU? A Search for Insanity

Is it easy to distinguish between the mentally ill and the supposedly sane? In this two-part series, ten subjects live and work together for five days, facing a battery of mental and physical tests. Five of the volunteers are considered normal; five have a history of mental illness. Monitoring them is a panel of experts with no prior knowledge of the participants or their histories. These mental health professionals must detect and diagnose the sick based merely on observed behavior. Will the bipolar and obsessive-compulsive personalities reveal themselves, or will the "normal" subjects trip up the experts? An unflinching look at the stigmas attached to mental disorders and the ways in which society and the psychiatric profession define mental illness.

There are two 50-minute programs in this series - detailed descriptions of each are available on our website:

HIDDEN IN PLAIN SIGHT: Looking for Mental Illness
CLINICAL IMPRESSIONS: Identifying Mental Illness
#14800/0635 Two 50-minute programs 2008 \$169.95 each or Series \$299.95

THE CHOICES SERIES

**Features a special appearance by Dr. Stephen R. Covey*

Our lives are full of changes that constantly demand for our attention. We can better cope with these demands by seeing where we can influence the changes for a healthier outcome. By understanding how to make healthier choices in difficult situations, we can often enjoy a better quality of life and reduce the stress of living. Hosted by Dr. Gordon Hasick, these programs gather a variety of insightful and experienced teachers, authors, prisoners, healers, corporate managers, councilors and ministers, to help you discover how you can consciously shape your life. The guide helps you investigate your habits, beliefs and fears and it shows you how you can make difficult choices easier. Part I helps you in "Discovering Choices" in your life and just how much influence you have. Part II looks at "Developing Choices" and what tools are needed to expand your ability to choose. Part III investigates "Making Choices" and how fear often gets in the way of your progress. **Includes 40-page Guide*
#10332/0310 Three 26 minute programs \$229.95

MENTAL HEALTH CONCERNS: CHILDREN

This Emmy Award-winning series provides parents and caregivers of children of all socio-economic levels with the knowledge and support needed to make well-informed decisions about children's health. Each program focuses on medical issues that include kids and parents and nationally recognized medical specialists. An outstanding resource for education and training!!!

CLINICAL DEPRESSION IN CHILDREN: How Can Parents Know - More than three million teens suffer from depression. It is an illness that may require treatment with medication or therapy. But how can parents tell the difference? Two experts explain how to recognize warning signs and two courageous young women share the stories of their battles with depression. 19 minutes 2004

DEPRESSION AND ANTIDEPRESSANTS IN TEENS: The Experts' Advice - Clinical depression is a devastating and potentially dangerous level of depression that can actually lead to suicide in children and adolescents. Join leading psychiatrists, researchers, and government panelists in the field to learn how to provide the critical help that your child needs while safeguarding her health and her life. We'll also meet two teens whose depression was brought under control by antidepressants, and a third who suffered the kinds of adverse side effects that make proper oversight by parents so essential. 26 minutes 2005

EATING DISORDERS: How to Recognize Them, What To Do About Them - A young woman who was anorexic as a teen, and a 10-year-old who began eating paper at age 5 to control her weight, discuss with an eating disorder specialist the reasons behind their problems and the steps required to overcome them. 13 minutes 2002

RECOGNIZING BORDERLINE PERSONALITY DISORDER IN CHILDREN - Could your child's explosiveness and impulsive behavior be a sign of "borderline personality disorder"? Are you frequently confronted with intense rages, hostility, over sensitivity and overreaction, or self-injurious behavior like



cutting, burning, or substance abuse? These are some of the signs of this little understood and under

diagnosed condition. Treatment can make a major difference - not only in your child's ability to handle the world, but in your ability to get along with your child. Find out from two experienced families and a skilled psychologist how to recognize this condition, and learn where to go to get the help you need for yourself and your child. 27 minutes 2006

#13490/0145 Four programs 2002-2006 \$149.95 each or Series \$449.95

THE PROMISE OF RECOVERY SERIES: A Psychiatric Guide for Clients and Their Families

Here is a unique and valuable treatment tool. Solid, current information about psychiatric illness is now available in a single comprehensive package. The series, created by Dennis Daley, M.S.W., is easily adaptable for in-patient or out-patient treatment settings. It is useful for clients, family education or staff training to help them first understand psychiatric illness and then to learn how to implement a successful recovery plan. Whether purchased in individual segments or as a collection, the series is an important supplement to treatment programs. There are eleven programs in the series divided into two mini-series...

Part ONE: Psychiatric Illness - An Overview

- A. Understanding Psychiatric Illness & Recovery
- B. How to Use Therapy and Counseling
- C. The Role of Medication in Recovery
- D. Developing a Relapse Plan
- E. Psychiatric Illness and the Family

Part TWO: Specific Psychiatric Disorders

- F. Depression
- G. Borderline Personality Disorder
- H. Bipolar Illness
- I. Anxiety-Panic Disorder
- J. Schizophrenia
- K. Eating Disorders

**A Counselor Manual and Client Workbook included with the purchase of the entire PROMISE OF RECOVERY series. Full descriptions of each program (25 minutes each) are available. Each program as well as Parts ONE and TWO may be purchased separately.*
#9220/1835 Eleven segments on 2 DVDs \$89.95 each or Series \$399.95
Grades 9 to Adult

BE WELL NOW with Dr. Nancy Snyderman

Dr. Nancy Snyderman provides clear, practical and scientifically proven advice that can lead to a happier and healthier life. She uses anecdotes, personal life stories and clinical science to help the audience discover the simple, everyday things that affect well-being and provide the information they need to revitalize their bodies, maintain their longevity, manage their care, and possibly even save their lives!

#12929/1725 53 minutes 2009 \$69.95 *CC

THE BONNIE TAPES SERIES

This highly acclaimed series presents a multi-faceted view of an articulate young woman with schizophrenia in discussions with her family and with mental health professionals. Bonnie, now 27, had her first psychotic break when she was 16. She and her family talk together about the illness as it affected them then, and about living with it since. The three programs examine important questions.

MENTAL ILLNESS IN THE FAMILY - What happens when mental illness enters the life of a family and how the person struck by the illness feels? 26 minutes

RECOVERING FROM MENTAL ILLNESS - What are some of the steps on the road to recovery? 27 minutes

MY SISTER IS MENTALLY ILL - How do siblings relate to these illnesses? 22 minutes

**Includes Discussion Notes Booklet*

#3255/1345 Three programs on one DVD 2007 \$49.95

WINNING THE MIND GAME: Triumphant Over Mental Illness

Filmed in the U.K., this program sympathetically presents the stories of four young adults - two men, two women - who triumphed over bipolar disorder, chronic anxiety and obsessive-compulsive disorder, clinical depression, and an eating disorder. Looking back on their lengthy ordeals, each person explains to viewers what it was like to slide into mental illness and how, with the help of others, they reestablished control of their lives.

#10884/0635 25 minutes 2003 \$99.95

ALL ABOUT HAPPINESS

Trying to find happiness is the search of a lifetime, and in this multi-segment ABC News program, a diverse cross-section of experts shares insights into the psychological and physiological constituents of happiness; the effects of genes, life circumstances, and intentional activities on happiness; where on Earth the most - and least - happiness is said to exist; and the story of one person who followed his bliss by building a two-ton boat out of wine bottle corks! Daniel Gilbert, author of *Stumbling on Happiness*; Sonja Lyubomirsky, author of *The How of Happiness: A Scientific Approach to Getting the Life You Want*; and Eric Weiner, author of *The Geography of Bliss*, are featured.

#12056/0635 39 minutes 2008 \$169.95

THE SPIRIT OF RECOVERY

This program explores the many facets of recovery from mental illness, including working with difficult emotions, moving from denial to hope, distinguishing a spiritual experience from psychosis, following a spiritual path, and sharing insights about faith. Also in an engaging conversation, three mental health professionals share their personal and professional experiences about recovery and its many challenges.

Presented in three 30-minute parts: **Part One - KEY IDEAS** looks at aspects of the heart, emotions, and cultural competency. **Part Two - HEALING PRACTICES** focuses on the spirit and questions about faith. **Part Three - MEDITATION FOR RECOVERY** includes a series of concentration exercises specifically for those who experience psychiatric disturbances. **Includes Guide for clinicians, families and consumers*
#11027/1345 91 minutes 2007 \$69.95

BIPOLAR: Life Between Two Extremes

Miami Airport, December 7, 2005: a jet passenger begins yelling about a bomb threat and bolts for the door. Refusing to comply with two U.S. marshals, he is eventually shot to death. The cause of his outburst - bipolar disorder, not terrorism - comes to light soon after, proffering another tragic example of how volatile and misunderstood the disease is. This program examines the lives of people who have struggled for decades with bipolar disorder, once known as manic depression. Through case studies and discussions of recent research, the film shows how each patient has overcome the grip of debilitating despair and hyperactive euphoria, and how advances in psychology and neuroscience are helping such individuals lead better, more productive lives.

#14448/0635 45 minutes 2010 \$169.95

DIAGNOSIS BIPOLAR: Five Families Search for Answers

Suicidal impulses, hyper-sexuality, recurring nightmares - these are only a few of the symptoms of bipolar disorder. But what is it like for families of bipolar children and teens? This documentary takes viewers inside five households ravaged by the illness, revealing painful dilemmas over medication, school,

and family dynamics. Weary of her tantrums, Liv's parents have twice hospitalized her. Siblings Annie and Casey were a high-risk adoption and, sadly, Annie's sickness shows why. The mother of Jessica and Matt fears she'll outlive them, while Andrew requires intensive private tutoring and siblings Levi, Dana, and Asher all take meds with disturbing side effects. Experts in bipolar disorder are also featured. An HBO Production.

#13652/0635 49 minutes 2009 \$169.95

DIGNITY 1: A Study of Schizophrenia

Mentally ill people are too often outcast in society, instead of receiving compassion that a physically ill person would normally receive. Mentally ill people, like all of us, need dignity, which is the underlying theme of this eye-opening and much heralded documentary. Focusing primarily on Schizophrenia, the producer, a professional photographer and artist, weaves interviews with residents and staff from two different homes for mentally ill people along with reflective photographs that offer profound insight into the disorder while striving to help change people's attitudes towards mental illness.

**See also DIGNITY 2: The Human Side of Mental Illness #13697*

#13696/0450 52 minutes 2009 \$179.95

CHILDHOOD ONSET SCHIZOPHRENIA: A Life Interrupted

Schizophrenia generally does strike young people, rather than adults; but it doesn't usually appear in children before they reach their teens. But when it does, it's even more devastating than in an older child, and you need to get expert help immediately. In this program, you'll see what happened when one family's nine-year-old son began hearing voices, and having hallucinations - the classic signs of childhood-onset schizophrenia.

#13384/0145 26 minutes 2008 \$149.95

ADOLESCENT ONSET SCHIZOPHRENIA: 1 in 100 Young People

Unlike schizophrenia that strikes in very early childhood, the adolescent-onset variety is frequently highly treatable, and young people have a greater likelihood of fully regaining their lives. But it's up to their families to act quickly and decisively - to recognize the symptoms, and be relentless in getting and maintaining the expert treatment their children need. This film will help you learn how that is done.

#12030/0145 26 minutes 2008 \$149.95 *CC

DUAL DIAGNOSIS / CO-OCCURRING DISORDERS

CO-OCCURRING DISORDERS: Mental Health and Drugs



Designed primarily for clients who have a dual diagnosis and secondarily for those involved in the treatment of these disorders who need a deeper understanding of this

common phenomenon. By first examining the mental illnesses that are part of a dual diagnosis (e.g., schizophrenia, bipolar, depression) and then showing how psychoactive drug use can aggravate or induce these illnesses, the video helps explain the relationship between the two conditions. Related issues such as the difficulty of giving an accurate diagnosis, self-medication with street drugs, the use of psychiatric medications to control the illnesses, and the problems of relapse are discussed. Interactions from a dual diagnosis group as well as from many clients with co-occurring disorders emphasize not only the difficulties of treating co-occurring disorders but also show how clients can function in society and gain hope through effective treatment.

#9036/0410 36 minutes 2005 \$195

BIPOLAR DISORDER: Shifting Mood Swings

Different from the routine ups and downs of life, the symptoms of bipolar disorder are severe - even to the point of being life-threatening. In this insightful program, patients speak from their own experience about the complexities of diagnosis and the very real danger of suicide, while family members and close friends address the strain of the condition's cyclic behavior. In addition, new treatment options and medications for controlling bipolar disorder are presented.

#9901/0635 24 minutes 2002 \$149.95

DRUG ABUSE AND BIPOLAR DISORDER

This video describes exactly what bipolar disorder is. The dynamic of how alcohol and drugs affect a person with bipolar disorder is examined. Issues such as: genetics, depression, mania and brain mechanics are explored. Treatments such as psychological therapy and anti-depressant drugs are also presented.

#9241/1420 19 minutes 2003

**Includes Guide \$119.95*

NUMBING THE PAIN: Substance Abuse and Psychological Trauma

Based on the clinical training series TRAUMA AND SUBSTANCE ABUSE and intended for patient education, this video explores the function of substance abuse in trauma survivors' lives, and describes the challenges and benefits of therapy.

#9578/0290 30 minutes 1998 \$49.95

DEPRESSION AND SUBSTANCE ABUSE

Describes the dynamic of how alcohol and drugs affect a person with depression. Issues are explored such as genetics, psycho-social dynamics, coping behaviors and brain mechanics. Treatments such as psychological therapy, 12-step programs and anti-depressant drugs are also presented.

#9239/1420 19 minutes 2004

**Includes Teaching Resource \$119.95*

DEPRESSION STRATEGIES TOOL BOX with Claudia Black

This package includes the Depression Strategies Book (247 pages), the Imageries CD, and the video DOUBLE JEOPARDY: Addiction & Depression. Dr. Claudia Black explains clearly to viewers why depression is a serious, life-threatening, chronic illness and how depression combined with addiction is especially debilitating. Without treating depression in an addicted person, the depression becomes a major contributor to a lack of recovery, relapse and possibly suicide. Both depression and addiction are treatable illnesses. Covers the causes of depression, recovery, use of anti-depressants and therapy/recovery practices. Designed for use with patients and clients individually or in groups. The DVD may be purchased separately #4483 \$169.95

#1089/0110 Complete TOOL BOX 2003 \$219.95

THE DOWNSIDE OF HIGH: The Link Between Marijuana and Schizophrenia

Is today's super-potent pot damaging young minds? Modern growing techniques have dramatically increased THC levels, ramping up the impact on the developing teenage brain. Some experts say that teens who start smoking marijuana heavily before the age of sixteen are four times more likely to become schizophrenic than those who don't smoke it at all. This program explores scientific discoveries about marijuana and its possible link to mental illness, with commentary from outspoken cannabis critic Professor Robin Murray of the Psychosis Research Group. Viewers follow three young people as they battle psychosis, paranoia, and hallucinations, all triggered by smoking pot.

#14477/0635 60 minutes 2009 \$169.95

INTRODUCING CANNABIS: Risks, Laws and Habits

Cannabis is often regarded as a relatively safe, albeit illegal drug, compared with hard drugs such as cocaine and heroin. Recently however, there is a growing realization that, for some people at least, cannabis is anything but safe. This program looks at the effect of cannabis on the brain and the devastating consequences for some users.

**#11696/0545 27 minutes
2007 \$129.95 Grades 8 to A**

MESSING WITH HEADS: Marijuana and Mental Illness

For decades, heavy marijuana use has been linked to impaired judgment and mental ability. This program explores new research into another link - this time between marijuana and mental illnesses, specifically schizophrenia and paranoid psychosis. Citing a wealth of clinical evidence and observations by neurologists, psychiatrists, and psychologists, the program delves into the frightening effects of THC on young brains: psychotic delusions and behavior that may not appear until years after drug abuse has ended. With pot addiction beginning at increasingly young ages around the world, this program is essential viewing in any anti-drug education campaign.

**#4729/0635 46 minutes 2005
\$169.95 *CC**

GUIDE FOR LIVING WITH CO-OCCURRING DISORDERS: Help and Hope for Clients and their Families

This program educates patients and families on the treatment of co-occurring disorders. Also provides an educational overview of co-occurring disorders, offers interviews from people who have them, and discusses ways that patients can participate in treatment to better manage their recovery from both disorders. Included are dramatic vignettes, as well as professional narration, to show a comprehensive look at all the issues of recovery.

**#12442/0795 83 minutes 2008
\$229.95 *CC**

THE CO-OCCURRING DISORDERS SERIES

This series is newly updated and reformatted to be a better value than ever. Each collection provides you with integrated, diagnosis-specific treatment that effectively enhances the Co-occurring Disorders Program (see below). Each includes a video program on DVD plus a CD-ROM with the following materials: a facilitator guide, a patient workbook, video discussion questions, and the pamphlet "A Family Guide to Coping with Dual Disorders". Author Dennis Daley is nationally renowned for developing and managing treatment services for addiction and dual disorders.

UNDERSTANDING OCD AND ADDICTION

Helps chemically dependent clients reclaim their day-to-day lives and relationships from obsessive-compulsive behaviors such as constantly rearranging books on a shelf or washing one's hands over and over. 20 minutes

UNDERSTANDING BIPOLAR DISORDER AND ADDICTION

Explains the different aspects of bipolar disorder, such as mania and depression, and explores how the disorder interacts with chemical dependency. Examples illustrate the importance of medication, abstinence, and spirituality. 19 minutes

UNDERSTANDING BORDERLINE PERSONALITY DISORDER AND ADDICTION

Provides support for recovery from borderline personality disorder (BPD) and addiction, and explores ways to cope with common behaviors and thoughts associated with BPD. 21 minutes

UNDERSTANDING DEPRESSION AND ADDICTION

Explores ways to cope with the common behaviors and thoughts associated with depression and provides support for recovery from depression and addiction. 25 minutes

UNDERSTANDING DISSOCIATIVE DISORDERS AND ADDICTION

Explores the cause of dissociative disorders, the role of medication, the prognosis for recovery, and coping strategies that can lead to a fuller, more integrated life. 20 minutes

UNDERSTANDING SUICIDE AND ADDICTION

Helps clients recognize warning signs, stay involved in a recovery program, keep sobriety a high priority, think through suicidal thoughts, and build and use a support system. 20 minutes

UNDERSTANDING POST TRAUMATIC STRESS DISORDER AND ADDICTION

Suggests recovery and relapse prevention strategies for addiction and PTSD, plans along with ways for clients to handle the emotional pain and flashbacks associated with PTSD. 28 minutes

UNDERSTANDING MAJOR ANXIETY DISORDERS AND ADDICTION

Provides a step-by-step process to identify anxiety triggers and recognize ways to change thoughts and reactions. 24 minutes

UNDERSTANDING SCHIZOPHRENIA AND ADDICTION

Dispels the shame that clients often feel and explores how medications, counseling, self-care, and a support system offer hope for recovery. 20 minutes

UNDERSTANDING PERSONALITY PROBLEMS AND ADDICTION

This program is one of the few recovery resources to discuss addiction as it relates to problematic personality traits: being antisocial, passive-aggressive, self-centered, perfectionistic, controlling, or dependent. 24 minutes

PREVENTING RELAPSE

An important part of recovery from a co-occurring disorder is being able to identify the triggers that cause a relapse and the ways to prevent it from happening. This program includes crucial information about relapse, the basic steps of relapse prevention, and personal stories that illustrate the power of an individual relapse prevention plan. 24 minutes

**#13880/0795 Eleven DVDs and
CD/ROMs 2004 \$99.95 each or
Series \$999.95 *CC**

TRAUMA AND SUBSTANCE ABUSE SERIES

As in cases of other types of dual diagnosis, the questions surrounding the treatment of substance abuse problems of some PTSD sufferers have been a dilemma for therapists and a barrier for those being treated. This series offers the latest therapeutic findings on this schism and how to overcome it. Working with substance abusers who are either combat veterans or victims of child abuse or other violence and showing signs of PTSD raises questions on priorities and coordination of treatment. These videos show the way.

TRAUMA AND SUBSTANCE ABUSE I: Therapeutic Approaches

This video discusses the incidence of substance abuse among trauma survivors, and the associated life problems they experience. Therapeutic principles for working with this population are outlined, and new treatment models are described. 46 minutes

TRAUMA AND SUBSTANCE ABUSE II: Special Treatment Issues

Working with substance abusing trauma survivors presents particular challenges to the therapist. This program examines such issues as counter-transference and co-dependence, crises and relapses, twelve step programs and medications. The importance of clinical cross-training is emphasized. 40 minutes

**#9570/0290 Two programs 1998
*Includes Guide \$249.95**

ADOLESCENTS AND CO-OCCURRING DISORDERS

Mental health issues combined with addiction - also known as co-occurring disorders - are devastating, especially for youths. But recovery is definitely possible. In this program, teens in recovery from co-occurring disorders share their true experiences: the bad interactions, the cravings for self-medication, the dangers of relapse. But with ongoing therapy and the support of family, friends, and Twelve Step groups, adolescents can regain control of their co-occurring disorders and their lives. Hope for recovery is reinforced by therapist Janice Gabe, noted for her work with adolescence. The facilitator's guide features supporting information and includes reproducible client material.

**#10029/0795 24 minutes 2003
\$225 *CC**

DOUBLE TROUBLE IN RECOVERY

Since 1989, clients with severe co-occurring addiction and mental health disorders have found experience, strength, and hope through the Twelve Step group Double Trouble in Recovery (DTR). This new program helps you be an advocate for clients who wish to start and run a DTR self-help group. The components help you support the initiative and well-being of your clients. The entire collection includes: **STARTING AND RUNNING A DOUBLE TROUBLE IN RECOVERY GROUP**

A fresh, informative DVD that takes professionals and peer leaders, step-by-step, through the process of starting and running a DTR group.

HOW TO START A 'DOUBLE TROUBLE IN RECOVERY' GROUP

This new manualized resource is composed of a manual that helps professionals guide clients in starting a DTR group, and a CD-ROM featuring two printable posters and reproducible handouts for starting and running a DTR group. Topics and worksheets include suggestions for starting a meeting, the role of sponsorship, sample meeting notices, and readings for meetings.

DOUBLE TROUBLE IN RECOVERY: BASIC GUIDE

This is the equivalent to the Big Book for those dealing with severe mental illness and addiction. Priced economically for care-free distribution to group members.

#13292/0795 Complete Package 2010 \$229.95 *All parts are available individually

THE CO-OCCURRING DISORDERS PROGRAM

The Co-occurring Disorders Program (CDP) was developed by leaders in the research and treatment of co-occurring disorders. The Dartmouth Psychiatric Research Center developed and tested the Integrated Dual Disorder Treatment (IDDT) model - an evidence-based practice designed for people with severe mental health disorders. The CDP draws upon the IDDT model and adapts them for patients with non-severe mental health disorders. This package consists of the following 7 components:

1. SCREENING AND ASSESSMENT

A must-use tool that helps clinicians evaluate patients with an effective, protocol-driven method so that appropriate treatment options can be addressed with regard to each patient's symptoms, history, and motivation to change. Included are specific measures for screening, assessment, differential diagnostics, and stage of motivation to address and treat both addiction and psychiatric problems in patients. **\$195**

2. INTEGRATING COMBINED THERAPIES

Utilizes a combination of motivational enhancement therapy (MET), cognitive-behavioral therapy (CBT), and Twelve Step facilitation (TSF) therapy. Each of these models of therapy has been proven successful when used in community addiction treatment

programs. There is a growing consensus that these practices are effective if delivered singularly to patients, but are even more effective if rationally combined based on stage of motivation, problem pattern and severity, and patient preference. MET engages change, CBT works to assist change, and TSF sustain change and elaborates on it. Each of these evidence-based practices is described here with appropriate modifications for persons with co-occurring disorders. This package allows mental health and addiction professionals the flexibility to adapt the stage-wise program from their own base of strength and experience. Also provides a foundation and context for the more in-depth treatment of CBT (addressed in package 3), the therapeutic model that is the most widely researched and employed in the treatment of psychiatric disorders that commonly co-occur with substance dependence.

*Comes with a bound clinician's guide covering the principles and practices of these three therapies and how they can work together, and a CD-ROM with reproducible patient handouts, and patient education fact sheets, packaged in a three-ring binder. **\$319**

3. COGNITIVE-BEHAVIORAL THERAPY

Utilizes cognitive-behavioral therapy (CBT) principles to address the most common psychiatric problems in both mental health and addiction treatment settings: depression, anxiety disorders, bipolar disorder, social phobia, and post-traumatic stress disorder (PTSD). Adaptations of CBT are an evidence-based practice for treating substance use disorders and most psychiatric disorders. Research shows that CBT is useful for treating non-severe co-occurring psychiatric disorders in an addiction treatment setting. Psychosocial treatments, particularly CBT, are equally, if not more, effective for the psychiatric disorders that most

commonly occur with substance use disorders. Research with CBT for persons with co-occurring disorders has been highly specialized by the specific co-occurring disorder. Until now, providers had no one manual or practice to implement in real-world settings where patients have a variety of these disorders.

*Includes a clinician's guide that covers the core principles of CBT in

eight modules and a CD-ROM with reproducible patient handouts, and patient education fact sheets, along with clinician and supervisor checklists, packaged in a three-ring binder. **\$265**

4. MEDICATION MANAGEMENT

A valuable resource for medical directors and clinicians containing vital, current information about the complex issues of medication management, including compliance and other psychological concerns of the patient. Issues of differential diagnosis, timing, indications, monitoring, dosage, tolerance and withdrawal, and other topics are considered in this component. Current evidence and consensus-based

practices are provided to enable providers to make clinical decisions about medications and their prescription. While many people in peer support groups take psychotropic medication, stigma can still cause some to hide their medication use from others.

*Comes with 40 pages of clinician's instructions, covering topics such as general principles in medication treatment and monitoring symptoms, and a CD-ROM with information sheets on specific medications along with reproducible patient handouts packaged in a three-ring binder. **\$165**

5. FAMILY PROGRAM

This package helps clinicians involve patients with co-occurring disorders and their family members in an integrated treatment approach. First, family members, including the patient, meet to learn about the patient's specific psychiatric disorder and how it interacts with the substance use disorder. Then the family joins other families in a 12-week program of education on such topics as managing cravings, communications effectively, using medications, and preventing relapses.

*Includes includes a bound 280 - page clinician's manual covering the principles and practices of delivering a family program; a CD-ROM with reproducible patient and family member handouts, including patient education fact sheets on topics such as psychiatric disorders, communication skills, and relapse prevention. **\$325**

6. THE CLINICAL ADMINISTRATOR'S GUIDEBOOK

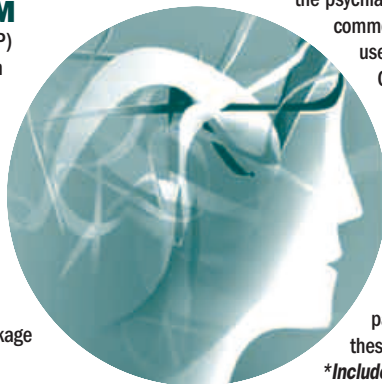
(192 pages) and CD-ROM. This perfect-bound guidebook contains complete instructions for implementing the Co-occurring Disorders Program. The guidebook is for a mental health or addiction treatment organization's director, board of directors, CEO, CFO, and other key agency leaders. This guidebook offers all the tools a clinical administrator needs to assess the seven key areas of organizational effectiveness, including the policy, practice, and workforce benchmarks needed to deliver the best possible services to persons with co-occurring disorders. Also contains a valuable organizational assessment guide, which outlines the steps needed to assess and improve services offered to patients with co-occurring disorders. Links to resources about co-occurring disorders, a sample charter agreement, a sample Dual Diagnosis Capability in Addiction Treatment Index (DDCAT) implementation plan, a patient self-report questionnaire, and other materials are included on the accompanying CD-ROM. **\$85**

7. A GUIDE FOR LIVING WITH CO-OCCURRING DISORDERS: Help and Hope for Clients and Their Families

This 83-minute video educates patients and families on the treatment of co-occurring disorders and provides an educational overview of co-occurring disorders, offers interviews from people who have them, and discusses ways that patient can participate in treatment to better manage their recovery. Included are dramatic vignettes professional narration, to show a comprehensive look at all the issues of recovery. Clinicians can use this DVD when implementing all seven components or as a stand-alone. **\$225**

#5150/0795 Seven components 2008 Complete Package \$1,399.95

(Components are also available separately - see above for prices)



DEPRESSION

New!

NUMB: The Problem with Antidepressants

Discontinuing the use of antidepressants can be problematic, but many people taking these drugs choose the painful withdrawal process, and subsequent depression, over the emotional numbness the meds can cause. This hard-hitting program documents the drastic effects on the filmmaker's well-being as he weans himself off Paxil, and reveals unethical links between the FDA, the American Psychiatric Association, and the pharmaceutical industry, all of whom downplayed Paxil's harmful side effects. The video also examines the theory that depression is caused

by low serotonin levels - conveniently remedied by pharmaceuticals - and talks with people whose loved ones committed suicide while under the influence of antidepressants.

#14758/0635
64 minutes
2011
\$169.95

DEPRESSION: True Stories

"Provides compelling first person accounts of the suffering associated with this life threatening illness. At the same time, it inspires hope about the power of treatment. It is certain to educate adolescents, young adults, parents, other caregivers, and health care professionals about a serious illness that can and should be treated."

Paula K. Rauch, M.D. Director,
Child Psychiatry Consultation Service
to Harvard Medical School

Untreated depression is the leading cause of suicide. Three young adults, including professional basketball player Chamique Holdsclaw, describe living with depression, their thoughts of suicide, and their recovery. They tell how early diagnosis and treatment can transform and save lives.

#14667/0680 26 minutes 2007 \$99.95

**Includes Guide*

DEPRESSION: Out of the Shadows

Many people are keeping an important, possibly deadly secret: depression. Approximately 15 million adults live with this devastating disorder which affects all age, race, gender, and socioeconomic groups. Through the voices and stories of people living with depression and interviews with scientists, this program provides a portrait of the disease never before seen.

#12612/1725 120 minutes 2008 \$89.95

BEATING DEPRESSION

This program comes to grips with depression through the experiences of five patients whose backgrounds span the socioeconomic spectrum. Three cases of chronic depression, one of which is complicated by borderline personality disorder and another by alcohol abuse, and two cases of bipolar disorder, one of which is extreme, are presented. The overarching message? Patients with depression can stabilize and lead fulfilling lives if they accept their condition and proactively address it. Antidepressants, psychiatric therapy, acupuncture, and other modalities are touched upon as components of a tailored treatment plan.

#4476/0635 46 minutes 2004 \$169.95

FROM DEPRESSION TO DISCOVERY:

A Teenager's Guidebook

**Silver Plaque Award-Winner Chicago International Festival*

Clinical depression and ignorance are a dangerous combination. Myths surrounding the disease - for example, the notion that it affects only adults - often prevent depressed young people from seeking help. This video shatters common misconceptions about depression, helping young viewers recognize its outward and internal symptoms. The latest forms of treatment are also explored. Presents interviews with teens who are living successfully with the disease, and commentary by renowned adolescent psychologist Dr. Harold S. Koplewicz. The result is an honest, youth-centered informational tool that encourages a proactive approach to depression.

**Includes Guide*

#9596/0405 22 minutes 2005 \$49.95

ETERNAL HIGH:

A Teenager's Experience with Depression and Suicide that will Change Your Life

Crying uncontrollably at the kitchen table, mind racing with thoughts of suicide. How could this happen to a teen who has everything: a budding film career, popular in school, an all-state athlete, a good student, loving parents, and a perfect girlfriend? Everything was great yet suddenly everything was horrible. Why? Bryce captured his true-life battle with depression and suicide in this 22x award-winning film. An excellent resource and tool enabling anyone including teenagers, parents and teachers to discuss depression and suicide openly, thus erasing the stigma that still exists today.

#10736/0145 29 minutes 2006 \$149.95



DIAGNOSING DEPRESSION

Although the stigma of depression is fading, less than half of those who need help with depression will seek it out. Using several patient histories, this program addresses mild, moderate, and severe depression as well

as the specialized cases of vascular depression, treatment-resistant depression, and the depressive aspect of bipolar disorder. Signs and symptoms of depression are spelled out, and multimodal treatment through psychotherapy, medication, support groups, and aerobic exercise is discussed. Commentary is provided by Thomas Insel, director of the National Institute of Mental Health; Susan Blumenthal, of the Georgetown University School of Medicine; and P. Murali Doraiswamy, of Duke University Medical Center.

#11678/0635 27 minutes 2007 \$99.95

MEN GET DEPRESSION

With a particular focus on men, this one hour documentary explores the corrosive effect of depression on the self, relationships and careers. Through intimate profiles of real men, including a former NFL Quarterback, a Fortune 100 CEO, an Iraq War veteran and others, it features revealing scenes of psychotherapy, interviews with therapists, and offers commentary by leading medical authorities on the causes, symptoms and treatments of depression.

#12611/1725 60 minutes 2007 \$89.95

DEPRESSION: What YOU Can Do

There's no question that serious depression, self-mutilation, suicide attempts and deaths are increasing among middle school age youth. The earlier depression is identified and treated, the better the prognosis. This program includes: a diverse group of 13 year olds discussing what they would do if a friend confided they were cutting, or thinking of suicide; a compelling interview with Sandrina, still a teen, who at 15 was depressed, cutting herself, became involved in an abusive relationship, and eventually attempted suicide; a middle school counselor who describes the signs of depression, reassures that it's OK to break a promise, and identifies other adults to go to for help; and a child psychiatrist at the NYU Child Study Center who dispels misconceptions about the causes of depression and treatment, as well as the negative effect of alcohol and drugs.

**Includes Study Guide*

#12212/0425 18 minutes 2008 \$69.95
Grades 7 to 12

P T S D

New!

MAKING PEACE WITH CHRONIC PTSD: Maria's Story

Marla Handy has nothing to hide - anymore. She is a college teacher, a professional consultant and a happily married, resilient woman. But she was terribly mistreated as a child, sexually assaulted as a young adult, and haunted by chronic PTSD for decades. In an intimate conversation with trauma expert Frank Ochberg, MD, she explains how she manages her complex trauma and chronic PTSD symptoms. This DVD introduces therapists, survivors and the general public to the topic of prolonged PTSD through comments and conversation of two individuals who are uniquely qualified to explain a complicated condition in clear, compelling terms.

#14526/0755 54 minutes 2011 \$89.95

COMING HOME FROM WAR SERIES

In these two important programs, Earnie Larsen focuses on the "new face of courage" needed by many returning service personnel to successfully integrate. Many of the qualities imprinted during military training necessary for success in war become obstacles to peaceful, successful integration at home. Overriding the power of those qualities takes as true a warrior as war demanded. And eventually it all ends up at the table of relationships.

Part One - THE NEW FACE OF COURAGE

Trauma changes people. War is continual trauma. War changes people. This program is about the new courage required for successful reintegration after the war. 28 minutes

Part Two - MAKING RELATIONSHIPS WORK NOW

Successful reintegration eventually is about relationships. Whether the relationships are with self or others they require skills. These skills can be learned. They also can be blocked by deeply ingrained habits. Overcoming these blocking habits and rising up to new skills requires the highest kind of courage. 28 minutes

#11130/1295 Two programs 2007

\$229.95 each or Series \$359.95

COUNSELING VETERANS: Strategies for Working with Returning Soldiers

Features Herbert Exum and Amy Menna, University of South Florida, who feel that the counseling profession has not given sufficient attention and study to the problems of returning military. Only with Iraq and Gulf Wars are counselors beginning to understand their needs and how to deal with them responsibly. The first step is the realization that veterans are actually members of a distinct cultural group. This program examines that culture and vets' special needs. Viewers learn about post-traumatic stress, specific treatment issues, and the critical importance of working with military families.

#12640/1410 63 minutes 2009 \$109.95

PTSD AND VETERANS: A Conversation with Dr. Frank Ochberg

How do we help our veterans who are returning from war with PTSD? This program provides an intimate conversation with Dr. Frank Ochberg, as he shares his experiences, seasoned insights and suggestions. Excellent for the mental health practitioner who has

treated a variety of clients including those traumatized by abusive relationships, sexual assault, disasters, Sept 11, and violent crime. This program is appropriate for psychologists, social workers, mental health counselors, educators, and allied health professionals, including those new to trauma work as well as those who have helped a range of trauma victims.

#12201/0755 58 minutes 2008 \$119.95

BEYOND TRAUMA COLLECTION: A Healing Journey for Women

For women, the experience of trauma often leads to disorders such as addictions, eating disorders, and self-harm. With sensitivity and understanding, author Stephanie Covington explores the interrelationship between substance abuse, trauma, and mental health. This program draws on multiple therapeutic techniques-psycho-educational, cognitive behavioral, expressive arts, and relational therapy - to help women explore the impact of trauma on their lives and develop a sense of safety. BEYOND TRAUMA is effective in treatment and criminal justice settings based on theory, research, and clinical experience. It is practical and easy to use. The complete collection includes 10 interactive client workbooks, the client video BEYOND TRAUMA, a facilitator guide, and two facilitator videos featuring clinical and personal insights from the author. All parts are also sold separately.

#10915/0795 45 minutes 2004 \$595.95

THE GOOD SOLDIER

"War is about one thing only: it's about killing. You either learn to kill somebody else or you get killed or wounded yourself." This film examines how soldiers grapple simultaneously with their duty and their own humanity as it tracks the perilous psychological journeys of four decorated combat veterans of World War II, the Vietnam War, and the Iraq War. A combination of frank interviews and battlefield footage, The Good Soldier addresses the initial reluctance to kill, the act of killing from a distance and hand-to-hand, incidences of combat zone atrocities, the experience of getting wounded, mixed feelings of relief and alienation upon returning stateside, post-tour substance abuse and mental trauma, efforts at closure, and involvement with veterans-for-peace movements. A sobering statement both about and against war.

**Contains graphic military-related violence and instances of harsh language.*

#13654/0635 54 minutes 2009 \$169.95

New!

PSYCHOTHERAPY FOR CHRONIC PTSD: A Vietnam Vet's Journey

How does PTSD look from the inside, and how is it treated? In this unique training video, we find out firsthand from Terry, a Vietnam vet who witnessed his friend's brutal death in combat. We then follow his post-combat life: the struggle of living with PTSD for 40 years, and finally getting his life back with the help of renowned PTSD expert Dr. Frank Ochberg. Through revealing personal interviews, commentary, and actual therapy sessions between Terry and Dr. Ochberg, this comprehensive video documents Terry's two-year-long therapeutic process of healing from chronic PTSD. Terry's courage in sharing the intimate details of his thoughts, feelings, and behaviors through his struggle brings a rare depth and insight to Ochberg's step-by-step explanations and demonstrations of PTSD-specific techniques and strategies..

#14898/1745 Two hours 47 minutes 2012 \$199.95 *Includes Instructor's Manual

GUIDE FOR LIVING WITH PTSD: Perspectives for Professionals and Their Clients

Through compelling client testimonials from both men and women and expert guidance from renowned researchers at the Dartmouth Psychiatric Research Center (PRC) and the Department of Veterans Affairs National Center for PTSD, this program educates clinicians, clients, and families on the history, epidemiology, challenges, and treatment of post traumatic stress disorder (PTSD) from domestic violence to combat trauma. This groundbreaking video features leading treatment methods based on current research and best practices, providing professionals the tools needed to help clients grow and recover.

#13291/0795 56 minutes 2009 \$229.95

LIVING WITH PTSD: Lessons for Partners, Friends and Supporters

This program is invaluable to anyone caring for a PTSD sufferer. Whether the disorder results from war, child abuse, domestic violence, rape, or some other cause, viewers learn what PTSD is, why it is important to learn about this medical disorder, what they

can do to help. Also explained are treatment methods, how to deal with the caregiver burden, and how PTSD affects the family and other relationships. The program features Dr. Frank Ochberg and Dr. Angelea Panos.

#8409/0755 18 minutes 2004 \$59.95

POST TRAUMATIC STRESS DISORDER

PTSD can be set off by many stressors, including car accidents, sexual assault, child abuse, natural disasters and military combat. This program explains the causes of PTSD and outlines strategies for prevention and treatment. Stresses the need for social support and describes exposure therapy.

#12067/1420 17 minutes 2008 \$119.95



RECOVERING FROM TRAUMATIC EVENTS: The Healing Process

Survivors of trauma often have difficulty believing that they will ever recover. In this program they are presented with a strong message of hope that is based on first hand information of what was helpful to others in similar situations. Aimed at both therapists and survivors, it guides their recovery efforts in a positive direction. Family members and community will also learn how they can assist in the recovery of their friends, loved ones and neighbors. The six therapists featured are all members of the International Society of Traumatic Stress Studies: Peg Christopher, Ph.D, Marlene E. Coach, Ed.D MSW, Charles R. Figley, Ph.D, Chalsa M. Loo, Ph.D, Frank M. Ochberg, MD, and David P. Ribbe, Ph.D

**Includes a 10 minute presentation and the main program 23 minutes for survivors*

#9472/0755 33 minutes 2001 \$79.95

LIVES INTERRUPTED SERIES

This series depicts what happens when lives are seriously disturbed by trauma, disease or accident - and how people put them back together again. Through the vivid and poignant stories of people from different walks of life who experience different types of crises, the series will examine how they rework their ideas about themselves and their worlds. Detailed descriptions of each program are available on our website.

ACCIDENT - Dominique Show is a globally renowned world-beat musician, whose career was abruptly cut short by a car accident that resulted in a devastating spinal cord injury.

AFTER SUICIDE - Moira Farr will never forget Valentine's Day - the day she found her boyfriend Daniel Jones' note tacked to the living room door.

AIDS - Louise Binder was a successful lawyer in a new relationship, when her life was turned upside down forever. She was diagnosed with AIDS, transmitted to her by her husband before their marriage ended.

CANCER - Julie Davey-Prior discovered she had a lump behind her left nipple seven years ago and when she finally had it removed, her greatest fears were confirmed. The tissue was cancerous.

DEATH OF A SPOUSE - Shant Ohannessian's life changed abruptly when his wife of four years, Shirley-Anne, was struck by a bus.

LIVING WITH HUNTINGTON DISEASE - The Pace Family carry a deadly legacy, the gene for Huntington's disease, a condition which causes the sufferer to lose memory, mobility, the ability to speak clearly and to make rational decisions. Mother Iggy started to show symptoms and her three children have watched the heart-breaking progress of the disease, while also confronting the uncertainty of whether they carry the gene themselves.

MURDER OF A CHILD - Sharon and Gary Rosenfeldt were putting a new life together when it was changed forever by a contact with Canada's most infamous serial killer, Clifford Olson. Their son Daryn was cruelly murdered by him.

PRISON - Robert "Rosie" Rowbotham was paroled from prison, where he had spent more than 20 years for trafficking millions of dollars worth of grass and hashish. He once told a judge that he could not be rehabilitated, but a heart attack convinced him that he did not want to die in prison.

RAPE - Tammy Crawford's nightmare began soon after she showed up for work. David Walker, who was a dangerous offender out on a day pass from a psychiatric facility, brutally assaulted her as she worked in her mother's store.

SEXUAL ABUSE - Kathryn Wetherall lost her childhood to sexual abuse when her grandfather abused her for seven long years. She became anorexic and suicidal due to the pain of keeping her violent and conflicted feelings inside.

STROKE - Jerry Meland had two strokes in the space of six months, events that profoundly altered the way he looked at himself and his life.

TORTURE - Ezat Mossallanejad spoke out against human rights violations in his native Iran and was tortured many times for his outspokenness.

WAR - Gordana Knezevic knows all about war, having lived in Sarajevo under the fire of Serbian guns on a daily basis from 1992 to 1994. As a Serbian journalist living in a multi-cultural city, her newspaper was the target of Serb missiles and guns, largely because of its multi-ethnic staff.

DISC ONE contains: Prison; Sexual Abuse; Accident; Torture.

DISC TWO contains: Murder of a Child; Rape; AIDS; After Suicide.

DISC THREE contains: Huntington's Disease; Death of a Spouse; War; Stroke; Cancer

**Each program can be purchased on a separate DVD for \$79.95*

**Each DISC can also be purchased separately for \$189.95*

#13280/0545 Thirteen 30-minute programs on 3 DVDs 2001 Series \$489.95

ANGER

THE ANGER BLUEPRINT

This program dramatically teaches responsible Anger, Boundaries and Safety. Based on a three-day workshop facilitated by acclaimed speaker Dr. Joann Peterson, M.S.W., A.C.S.W., Dip.C., Ph.D., this video follows twelve participants as they discover the physiological roots of anger, how to separate anger from violence, communicate boundaries, and create safety in their relationships. Learn how to: Stop Domestic Violence; Resolve Conflict Quickly; Give Teens Healthy Alternatives; Reduce Bullying; Improve Relationships; Learn to Communicate Win/Win; Recognize Anger Patterns; and, Prevent Escalation.

#11807/0825 90 minutes 2007 \$189.95

WHY ARE YOU SO ANGRY?!

Explores both the cause and effect of anger, from its roots to the final stage of dealing with the aftermath. Reveals the important roles hereditary, cultural and environmental influences play in the development of a particular style of expression or repression. Four dramatic sequences of the ways that people deal with anger destructively, both to themselves and others, are shown.

**Includes "Coping with Anger" Workbook.*

#6954/1835 33 minutes \$195

OVERCOMING ANGER: Healing from Within

Maybe you don't think of yourself as an angry person, but if you find yourself frequently annoyed and upset by life's petty irritations - you could have a problem that has real implications for your health. Meet a husband and wife team who study anger professionally, to learn how to let go of anger and become happier and healthier. Then, we learn from author Robin Casargian about the healing power of forgiveness and how to make it work for us. She also takes us to the prison where she teaches inmates how to incorporate forgiveness into their daily lives.

#10589/0145 27 minutes 2000 \$119.95



WHEN TEMPERS FLARE: Understanding and Managing Anger

Anger is an emotion that is often expressed in extremes. Some people avoid showing anger at all costs, while others explode in rage and even violence. Both approaches can have detrimental effects on physical and emotional health. WHEN TEMPERS FLARE explores why and how we experience anger and offers practical strategies for expressing anger in constructive, rather than destructive, ways.

Features: Dr. Charles D. Spielberger,

Director of the Center for Research in Behavioral Medicine and Health Psychology, University of South Florida and Dr. Doyle Gentry, Clinical psychologist specializing in the treatment of anger disorders.

#10733/1710 30 minutes 2004 \$89.95

New! TO FORGIVE DIVINE

This documentary is an examination of the concept of forgiveness from the perspective of several world religions, secular thinkers and intimate personal stories. These stories, interwoven with rituals of Judaism's Yom Kippur and the Christian Sacrament of Reconciliation, demonstrate forgiveness in a variety of human situations. We hear from individuals who have suffered deep personal wounds from intra-family betrayal, or individual acts of crime and violence, and are reminded of the wider cruelties of racial hatred and international hostility. It is through these extraordinary people who have found the power and the grace to truly forgive, that provide us with some of the guideposts to understanding the concept of forgiveness.

#14494/1322 60 minutes 2010 \$179.95

THE POWER OF FORGIVENESS

Every human being gets hurt in ways both big and small, and in turn, we sometimes inflict hurt on others. There comes a time when we face the difficult choice to forgive others and to forgive ourselves. But forgiveness can seem impossible, even undesirable. THE POWER OF FORGIVENESS presents four studies that open our minds and our hearts to a new understanding of forgiveness so we can embrace forgiveness as a key to a wholesome and free life. This program features Dr. Everett L. Worthington, executive director of The Templeton Foundation's Campaign for Forgiveness Research.

#14693/1710 40 minutes 2005 \$79.95

ANGER: Myths and Truths about the Emotion

Is venting one's rage really healthy? Do age, gender, and self-image have any connection with anger problems? Has our society become inherently angry? This ABC News program explores the psychology and sociology behind the most dangerous of emotions. Viewers will meet Dr. Robert Millman, a Weill Cornell Medical College professor who has coined the term acquired situational narcissism to explain connections between volatile tempers and towering egos. The University of Michigan's Dr. Brad Bushman provides further connections between narcissism, aggression, and America's youth, while "angry comedian" Lewis Black points out the seeds of fury in everyday realities, from waiting in line to political disagreements.

#12459/0635 30 minutes 2007 \$99.95

ANGER STRATEGIES TOOLBOX with Claudia Black

This best-selling comprehensive package gives viewers a set of "tools" for recognizing, understanding and dealing with various types of anger, whether repressed or explosive. Teaches that anger - like other addictions - can be a build-up of tolerance, loss of control, negative consequences and an inability to stop - all of which can have immediate and long-term consequences. The package includes "THE ANGER VIDEO" plus comprehensive support material in audio, on CD and printed, reproducible anger resources as well as the "Anger Strategies" book, CD.

#9231/0110 28 minutes 1997 \$219.95

THE ANGER WORKSHOP SERIES

Society and conventional therapeutic wisdom posits that anger in any shape or form is "bad". Dr. Joanne Peterson believes anger is a feeling or emotional response to hurt, fear, frustration, helplessness and loss. The complete workshop includes thirteen DVD Programs, a 26-page Facilitator Guide and Exercise Book, and a copy of Dr. Peterson's Anger, Boundaries and Safety book. All programs are also available separately. Detailed descriptions of each are available on our website.

IN ANGER'S PATH - The participants share how anger has affected their own lives and relationships. They explore their own "Default Style".

UNDERSTANDING ANGER'S PURPOSE - Dr. Peterson describes the physiological roots and evolution of Infantile and Adult Anger. We learn the key distinctions between responsible anger and violence.

UNDERSTANDING VIOLENCE - We learn about the many subtle and more insidious forms of violence; including: Socially Sanctioned, Indirect and Passive and Direct and Active.

AGGRESS ENERGY EXERCISES - Participants learn six exercises that anyone can use to engage their passion in a safe and boundaried context of their own creation.

CLEARINGS - Clearings are a practical tool to express negative feelings and emotions before they build, fester or explode. You will learn the Contract for Clearings and then watch as participants practice this important "first line of defense".

VESUVIUS - A "Vesuvius" is another practical tool to express frustrations, resentments and events that have occurred or built up over time. In this program, you will learn to create a Contract for Vesuvius and then watch participants express their own.

PHYSICAL EXPRESSION - Participants explore their most recurring issue and are given an opportunity to physically express it using a number of different techniques.

BOUNDARIES AND THE AUTHENTIC SELF - To function within the context of a society, we must all learn and adhere to certain norms, rules and obligations - the problem is that this often comes at the cost of our Authentic Self.

THE BOUNDARY CONTINUUM - We learn about the enormous range of possibilities that exist between our individual Preferences and Bottom Lines. You will also learn the important distinctions between Walls and Boundaries, and the impact they have on our relationships.

CREATING EFFECTIVE BOUNDARIES - The common misconception is that we are entitled to have our boundaries respected but Dr. Peterson believes it's our responsibility to communicate them and act on our own behalf if other's won't respect them.

BUILDING SAFE RELATIONSHIPS - Safety is a series of individually defined qualities, behaviors and actions. It is NOT a feeling. So in this program, you will learn to define what safety means to you and

learn concrete Assessment Tools to prevent conflict from escalating to violence.

TAKING IT HOME - Participants explore how they will sabotage themselves and what they're committed to doing when it occurs. You will also learn about the "Anger Junkie" and the importance of looking beneath your own anger to learn from the hurt, fear, frustration, helplessness and loss that we all experience in our lives.

EMBRACING ANGER - Dr. Peterson believes that there is immense freedom and empowerment in living a response-able life - and that all victims make a choice to be so. The participants share their experience, lessons and aspirations as they take The Anger Workshop home.



#11810/0825 Thirteen

programs 2007 \$159.95 each or any 5 for \$139.95 each or Series \$1,595.00

PULLING PUNCHES: Rage Management

While designed for those in alcohol and drug recovery, this excellent series will be very useful to anyone dealing with anger-management problems. Explains that terms like denial, tolerance and enabling are applicable to anger as well as to addictions and that treatment for this anger must be undertaken seriously for recovery to occur. The production is ethnically diverse, and deals with crucial skills for realistic changes.

UNDERSTANDING YOUR RAGE - Even viewers in denial about their anger problem will identify with these true stories exploring what constitutes problem anger, anger blackouts and getting high from anger, how anger and drug/alcohol use are connected, the roots of anger, and how triggers make sense.

TOOLS FOR MANAGING ANGER - The "nuts and bolts" of anger management! Recovering addicts present practical, specific, proven strategies they use successfully, such as:

Identify "triggers"-and avoid them when possible; Know when you're most likely to have a short fuse; Know your warning signs-catch yourself before "going off"; and, Use self-talk to calm down.

ANGER REDUCTION AND LONG-TERM CHANGES - Viewers learn what alterations they have to make to reduce their 'anger load' and how best to make them by reconstructing faulty beliefs, healing the wounds of childhood, assertive conflict resolution and expression of feelings, forgiving themselves and stress reduction.

**Each program in the series ends with "snapshots" of each person featured, showing how gaining control over anger has improved their lives in miraculous ways. Series purchase includes Counselor's Guide, Handouts and Client Worksheets.*

**Please note - only the TOOLS program is available for purchase separately #10516 \$229.95*

#9131/1805 Three 35-minute programs, 2002 Series \$495



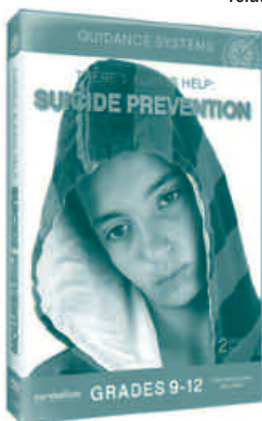
S U I C I D E P R E V E N T I O N

New! **THERE'S ALWAYS HELP: Suicide Prevention**

At some point everyone goes through very stressful and anxious situations. Those experiences can be very hard to cope with and lead to feelings of extreme sadness, anger and depression. Sometimes teens may feel like their situations are hopeless and think that one way to get relief from the bad feelings is to escape through suicide. What are the warning signs of suicide? Is there anything we can do to help prevent it? This is what this program will discuss.

#14717/0433 30 minutes 2012 \$79.95

**Includes CD Guide*



the process of adolescence itself and the developmental tasks that a young person will inevitably need to negotiate his or her high school years. Issues related to suicide prevention and mental health are discussed.

#14796/0145 30 minutes 2008 \$129.95

SUICIDE AND SELF-HARM: Helping People at Risk with Linda Gask, MD

This comprehensive video from the University of Manchester walks through all the steps necessary to effectively intervene when a client threatens suicide or self-harm. You'll learn about assessment, crisis management, problem solving, and crisis prevention

through a variety of realistic vignettes.

Knowing what to do or say can be difficult to figure out when sitting with a potentially suicidal client. By watching clinicians work with a range of clients - including a school teacher, a teenage addict, and a paranoid-psychotic man - you'll learn how to create a quick and effective alliance with your client, and how to ask the difficult questions that are necessary to assess suicidality and help them through their crisis. With her expert narration, Dr. Linda Gask guides you through each key step and technique of the process from beginning to end.

#12821/1745 91 minutes 2009 \$159.95

FRIENDS LEFT BEHIND

Three years after the suicide of their friend, Sheri and Paul are left to wonder why such a caring and joyful individual would resort to suicide. Unprepared for the loss, they recall dealing with their own grief. From the recognition of early warning signs to the traumatic ordeal of a funeral, these three friends bring suicide into the light and reveal the lasting scars of those who are left behind.

#9473/0930 24 minutes 2003 \$89.95
Grades 7 to 12

UNDERSTANDING AND PREVENTING SUICIDE

How can you know if your family member or friend may be suicidal? How do you recognize the warning signs? How can you help? This program describes the risk factors and warning signs of suicide and offers guidelines from experts in suicide prevention and treatment for getting troubled loved ones to the professional help they need. You'll also hear from three individuals who have made serious suicide attempts and lived, as they share their remarkable stories of self-destructiveness, survival, and recovery. This is a companion video to VOICES OF SUICIDE: Learning from Those who Lived, a video for mental health professionals. There is some duplication of content in these two videos.

#12358/1745 28 minutes 2008 \$99.95

LIFELINES: A Suicide Prevention Program

LIFELINES addresses the whole school community by providing suicide awareness resources for school administrators, faculty and staff members, parents, and students. Information about suicide and the role of students in suicide prevention is presented in easy-to-follow lessons. This package is a comprehensive, whole-school suicide prevention curriculum for implementation in middle school and high school. This curriculum includes a program guide, a CD-ROM (which contains reproducible handouts and other resources) and a DVD. The Lifelines DVD contains two videos:

A TEEN'S GUIDE TO SUICIDE PREVENTION contains scenarios showing teens how to recognize the warning signs of suicide in their peers, and how to get help for a peer who may be thinking about suicide. **ONE LIFE SAVED** documents the true story of a suicide intervention that occurred after three students completed the Lifelines curriculum. A bonus DVD, called **NOT MY KID: What Every Parent Should Know**, is also included. In this DVD, Lifelines author Maureen Underwood and Lanny Berman, executive director for the American Association of Suicidology, answer common questions parents and caregivers have about teen suicide.

#13295/0795 Package 2009 \$229.95

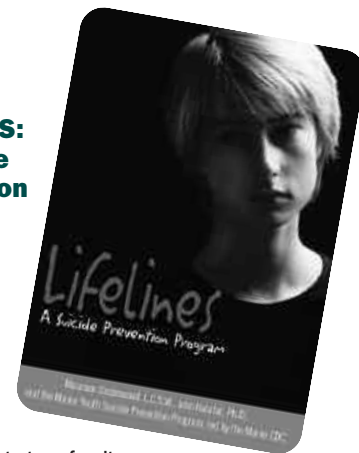
**NOTE - the DVDs are not sold separately*

A NEED TO CONNECT: A Personal Story About Suicide

This is an honest, intimate portrait of a young woman who attempted suicide after the man she loved killed himself in her presence. As she reflects upon her experiences as both a witness to and a survivor of the suicide of a loved one, she allows viewers to share her profound grief and sadness at the loss, and at her inability to prevent or even to understand it. Speaking directly to the viewer, she describes how, unable to come to grips with her feelings, she attempted suicide a second time. She speaks of the impulse to suicide as almost an addiction, but one which can be overcome, one day at a time, if the person is able to ask for help - and if others are there, able to provide it. This unique video will be tremendously valuable for suicide, crisis, and bereavement counselors, and for their clients, as well as for students and clinicians in psychology, social work and healthcare settings.

**The DVD includes Transcript and Questions for Discussion*

#11862/2265 15 minutes 2008 \$129.95



ONE SURVIVOR'S MESSAGE: Don't Kill Yourself

This program presents the story of an unsuccessful suicide attempt by a 16 year old...a survivor. He describes the circumstances that led him to the attempt and also talks about his recovery. He makes viewers aware that things changed drastically after his attempt and that he was happy that he had failed to end his life. He talks about the events in his life that he now recognizes brought him to a stage of very low self-esteem and how drug abuse took him over the edge. He also explains how he found value that gave his life new meaning in places he had never looked before.

#2273/0930 24 minutes 1997 \$159.95
Grades 7 to 12

SURVIVAL AND BEYOND

This is a video about suicide and the family. In this true story, an elderly man relates his journey through depression and multiple suicide attempts. Three generations of his family reflect upon their feelings and reactions as they lived through these experiences. Viewers are provided with a remarkable glimpse into the minds, hearts, and souls of a family who felt under siege by the very real possibility of death by suicide. The insights revealed in this poignant video explain the dynamics of depression and suicide, and the strength and power of the family as a resource.

**DVD contains the Facilitator's Guide and Transcript in PDF format.*

#7005/2265 29 minutes 2002 \$149.95

COUNSELING: A Guide for Teachers

Using a sensitive, real-world approach, this program assists teachers in understanding the process of counseling in high schools. It begins with a definition of counseling and goes on to explain the counseling process followed by a look at the variety of skills a counselor needs in order to work effectively with a young person. Also assists teachers in understanding

STRESS & WELLNESS

New!

STRESS, EMOTIONAL INTELLIGENCE AND OPTIMAL PERFORMANCE

This series featuring Daniel Goleman, Ph.d. teaches how to handle stress with emotional intelligence, demonstrating emotional intelligence, and the relationship between stress and optimal performance.

UNDERSTANDING EMOTIONAL INTELLIGENCE

Learn three basic strategies for handling stress with emotional intelligence: Become aware of your emotions; Self-regulate your emotions; and, Recognize and empathize with the emotions in others. This short tightly-scripted training film uses actors to illustrate the teaching points. The perfect introduction to Emotional Intelligence and the science behind it. 12 minutes

DEMONSTRATING EMOTIONAL INTELLIGENCE

Learn the subtle art of reading facial expressions and understand how our emotions are passed from one person to another almost like the common cold. Learn how "feel good" chemicals in the brain help you sync up with



others and encourage rapport. A key (and very funny) scene in the film shows how emotions play out below the surface when the actors reveal their true feelings directly into the camera, while acting like nothing is wrong with the other characters in the scene. In another scenario we see how a salesman can lose a potential customer by misreading her facial expressions. A great video for applying the basics of both emotional and social intelligence into the real world of work. 18 minutes

EMOTIONAL INTELLIGENCE AND OPTIMAL PERFORMANCE

Most people don't understand that a certain amount of stress is necessary for optimal performance.

Knowing the right amount for you is one of the five keys to staying highly motivated and engaged. Other strategies include learning how to control overly negative thinking (especially worry), how to recover quickly from an emotional episode, and how to handle disturbing emotions in yourself, your coworkers and your boss. Once you master the five simple steps outlined in this video, you will be able to get along better with others, handle stress better, communicate better, work more efficiently and be more productive. 15 minutes

**Each program comes with PowerPoint, Leader's Guide and Bonus Materials*

#14414/0185 Three programs 2011 \$295 each or Series \$795

ALL ABOUT STRESS SERIES

The programs in this series are available separately or as a three or five-part set. Features Dr. David Katz, a medical consultant for ABC News. Includes a full PowerPoint presentation, the video, handouts and bonus materials like a special behavioral change module based on the stages of change model. It will help employees, clients and patients learn how to effectively deal with stress in their daily lives.

1. RECOGNIZING STRESS

Stress affects everyone. Yet most people fail to make the connection between their own stress and the onset of stress-related health problems like recurrent colds, high blood pressure, mood disorders and chronic pain. With the help of Dr. Katz your audiences will begin to make this connection. This program follows four people who describe their difficulties with mood swings, disorganization, anger and insomnia and eventually come to understand the importance of managing stress. If you want to start a dialog about stress in your organization this is a great place to start. #12858 15 minutes

2. MANAGING STRESS

Wouldn't you like to let stress just roll right off your back? Wouldn't it be empowering to take criticism without being bothered by it? Wouldn't it be great if

you could communicate clearly in difficult situations without offending anyone? With help from Dr.

Katz your audience will learn five resiliency skills that will help them deflect stress, handle criticism better and communicate more effectively. They'll follow four people as they learn how to adapt, stay

flexible, accept change, be proactive and bounce back from adversity. If you want to help people make managing stress a lifelong habit, this video will get them started in the right direction. #12854 15 minutes

3. RESILIENCE: Mastering Stress

Learn how to tackle stress in five easy steps: Identify the source of your stress; Eliminate or avoid stress whenever possible; Rethink the stress you can't avoid; Cope with the stress you can't rethink.; and, Seek support. With guidance from Dr. Katz, your audience will follow four people as they learn to use this simple formula to deal with credit card debt, traffic jams, depression and a difficult boss. If you want to motivate people into action this is the program to choose. #12855 15 minutes



4. YOGA AT WORK

Now relaxation is only minutes away. Yoga instructor, Michele Elliman teaches you how to do yoga, right at your desk at work. Shoulders feel tight? Watch the shoulder circles stretch. Neck feeling stiff? Do some neck rolls. Hips feel achy, follow along with the hip-opening sequence. There are fourteen one to two minute postures that you can do in sequence or one at a time. Now you can take an invigorating break at work that doesn't involve caffeine, time away from your desk, or calories added to your waistline. #12857 25 minutes

5. STRESS, WEIGHT CONTROL AND EMOTIONAL EATING

Over eating can cause you to feel stressed and stress can cause you to overeat. It's a vicious cycle that, if left unchecked, can lead to all kinds of health problems including insulin resistance, diabetes, high blood pressure and heart disease. With guidance from Dr. David Katz your audience will follow four people as they learn seven strategies for overcoming emotional eating. If you want to give people practical advice on controlling weight without focusing specifically on dieting, this is the program to choose. #12856 15 minutes

#12860/0185 Programs One, Two & Three 2009 \$189 each or Series \$499.95

#12865/0185 Programs One through Five 2009 \$189 each or 5 Part Series \$799.95



TEEN ANXIETY DISORDER: Taking It Seriously

This film explores "social anxiety disorder" a condition in which teens feel extreme, unreasonable anxiety about being judged harshly by others, or about behaving in a way that might cause them embarrassment. A family who has lived through the problem, as well as two experts, explain how to recognize and help treat anxiety disorder in children.

#12576/0145 13 minutes 2008 \$149.95

DON'T STRESS OUT ABOUT IT! Stress Management for Teens

"The video is a great resource for students from junior through senior high school. Highly Recommended."
Lauren Aldridge, Educational Media Reviews On-line.

This unique, comprehensive stress management program, provides youth with the tools necessary to identify and manage the stresses of everyday life including disruptions at home, problems at school, community violence, the impact of war, difficulties with friends and more. For viewers ages 11 to 15, pediatric clinics, health classes, school programs, community resource centers. Provides an invaluable set of life skills for young people growing up in today's changing world. Divided into 7 easy accessible chapters: What is stress? What causes stress? What is healthy? Stress and the body. Stress and the mind. Stress and the emotions. Stress and the spirit

#11126/0395 45 minutes 2005 \$129.95

STRESS MANAGEMENT: Treatment and Understanding

How do those who provide counseling deal most effectively with clients who suffer from stress? This program will provide information, techniques, and handouts viewers can immediately use with clients. Dr. Edna Brinkley (Psychological Consultant and Private Practice) works with four clients of multi-ethnic backgrounds where she and her clients demonstrate and discuss:

- How stress affects the body, especially chronic stress.
- How to identify clients' unique sources and symptoms of stress.
- Lifestyle strategies for stress reduction.
- How to create a shared frame of reference about stress.

The excellent demonstrations, coupled with subtitles that highlight major points, make this "a must" for those in helping professions. The easy to use format allows viewers to immediately practice what they view after each section. DVD includes a separate CDROM that provides transcripts, PowerPoints and leader guide.

#11489/1410 59 minutes 2007 \$169.95

PREVENTING AND MANAGING STRESS

Some of the top minds on the subject of stress from Stanford University were involved in putting this program together. They tell us about the causes of stress and proven ways to lessen its negative impacts. And they tell us that in small amounts, stress can help focus attention and improve performance. But too much stress, too often, can hinder performance and

damage health. Stress can undermine any organization's bottom line by increasing absenteeism and decreasing productivity. Viewers learn about some unexpected symptoms of chronic stress and the dangers involved with them. They are also told how to recognize the difference between good stress and bad stress. Three techniques to manage stress (avoidance, short-circuiting, mitigation) are explained and demonstrated.

**Includes 21-page guide*

#4596/1005 22 minutes 2001 \$99.95

SUCCESS WITH STRESS SERIES

If stress is ignored or poorly handled it builds up and over time can cause serious long-term problems. Helpful, thought-provoking, action-oriented questions and numerous positive coping strategies to successfully manage stress are woven throughout these video sessions. Each session of this comprehensive series focuses on a specific stress-related issue and helps participants: Perceive and understand good and bad stress in their lives; Learn how their value and belief systems affect their stress levels; Identify positive coping skills that work for them; and, Create action plans to successfully manage their stress.

Session 1: TAKE CHARGE OF YOUR LIFE!

Stress is a fact of life. But too much stress can break down a person's physical, mental, and emotional health. In this session, people learn how identifying values, making commitments, and personal planning can help them manage the stress in their lives. They begin to make choices that support their values and develop a personal plan to take charge of their lives. 17 minutes

Session 2: GET READY FOR CHANGE!

You can't stop change but you can prepare for it. Instead of being caught short by the current rapid changes in the job market, technology, families, and society, individuals can prepare mentally, emotionally, and physically. By learning the skills of re-labeling, hardiness, resiliency, and surrender, people can adapt to change successfully. Change is inevitable. Being ready for it is a choice. 19 minutes

Session 3: BUILD HEALTHY RELATIONSHIPS!

Although relationships with family, friends, and coworkers are essential, they can also be difficult. In this session people learn the importance of developing a community of friends for mutual support. They learn the skills of listening, contact, and faith to build and maintain healthy relationships. 16 minutes

Session 4: MANAGE A FAST-PACED LIFE!

Living in the fast lane offers excitement and challenge, but when the pressures of life pile up, it's easy to spend energy on things that don't matter. By refocusing on priorities and goals that reflect personal values and by developing the skills of pacing, assertiveness, and time management, people can live more satisfying lives. 16 minutes

Session 5: REPLACE SELF-DEFEATING BEHAVIORS!

Everyone develops coping strategies to help manage stress: some are excellent, others are actually dangerous. Poor coping strategies may become part of the problem and even lead to addictions. In this session, people learn to identify self-defeating behaviors by reflecting on their values and current coping patterns. 17 minutes

Session 6: DEVELOP NEW STRESS SKILLS!

In our fast-paced, ever changing world, stress is inevitable. It takes courage to make difficult decisions and change behaviors to manage stress. If you develop good stress management skills you can emerge from stressful times feeling less overwhelmed, even healthy and happy. In this session, people discover they benefit from learning and practicing a variety of coping skills for dealing with stress. 19 minutes

**Each session includes a Leader Guide to help you plan your workshop and Reproducible Worksheets to help your audience assess their options and plan for change*

#11180/2160 Six programs \$99.95 each or Series \$539.95

PREVENTING BURNOUT IN YOUR ORGANIZATION

What can be done about burnout and its high costs both to the employee and the organization? Professor Christina Maslach describes six contributing factors that increase the risk of burnout, and the human toll it takes on individuals and job performance. Dr. Maslach then suggests intervention strategies that turn the multidimensional syndromes of exhaustion, cynicism and ineffectiveness into energy, involvement and achievement. Christina Maslach, Professor of Psychology at the University of California at Berkeley, is one of the pioneering researchers on job burnout, and is the creator of "The Maslach Burnout Inventory," the most widely used research measure in the field. She holds an AB, magna cum laude, in Social Relations from Harvard-Radcliffe College, and a PhD in Psychology from Stanford University.

**Part of the EXECUTIVE BRIEFINGS Series*

#10037/1005 53 minutes 2001 \$99.95

IMPACT OF STRESS, EXERCISE, AND LIFESTYLE ON THE IMMUNE SYSTEM

This program reviews the components of the immune system, including a definition of the basic cell types of the immune system that are important and a simple overview of their function. Also details the specific effect of stress, exercise, and lifestyle on the immune system and provides guidelines for incorporating exercise and healthy lifestyle practices into daily life.

#14379/0463 24 minutes 2008 \$69.95

THE STRESSBUSTER COLLECTION! with Loretta LaRoche



Loretta LaRoche shares her wacky and irreverent ways to discover the healing power of humor, and stop "global whining" in this collection. These three programs are great for raising the laughter level and bringing down the stress in almost any situation whether for individuals or in groups.

THE JOY OF STRESS -

Deals with managing change through humor and choice. Clear instructions are provided on how to become crazed and humorless! Explore humorous options to reduce stressful situations. Guaranteed to provide a natural high that comes with a dose of laughter. 56 minutes

HUMOR YOUR STRESS - Faxing, phoning, whining, over-achieving, over-scheduling, and over-dressing have taken over... Watch out! Loretta's here to lead viewers back to a simpler and much funnier time. 56 minutes
HOW SERIOUS IS THIS??! - Viewers learn to move and groove with Loretta... Get back!! Her technique of exaggeration therapy let's us magnify our many, many woes so we can wallow in self-pity and bring whining to a new level of artistry. 80 minutes

#1027/1725 Three programs \$69.95 *CC

STRESS AND HUMOUR

This hilarious program explores the relationship between stress and humour. Stress and humour go well together. A sense of humour allows us to see the lighter side of life's problems, especially those we cannot change. As you laugh along with a studio audience, you'll discover for yourself the energizing and relaxing benefits of laughter. You'll learn where to find and use humour to develop a more playful disposition, boost your sense of humour and get other people laughing. The program is filled with funny stories, practical ideas and props to bring more humour into your life. Can be used as a 'fun break' at home and at work for meetings, training sessions and team building.

**See the companion program LIVING WITH STRESS (see below)*

#13611/0293 27 minutes \$129.95

LIVING WITH STRESS

This program gives strategies to help viewers reduce stress and feel more in control. Explains stress and how each person has a choice in how they respond to it. Demonstrates the mind-body connection and how your mood or the way you feel can lead to relaxation or stress. This fresh insight will challenge you to re-think habits of thought and action that may be creating stress in your life. A special feature is the inclusion of a prescription for good health to better withstand stress, recover from it quicker and have more energy. This is a useful program for people in challenging situations when they need to rise above their circumstances.

The companion program to this title is STRESS AND HUMOUR (see above)

#13503/0293 28 minutes 2005 \$195

FROM STRESS TO STRENGTH

This best-selling video features Dr. Robert Eliot... one funny cardiologist! This program is loaded with jokes and great advice. The message he delivers in such an entertaining fashion is how to use stress reduction techniques to raise our personal and work productivity while maintaining health and resistance to disease.

#6959/0915 54 minutes \$129.95

STAYING POSITIVE

A positive attitude is too important to be left to chance. That's because everything you do can be easier and more enjoyable when you're in a good mood.

Being in a good mood can improve relationships, enhance learning, make hard work easier, prevent accidents and reduce stress.

There is also a strong connection between positive emotions and good health.

STAYING POSITIVE is an exciting, energetic and entertaining feast of ideas for getting into a good mood and staying there. By watching this program, you'll be more aware of the times when you may be tempted to give in to negative emotions and what you can do to cut them off and choose more helpful alternatives. There's a lot in this program, including: How attitudes are transferred in the workplace; The price you pay for being in a bad mood; How to use the power of your mind to see things differently; etc
#13609/0293 42 minutes \$99.95



PROFESSIONAL MENTAL & PHYSICAL HEALTH

KINETIC supplies just about every major producer of Professional Health programs some of whom specialize in programs devoted to nursing. This includes but is not limited to the following. Catalogues are available upon request. We would also be more than pleased to seek out programs you cannot locate and/or to check and see if we can supply programs you wish to order.

*****Some of the suppliers we represent...**

- Microtraining Associates
- Psychotherapy.net
- American Psychological Association
- Visual Education America (VEA)
- Concept Media
- Delmar/Cengage
- Lippincott, Williams & Wilkins
- Minnay Educational Services
- NEVCO
- Cromwell
- Envision
- Nelson
- Terra Nova
- Insight Media
- Films Media Group



***** A few examples of the programs we have from these suppliers...**

- New! DELMAR'S COMPREHENSIVE NURSING SKILLS SET
- LIPINCOTT'S GUIDE TO PSYCHIATRIC MENTAL HEALTH NURSING
- MEDICATION ISSUES IN MENTAL HEALTH
- MENTAL HEALTH NURSING
- CORE CONCEPTS IN NURSING
- EFFECTIVE COMMUNICATION PRACTICES FOR HEALTHCARE PROFESSIONALS
- THE HISTORY OF NURSING
- HOW TO TRY THIS: Assessments and Best Practices in the Care of Older Adults

*****WELL! THERE ARE JUST TOO MANY TO MENTION!!!**

So, just go to our website and input "NURSING" - or whatever you are trying to find as a keyword - and you'll get a quick summary of programs available! And most are also available for streaming. AND don't forget to check out our LATEST RELEASES updated weekly on our website with the newest always on top of the list.



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