

DVD/STREAMING

# ADDICTIONS CATALOGUE

# 2017



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255 Great Arrow Avenue, Buffalo, NY 14207

Toll-Free: (800) 466-7631

Fax: (716) 856-7838

E-mail: [info@kineticvideo.com](mailto:info@kineticvideo.com)



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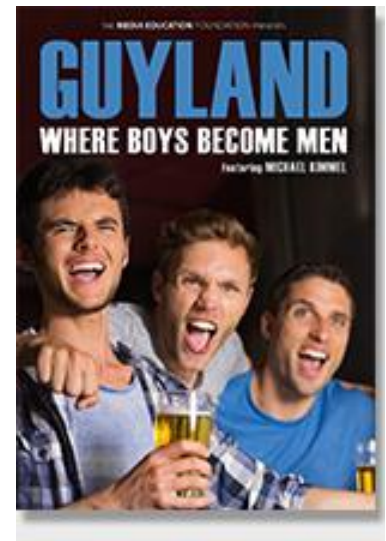
## EXPLANATIONS & CULTURE OF ADDICTION

### GUYLAND: Where Boys Become Men

GUYLAND is much more than a critique of traditional masculinity. It's a 30-minute resource for 16 to 24-year-old guys who want to figure out just what kind of a man they want to become. Michael Kimmel's insights and lots of poignant media clips combine to explain how so many young males seem to be 'deer in the headlights' of historical changes in gender relations, work, family, and sexuality. The hazards of male 'adulthood', which are often painted as normal or even desirable, can include suppression of emotions, physical and emotional scars from hazing rituals, **EXCESSIVE ALCOHOL AND DRUG USE**, homophobia, sexual abuse of women, and failed relationships. GUYLAND reveals how conformity to traditional masculinity can hurt both men and women, and better still, it will help male viewers rethink and reshape their life and identity." Don Sabo - Founder and Director of the Center for Research on Physical Activity, Sport & Health (CRPASH) at D'Youville College

**FULL VERSION** #16065/0685 35 minutes 2015 \$149.95 (Colleges & Universities \$279.95)

**ABRIDGED VERSION** #16103/0685 28 minutes 2015 \$149.95 (Colleges & Universities \$279.95)



### **\*Best-seller!** BRAIN DEVELOPMENT AND ADDICTION with Gabor Maté

Gabor Maté, M.D. provides a clear explanation of addiction and its crucial relationship to brain development in early childhood and associated environmental conditions. Dr. Maté describes why we seek such destructive ways to comfort ourselves and why it is so difficult to stop.

#14733/0867 64 minutes 2009 \$189.95 \*SA

### ADDICTION: Biopsychosocial Model by Terence T. Gorski

These programs present the most recent research on addiction as a brain disease that causes personality problems and social dysfunction.

**MIND-ALTERING SUBSTANCES** takes a hard look at alcohol and other drugs - what they are, how they work and why they can be dangerous.

**ADDICTIVE RISK FACTORS** explains the physical, psychological, and social risk factors that set people up for abuse and addiction.

**SUBSTANCE ABUSE AND ADDICTION** describes the symptoms of substance abuse and addiction.

#13410/0815 Three programs on one DVD 2002 \$299.95

### **\*Best-Seller!** ADDICTION: The HBO Series **\*Detailed descriptions of each program are available**

Featuring valuable case studies and expert commentary, this all encompassing series offers a wide-ranging look at the science and the human face of addiction. Personal stories from drug users and their family members are combined with in-depth perspectives from leading psychologists, drug counselors, and other experts on substance abuse. Educators will find the series format - beginning with a comprehensive overview (86 minutes) followed by 13 short documentaries - helpful for both group discussions and lectures.

*\*Contains mature themes, occasional explicit language, and some graphic injury footage.*

**ADDICTION: A Comprehensive View (86 minutes)**

**WHAT IS ADDICTION? (20 minutes)**

**UNDERSTANDING RELAPSE (22 minutes)**

**THE SEARCH FOR DRUG TREATMENT: A Challenging Journey (21 minutes)**

**THE ADOLESCENT ADDICT (26 minutes)**

**AN INTERVIEW WITH NORA D. VOLKOW, M.D. (25 minutes)**

**AN INTERVIEW WITH MARK L. WILLENBRING, M.D. (22 minutes)**

**AN INTERVIEW WITH MICHAEL L. DENNIS, Ph.D. (22 minutes)**

**AN INTERVIEW WITH KATHLEEN T. BRADY, M.D., Ph.D. (19 minutes)**

**GETTING AN ADDICT INTO TREATMENT: The CRAFT Approach (18 minutes)**

**TREATING STIMULANT ADDICTION: The CBT Approach (23 minutes)**

**OPIATE ADDICTION: Understanding Replacement Therapy (19 minutes)**

**SOUTH BOSTON DRUG COURT (20 minutes)**

**A MOTHER'S DESPERATION: Resorting to the Law (24 minutes)**

#12390/0635 Fourteen separate DVD programs 2006 \$169.95 each or Series \$2,189.95



### ADDICTIONS: Chemical and Behavioral

Addiction. The word has taken on a fairly generic meaning in everyday usage but actually has a pretty specific scientific and professional meaning. What is this pattern of behavior that can be applied to alcohol and other drugs, as well as problems like gambling and eating disorders?

#9803/1420 21 minutes 2004 \$119.95 \*SA

### THE ADDICTIVE PERSONALITY

Does addiction have a genetic factor? Can any type of addiction be treated medically? What steps can family members take to help a loved one struggling with addiction? This program provides answers to several addiction-related questions, focusing on the complexities of the addictive personality.

#12173/0635 30 minutes 2007 \$129.95 \*CC



## ROOTS OF ADDICTION Update! Drugs and Behavioral Compulsions

A newly updated video with fresh graphics, creative animations, and current research information presents viewers with an over view of the biological and environmental reasons people become addicted to alcohol, tobacco, prescription medications, illegal drugs, or engage in compulsive behaviors. Appropriate for client groups, professional training, and counselor education. #9095/0410 33 minutes 2011 \$199.95 \*SA

### **\*Best-Seller!** USE, ABUSE, AND ADDICTION

This comprehensive series by multi-award-winning producers of UPPERS, DOWNERS, ALL AROUNDERS addresses everything from the history of drugs through to treatment and recovery including the physiology, neurochemistry and sociology of drugs and compulsive behaviors .

\*\*\* An ideal visual resource for educational, clinical and training applications.

**DVD ONE (4 programs)** - HISTORY - 14 minutes, PREVENTION - 19 minutes, TREATMENT -14 minutes, MENTAL HEALTH AND DRUGS - 16 minutes

**DVD TWO (6 programs)** - HEREDITY, ENVIRONMENT AND PSYCHOACTIVE DRUGS - 14 minutes, UPPERS - 13 minutes, DOWNERS: Sedative, Hypnotics - 18 minutes, ALCOHOL - 17 minutes, ALL-AROUNDERS - 20 minutes, and OTHER DRUGS, OTHER ADDICTIONS - 20 minutes.

\*\*\* Detailed descriptions of each part are available on our website.

#13155/0410 Ten programs on 2 DVDs 2010 \$229.95 \*CC \*SA



## SERVING ALCOHOL RESPONSIBLY

Anyone serving alcohol to customers must do so responsibly. This includes owners and licensees of premises, bar and drinks staff and security and other staff who might make judgments about patron behaviour. Alcohol affects people differently and it's important to recognize when someone is or isn't becoming alcohol-affected to the point where no more should be served. And critical is the ability to deal with a situation effectively and appropriately. This video covers the skills required to ensure the responsible service of alcohol. #16089/0545 32 minutes 2014 \$129.95

## THE MANY SUBSTANCES OF ADDICTION

### **\*Brand New!** MEDICAL ASPECTS OF SUBSTANCE USE DISORDERS

How do alcohol and other drugs affect brain functions? And how can you communicate this complex information in a way that is easy to understand? This informative program has been updated with the latest information on brain science and addiction and meets DSM-5 compliance. \*\*\*Commentary by medical experts, Marvin D. Seppala M.D. and Joseph Lee M.D.

Already a best-selling program that includes a Facilitator Guide that provides step-by-step instructions on how to deliver a 60-minute client group session that is both engaging and informative. Reproducible fact sheets for adolescents and adults are also included to support the message that drugs change brain chemistry and that abstinence allows it to return to normal. #16132/0795 25 minutes 2016 \$279.95 \*CC \*SA

## DRUGS OF ABUSE: Treatment and Recovery

Using dramatic narratives, this compelling DVD offers an inside look at the disease of addiction, the treatment process, and long-term recovery. Doctors and clinicians join individuals in recovery to discuss the symptoms and consequences of drug abuse, the neurobiology of addiction, substance abuse treatment, and life in recovery. The accompanying CD-ROM features reproducible materials for both clients and professionals #15082/0795 90 minutes 2012 \$399.95 \*CC

## MEDICAL CONSEQUENCES OF ADDICTION *from the producers of UPPERS, DOWNERS ...*

This program investigates the very real and diverse medical problems caused by the heavy and long-term use of psychoactive drugs, especially tobacco, alcohol, methamphetamines, and marijuana. As with previous CNS productions it is not based on scare tactics or moralizations ...just the facts, ma'am, (but that's pretty scary in this case anyway)! #9655/0410 36 minutes 2005 \$195 \*SA

### **\*Best-Seller!** DRUGS AND THE BRAIN SERIES

"This is your brain on drugs" may be an effective sound bite, but the reality of drug use and abuse is more complicated. As this five-part series shows, the brain can be affected by drugs and alcohol in many different ways, depending on the substance consumed.

**STIMULANTS: The Mechanics of Pleasure** - Explores the workings of the human nerve center under the influence of cocaine, amphetamines, and other stimulants.

**PAINKILLERS: Numbing the Mind**

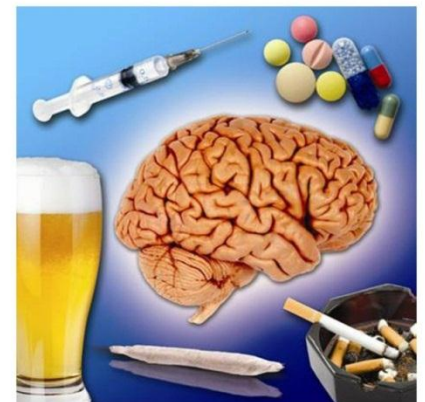
Shows how opium and its derivatives, heroin and morphine, hijack that natural pain-numbing ability. Depicts the process by which brain receptors become desensitized and thus addicted.

**LEGAL DRUGS: Still Addictive, Still Deadly** - Details the ways smoking and drinking chemically take hold of the brain.

**CANNABIS: Satanic Herb or Healing Potion?**

As has occurred with most drugs, the neurological effects of cannabis have only recently been fully identified and understood. This program presents many of the latest findings, including new investigations into the clinical applications of the drug.

**DESIGNER DRUGS: Uncertain Borders** - In the 20th century, LSD and ecstasy became the hallucinogens of choice. Provides a detailed look at the effects of these and other such substances on the brain. #10790/0635 Five 51 minute programs 2005 \$169.95 each or Series \$799.95



## MARIJUANA



### **\*Brand New!** CANNABINYZED: The Physical and Mental Effects of Marijuana

As the legal status of marijuana changes, its perceived dangers are lessening while the potency of the drug is increasing. This video covers marijuana as a psychoactive substance that induces its effects by manipulation of natural brain chemicals known as the endocannabinoids. The toxic and addictive impact that results from the drug's disruption of natural endocannabinoids is characterized in this video by the testimony of those impacted by the drug and by the scientists who are studying its effects. This video will help to clarify the many myths and misconceptions regarding the effects of marijuana. #16162/0410 26 minutes 2016 \$199.95 \*CC \*SA

### MARIJUANA: Neurochemistry and Physiology

This objective, non-judgmental video examines and explains all that is currently known about marijuana and its effects on users from scientific, medical and psychological points of view. #9855/0410 32 minutes 2005 \$195 \*SA

### ALL ABOUT MARIJUANA

Is marijuana a gateway to addiction, to mental illness, to raised consciousness and spirituality? None of the above? Is it really the best choice for alleviating suffering from serious medical conditions? Viewers get some up to date scientific opinions on the consequences of smoking-up. #13143/1420 20 minutes 2010 \$119.95 \*SA

### INTRODUCING CANNABIS: Risks, Laws and Habits

It appears that some people can smoke a little dope and walk away completely unscathed while for others those weird images from Reefer Madness are anything but a joke! Viewers get the latest research results on some of the psychological consequences. #11696/0545 27 minutes 2007 \$129.95 \*CC \*SA

### MESSING WITH HEADS: Marijuana and Mental Illness

The widespread use of marijuana only started to happen four decades ago. Research into the long-term effects has revealed some disturbing mental health issues. Because the THC content of modern marijuana is so much greater than the original natural strains, those issues, including schizophrenia and paranoid psychosis, may be on the gentler end of a very steep incline. That research is explained. #4729/0635 46 minutes 2005 \$169.95 \*CC

## COCAINE & CRACK

### COCAINE

Intense, but brief highs followed by profound lows - this program explains how cocaine produces these effects and describes side effects and dangers of cocaine use. Outlines a treatment plan using an integrated approach. #13214/1420 20 minutes 2010 \$119.95 \*SA

### COCAINE AND CRACK: A Craving for More

An examination of the powerful stimulant cocaine and its smokeable form crack. The program looks at cocaine's effect on the body's energy supplies and the reward reinforcement center; the neurochemical effects of chronic and high-dose use; the reasons compulsion and addiction develop; treatment strategies when users want to recover. #7408/0410 35 minutes 2003 \$195 \*SA

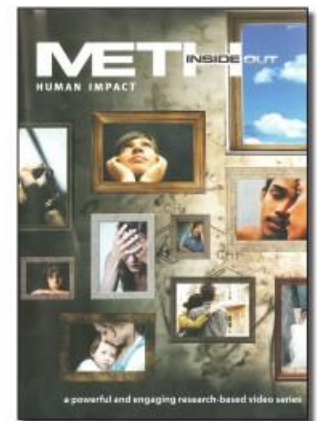
## METH & UPPERS

### HUMAN IMPACT: METH: INSIDEout

This groundbreaking program is designed to equip meth users, their families, and the professionals who assist them with a solid understanding of the biological basis of addiction, effective tools for recovery, and, most importantly, hope for the future. Provides an eye-opening introduction to meth's impact on individuals, families, and communities across the globe. #12849/0599 34 minutes 2009 \$99.95 \*SA

### THE SCIENCE OF METHAMPHETAMINE: An Informed Recovery

Provides a primer on some of the very real and peculiar challenges that surface during treatment for meth addiction. Difficult as it may be at times, hope is offered here to those who are fighting for their own lives or the lives of their clients in this engaging struggle for control against one of the most virulent substances available for abuse. #9567/0795 30 minutes 2005 \$225 \*CC



### METHAMPHETAMINE AND THE BRAIN

This program describes the effects and side effects users of methamphetamine and how they differ depending on the dose and method of use. Also explains why the depression following a prolonged binge is so severe and the treatment so difficult. #13213/1420 25 minutes 2010 \$119.95 \*SA

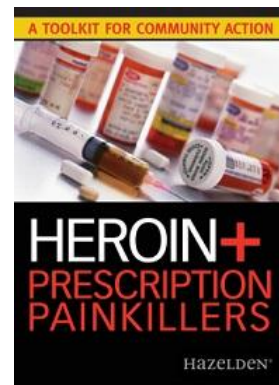
### METHAMPHETAMINE: Neurochemistry and Recovery

In the CNS tradition, great animation, solid science, non-judgmental, delivers the deadly facts about meth and how it ravages both body and mind. As the epidemic of meth use spreads through every level in society the message must be clear and convincing as to how and why this addiction is so lethal. #4441/0410 31 minutes 2006 \$15 \*SA

## **PRESCRIPTION DRUGS & OTHER SUCH SUBSTANCES**

### **HEROIN AND PRESCRIPTION PAINKILLERS: A Toolkit for Community Action!**

This comprehensive resource brings together community leaders, health care providers, schools, and parents to develop a multidisciplinary, coordinated plan for addressing the issue of opioid addiction and overdose that communities are currently facing. This Toolkit includes a CD-ROM of reproducible resources. The Video component is a compilation of DRUGS OF ABUSE specifically for adults and YOUTH & DRUGS OF ABUSE for adolescent audiences on topics related to opioid abuse. #15941/0795 20 minutes 2014 \$119.95 \*CC



### **BEYOND OPIATES**

This video presents a fresh new perspective on the science of pain and how it influences recovery from opioid dependency **including fentanyl**. The content focuses on a new paradigm for understanding chronic pain showing how the extended use of prescription painkillers increases the sensitivity of nerve cells thereby magnifying pain (hyperalgesia, hyperpathia, allodynia). Interviews with recovering addicts and treatment professionals illustrate the challenges opiate addiction creates and presents a message of hope and encouragement for clients to examine recovery in light of this new view of treating dependency and pain. #15738/0410 33 minutes 2013 \$119.95 CC \*SA

### **PRESCRIPTION AND OTC DRUGS: Misuse and Abuse**

A thorough examination of legal drugs and the pharmacological principles that determine effects, both desired and damaging. Explores the idea that any substance can be a therapeutic drug, a psychoactive drug, or a poison, depending on the dose or interactions with other drugs. Focuses on legal psychoactive drugs, particularly analgesic medications, such as Vicodin and OxyContin, and the difficulties when trying to control pain with drugs. Also recognizes the problems with over-the-counter drugs, including muscle relaxants, cold and cough remedies, diet pills, and herbal supplements and medications. Suggests precautions that can facilitate the safe use of these drugs. #9037/0410 36 minutes 2004 \$195 \*SA

### **PRESCRIPTION DRUG ABUSE**

Prescription drugs are some of the most potent and potentially most addictive and destructive drugs available. This program describes the different kinds of prescription drugs that are abused such as CNS depressants, opiates, and stimulants. Addiction mechanisms, brain chemistry and behaviors are explained so that viewers begin to understand how use turns to abuse and then to addiction. Techniques for prevention and treatment are also discussed. #7348/1420 19 minutes 2003 \$119.95 \*SA

### **THE DARK SIDE OF A PILL**

One in ten adults in the Western world is on antidepressants. These prescription drugs are among the most lucrative products of the medical industry. But the wonder drug has a dark side. Violence and even murders are now being associated with prescribed antidepressants in situations and with people who otherwise show no signs of extreme behavior. This is not a film that is for or against - it is about informed consent and about openly acknowledging the real problems with medicating 10 to 15 percent of the population with a drug that changes the chemistry of the brain with an effect that at times can be overwhelming, even fatal. #15795/0605 58 minutes 2013 \$299.95



### **BATH SALTS AND OTHER SYNTHETIC DRUGS**

Examines readily available designer drugs that can produce powerful highs while exposing the immensely damaging effects such chemicals cause to the brain and other organs when ingested. A police officer, a toxicologist, an addiction counselor, and a recovering addict talk seriously and frankly about substance abuse and its life-wrecking effects in a way that will make viewers take notice, while a what-if dramatization of a young teen who dies of a bath salts overdose will leave viewers thinking about the power of peer pressure - both face to face and via texting.

\*Contains scenes of drug abuse and overdose. . #15969/0635 45 minute 2014 \$99.95 \*CC

## **KEY TREATMENT & RECOVERY ISSUES**

### **\*Brand New! RECOVERY BASICS VIDEO**

People find that almost every aspect of their life is uprooted and disrupted once they begin recovery, and these changes can be radical and far-reaching. Being well prepared during this transition dramatically increases the odds of a successful recovery. RECOVERY BASICS helps smooth that transition by equipping those in recovery with the strategies and tools needed when small choices can have big consequences. In this engaging video, mental health expert Amanda Klinger, PsyD, LP, from the Betty Ford Foundation discusses six basic topics: \*Starting Your Recovery \*Preventing Relapse \*Managing Your Day \*Managing Thoughts and Feelings \*Building Healthy Relationships \*Keeping it Going Specific techniques that address cravings, triggers, negative influences, conflicting emotions, shame, guilt, and relapse are presented in a way that is easy to understand.

#16142/0795 60 minutes 2016 \$229.95 \*CC \*SA





**\*Brand New! HEALTHY SEXUAL RELATIONSHIPS IN RECOVERY**

Oftentimes people in recovery struggle with relationships, and sexual relationships can present some of the biggest challenges. This program offers advice from experts who address three distinct areas:

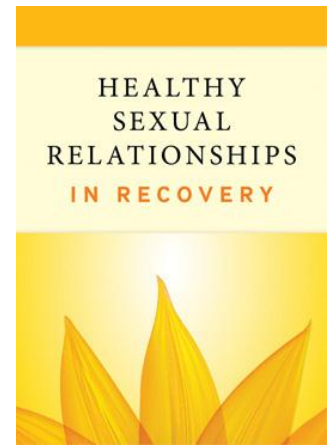
\*Physical Sexual Health addresses sexually transmitted diseases, infections, exams, and pregnancy.

\*Mental Sexual Health deals with a person's security, trust of others, self-image, and confidence when it comes to making healthy choices.

\*Abuse explains the different forms and cycles of abuse, healthy boundaries, safety, and self-care, and the next steps in regaining empowerment after abuse.

Ideal for a variety of settings including treatment centers, mental health centers, and correctional facilities, this video series can help those in early recovery overcome some of the basic challenges of recovery and increase their chances of living a healthy life.

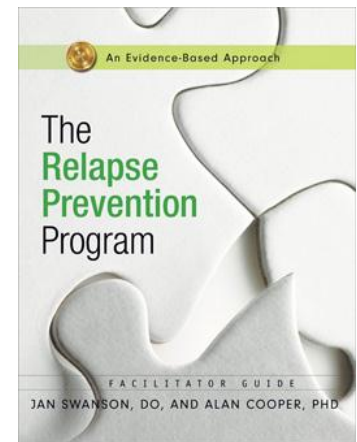
#16144/0795 110 minutes 2016 \$229.95 \*CC \*SA

**\*Brand New!****THE RELAPSE PREVENTION PROGRAM: An Evidence-Based Approach**

The urge to use alcohol or other drugs can be triggered by many factors, including work-related stress, family problems, mental health disorders, physical pain, and social or environmental events. Any one of these risk factors can set off a relapse.

Based on G. Alan Marlatt's widely used, evidence-based protocols, The Relapse Prevention Program (formerly titled Relapse Prevention Skills: Helping Clients Address High-Risk Factors) helps clients identify high-risk situations, work on responses and coping skills, and explore lifestyle factors that may increase vulnerability. By following this model, clinicians can customize a program based on each client's unique needs and minimize the risk of relapse. Ideal for use in a variety of settings, this nine-unit program can be used in either individual or group sessions. It can be used as a stand-alone program or as a supplement to an existing program. This program includes this facilitator guide, client guides and worksheets on a CD-ROM, and a video that demonstrates successful ways to address common and critical risk factors that can lead to relapse.

#16155/0795 23 minutes 2016 \$249.95 \*CC \*SA

**\*Brand New! THE LIVING SKILLS SERIES**

Understanding and practicing the skills needed for daily living are tremendously important, especially in today's economic climate. *This new LIVING SKILLS is divided into two unique components.*

**PERSONAL GROWTH** covers the internal skills needed to be a positive member of a community.

Topics include: \*Making decisions; \*Refusal skills; \*Interpersonal skills; \*Values and responsibilities; \*Setting and attaining goals; and, \*Parenting and child development.

**PRACTICAL GUIDANCE** provides information on the day-to-day external skills needed to live a healthy life. Topics include:

\*Hygiene and self-care; \*Sexual health; \*Looking for work; \*Education; \*Managing money; and, \*Securing housing.

\*\*\*Each of the programs are provided on two DVDs and a CD-ROM. Each topic includes a four-session Facilitator Guide, reproducible client handouts and workbook. Videos show each skill in action. Ideal for treatment, mental health, criminal justice and a wide variety of other settings, this program provides all the tools necessary to help clients live healthy, fulfilling lives.

#16135/0795 Two DVDs and CD-ROM 2016 \$699.95 \*CC \*SA

**\*Brand New! CONFIDENT PARENTING IN RECOVERY**

Oftentimes people in recovery are trying to be the best parent possible, without the benefit of strong family support or role models. This program offers advice and tools from educators, counselors, and parents who have unique perspectives because they too have struggled with the same parenting challenges. *Topics include:*

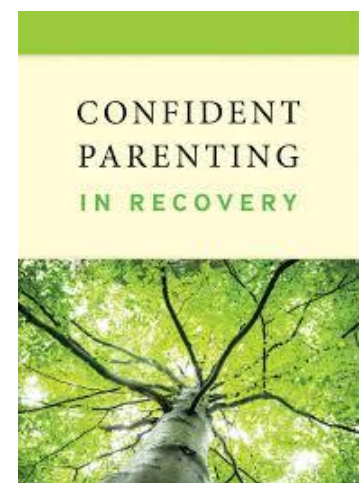
\*Discovering your parenting style                      \*Exploring stages of child development

\*Setting boundaries                      \*Learning the roles of mother, father, and caregiver

\*Parenting while navigating through trauma

\*Teaching better behavior through motivational strategies Ideal for a variety of settings including treatment centers, mental health centers, and correctional facilities, this video series can help those in early recovery overcome some of the basic challenges of recovery and increase their chances of living a healthy life.

#16143/0795 40 minutes 2016 \$229.95 \*CC \*SA



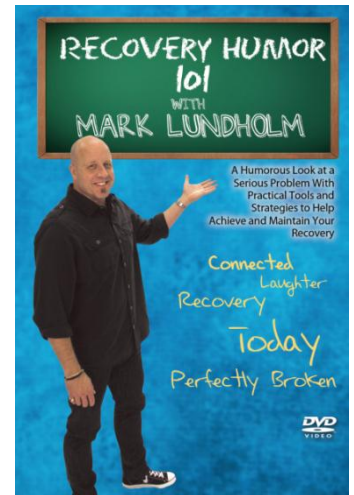
## RECOVERY HUMOR 101

An all-new, powerful stand-up comedy product written and preformed by Mark Lundholm. Performed in front of a live audience, this quick-paced show is packed with truths about addiction, humorous stories, powerful life lessons, anecdotes, and unforgettable strategies to help ensure a successful recovery, and what stands in the way. Through humor and thought provoking observations about this disease, Mark helps us to look deeply at ourselves, and find new ways of dealing with old problems.

The 40-minute performance was designed to fit well into a 60-minute time slot, allowing for introduction and brief discussion. Many people in recovery have found Mark's approach and use of humor to be a powerful tool in achieving and maintaining their sobriety. The video can be watched standalone or used along with the workbook developed specifically for this program. The workbook expands on several key topics covered in the presentation, as well as custom written exercises designed to teach, and highlight the most valuable concepts in achieving and maintaining sobriety. Also includes a clinical guide to help professionals use RECOVERY HUMOR 101 with their clients.

#16097/0370 40 minutes 2015 \$169.95

\*Purchase includes DVD, Workbook and Clinical Guide. The DVD may also be purchased separately. Additional Workbooks are also available separately and in packages of 10, 25 and 100.



## \*Best seller! ALCOHOL AND ITS EFFECTS

This comprehensive video provides the latest scientific, medical and psychological information on alcohol and its addictive qualities. Describes the effects based on blood alcohol levels and length of use. Graphics, animation, and brain scans are used along with detailed explanations from top alcohol researchers, treatment professionals, and recovering users. The neurochemistry of tolerance and withdrawal; emotional and physical reasons for drinking and craving; genetic and environmental contributions to alcoholism; causes for different levels of drinking (e.g. binge); social effects of drinking (e.g., DUI, violence); effects on the developing fetus (e.g., FAS & FAE); treatment and recovery strategies are all dealt with in detail. #7407/0410 60 minutes 2001 \$195

## ADDICTION RECOVERY AND PHYSICAL ACTIVITY

Addiction recovery is not just about abstinence. Rather, it is about adhering to a healthy lifestyle - one that guards against relapse and promotes biologic wellness. The logic of the body is to move, because a physically active lifestyle helps to guarantee the organic balance essential for a comfortable and functional recovery. This program explains how a moderate level of daily physical activity can help insure the occurrence of this natural phenomenon.

#14576/0463 66 minutes 2008 \$79.95

## SUBSTANCE ABUSE AND NUTRITION

For drug and alcohol abusers, aside from not eating properly, or eating at all for that matter, the substances of abuse can themselves be agents for depleting the body of nutrients, vitamins and minerals. On the flip side, people in recovery can often not recognize the fact that they have been starving their bodies and developed extremely unhealthy eating habits that can themselves promote relapse

#4393/1420 20 minutes 2006 \$119.95 \*SA

## \*Best Seller! HUMOR IN TREATMENT with Mark Lundholm

What's funny about a DVD on addiction recovery? Everything! In what could be the most uplifting 90 minutes ever spent in drug and alcohol rehab, HUMOR IN TREATMENT is at once familiar, edgy and ripe with optimism. As one program director says, Lundholm uses humor to disarm us - we see our pain and self-destructive behavior - and that we can progress to a new life. An indispensable tool for any counselor or client in a drug and alcohol rehab program. Funny. Raw. Inspiring. Get one of the best addiction treatment tools around! In three sequential phases:

**GETTING HERE** – How you ended up in treatment; **BEING HERE** – What you need to do in treatment; and, **LEAVING HERE** – Where you go after treatment is up to you. The series supports the therapeutic rehabilitation of people in addiction treatment.

#13904/0370 90 minutes 2007 \$149.95

## KID, WIFE, MIDLIFE with Mark Lundholm

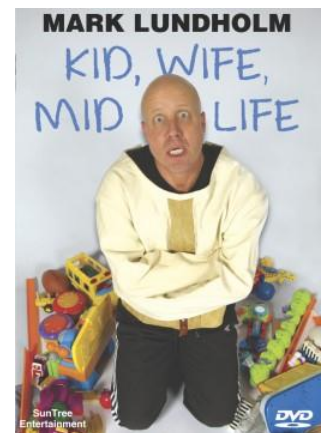
In this hilarious stand-up performance filmed live for a homeless benefit. Mark Lundholm unleashes his unapologetic observations on topics ranging from family, marriage, kids, midlife, to societal examinations of addiction, recovery, and the dysfunctional way we cope regardless of age, gender, or sexual orientation. Mark is on fire as he connects with the audience and delivers his hardcore views about homelessness, addiction, the road to recovery, and how commitment and communication are key tools to keeping sober. Packed with brand new jokes, stories, and truths that will not only make you laugh, but will make you think.

#15751/0370 60 minutes 2012 \$79.95

## ADDICTED LIVE! A Comedy of Substance with Mark Lundholm

This is a hilarious and unexpectedly moving view into one man's journey down the rabbit hole of bad choices, wrong places, and insurmountable obstacles and the transformation that ultimately pulled him out... or did it? Lundholm's autobiographical comedy is a full throttle, heart-pounding and wildly entertaining ride - looking at all our addictive tendencies - from alcohol, suicide, sex, and drugs to coffee, work, food, the internet and golf! For "healthy people" and "the rest of us" addicted to ANYTHING, Lundholm's "been there", "drank that" style of humor grabs the laughter and the tears of living versus simple survival.

#15752/0370 85 minutes 2011 \$79.95





**\*Best-seller! THE FAMILY IN TREATMENT with Mark Lundholm**

Takes direct aim at some of the most challenging beliefs, behaviors, and barriers facing the recovering addict and his or her family. With presentations intended for separate viewing by the addict, the family members, and for both addict and family together, this engaging, humorous, and yet powerful presentation addresses many of the most difficult issues that often stand in the way of achieving and maintaining sobriety. Fully 240 minutes of treatment material;

**Part 1: The Addicted (2 DVDs)**

Mark works with addicts in treatment and in various stages of recovery.

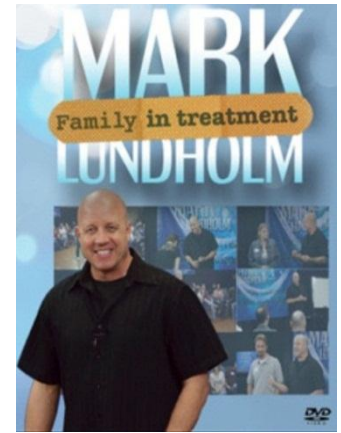
**Part 2: The Affected - the Family (2 DVDs)**

Mark works with family members of addicts, both currently in treatment and in various stages of recovery.

**Part 3: The Connected - Family and Addict Together (3 DVDs)**

Mark brings family members and addicts together to interact and share what they've learned.

#15299/0370 Three Parts on 7 DVDs total 240 minutes 2013 \$299.95

**HOPE FOR THE ALCOHOLIC: Scientific Breakthroughs**

Alcoholism is a chronic medical disease of the brain, and, as with many other chronic diseases, it requires lifestyle changes, psychological and nutritional counseling, and medication to be most effectively treated. This program features the latest research that explores the differences between the brains of alcoholics and the brains of social drinkers. It shows why a comprehensive approach to treating alcoholism is the best way to get the disease under control. The benefit of support groups like Alcoholics Anonymous is highlighted, and patients' stories offer hope to those who are dealing with alcohol addiction and alcoholism. #15343/0635 27 minutes 2010 \$129.95 \*CC

**ISSUES OF RECOVERY with Claudia Black**

What constitutes a traumatic experience and what consequences can these experiences have? Control, rage, victimization, depression, perfectionism, procrastination, and addictive disorders are pervasive issues that sabotage recovery - be it recovery from family issues or addiction. More and more recognition is being given to the realities of life after trauma and how the 'stress' can manifest itself in so many different ways for so many people. Claudia Black has been a leader in this field for decades and here shares her accumulated depth of knowledge. #9864/0110 36 minutes 2005 \$169.95 \*SA

**GETTING OUT OF THE GAME: The Trap of Drug Dealing**

Features a support group for people in recovery who face the temptation to return to dealing. Led by former drug dealers now working as professionals in addiction treatment, the group grapples with real life issues such as relationships with old friends, financial stress, the illusion that they can deal without using, and the false belief that this time they won't get caught. The group also shares the many techniques and tools that have helped them stay out of the game.

#9173/1805 35 minutes 2004 \$195 \*SA

**POST ACUTE WITHDRAWAL (PAW)**

This popular series by Jan Black, Terence T. Gorski, and Daniel J. McEachern has now been re-mastered with a Dolby Digital 2.0 soundtrack and a fresh new look. **Part 1: RECOGNITION** and **Part 2: MANAGEMENT** are on the same interactive DVD. Post-Acute Withdrawal (PAW) is caused by the long-term aftereffects of chronic alcohol and drug poisoning on the brain. Many recovering people suffer from PAW and don't know it. Terry Gorski, an internationally recognized expert on relapse prevention, and Jan Black, a counselor specializing in relapse prevention therapy, discuss methods for recognizing and managing PAW. These presentations are powerful and informative and need to be seen by all chemically dependent people, their families, and the professionals who treat them. This program is appropriate for use in patient and family educational programs, staff training, and community awareness programs. #13571/0815 Two parts on one DVD 2008 \$249.95

**OUR PATH, RELAPSE DYNAMICS and SPIRITUALITY SERIES with Bob Francis**

Bob Francis continues his dedication to Alcoholics Anonymous in these three programs. **OUR PATH** helps new people to understand why they must go to meetings and get involved in their own personal recovery. **RELAPSE DYNAMICS** gives a new way to address relapse without having to "reintroduce yourself". **SPIRITUALITY** is for people who have some preconceived ideas that hold them back from 12-step recovery spirituality. #12930/0223 Three programs 2009 Series \$349.95 \*SA

**STRATEGIES FOR SOBRIETY: A Clinical and Behavioral Approach to the Problem and the Solution of Chemical Addiction**

This program featuring Bill Loving - psychiatrist and specialist in Addiction Medicine - is for patients, their families, counselors, and health care workers who are dealing with alcoholism and drug addiction. Dr. Loving explains why these are referred to as diseases. He clearly discusses how the brain is affected and how the reward center of the brain is "hijacked". He also gives practical, effective, and hopeful guidance for dealing with the problem. #13216/1420 80 minutes 2009 \$199.95 \*SA

**SUBSTANCE ABUSE IN THE ELDERLY**

Faced with complex regimens of medication and diminished tolerances for alcohol, many elderly Americans run the risk of falling into the trap of substance abuse. In this program senior citizens discuss how they deal with these challenges, while Dr. James Campbell, director of the geriatric center at MetroHealth Medical Center, and Carol Collier Egan, director of older adult services for Hanley-Hazelden Center, present some innovative programs created especially for elderly people. A Dartmouth-Hitchcock Medical Center Production. #10171/0635 28 minutes 2000 \$149.95



## THE FATHER MARTIN DVD COLLECTION

For more than 35 years Father Martin has represented a keystone in the arch through which millions of people have passed on their road to recovery. Author of several publications and the recipient of many awards, Father Martin's firm belief was that education on the disease of addiction can be a vital step in recovering from it.

### AM I MY BROTHER'S KEEPER?

CHALKTALK ON ALCOHOL (#9164 \$69.95)

ONE DAY AT A TIME

PRAYER THE PATH TO GOD'S WILL

RECOVERY AND THE FAMILY

RELAPSE

STEP ONE, TWO, THREE

STEP FOUR AND FIVE

#2410/0990 Fifteen DVD programs Collection \$389.95

### SYMPTOMS OF ALCOHOLISM

SYMPTOMS OF SOBRIETY

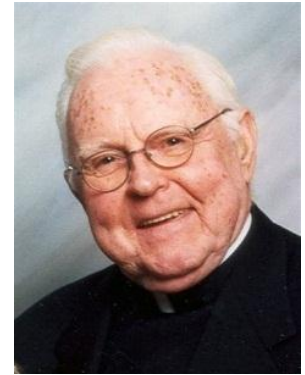
VALUES AND RECOVERY

RECOVERY & FORGIVENESS

GOING HOME

GRATITUDE

PROMISES OF AA



## LIFT UP YOUR HEART SERIES with Earnie Larsen

Earnie explains the importance of self-confidence in recovery, and the need to deal directly with fear and discouragement.

**Part 1 - SELF CONFIDENCE** **Part 2 - OVERCOMING FEAR** **Part 3 - DEALING WITH DISCOURAGEMENT**

#10173/1295 Three 30 minute programs 1991 \$200 each or Series \$509.95 \*SA

## RECOVERY ISSUES SERIES with Earnie Larsen

Be prepared!!! Which specific issues most commonly cause questions and problems to arise in a recovery program? Earnie Larsen delves deeply into each of these major disruptors in this series.

**Part 1 - ON FAMILY ISSUES**

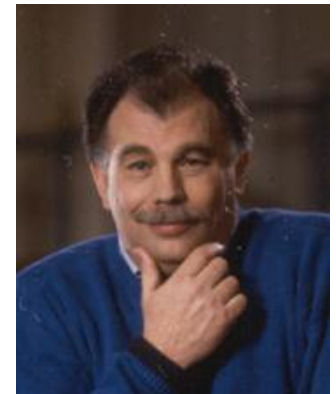
**Part 2 - SEEKING AND FINDING YOUR HIGHER POWER**

**Part 3 - DOING A 4TH AND 5TH STEP**

**Part 4 - UNRESOLVED ANGER & HOW RESENTMENT BLOCKS RECOVERY**

**Part 5 - RELAPSE**

#9870/1295 Five 35-minute programs 1989 \$200 each or series \$849.95 \*SA



## STAGE II RECOVERY SERIES with Earnie Larsen

What happens after "clean and sober"? Helping recoverees to reconstruct a life after addiction (Stage II Recovery) has been the focus of Earnie Larsen's career. In this foundation series of four 30 minute programs Earnie explains the important elements on which the success of a continuing recovery program depend:

**Part 1 - UNDERSTANDING THE BASICS OF RECOVERY**

**Part 2 - IDENTIFYING SELF-DEFEATING LEARNED BEHAVIOR**

**Part 3 - RELATIONSHIPS**

**Part 4 - WORKING A PROGRAM**

#9180/1295 Four programs 1985 \$200 each or Series \$499.95 \*SA

## THREE-HEADED DRAGON (Original Version)

This film exposes the three-fold barrier to recovery from alcoholism - DRINKING/THINKING/FEELINGS. The "Three-Headed Dragon" concept motivates the alcoholic to stop drinking and change "self" rather than people, places, things to recover. #10718/0650 26 minutes 1979 \$149.95 \*SA



## THREE-HEADED DRAGON: A Model of Chemical Dependency

One of the most widely utilized recovery resources in history has been updated and revised in this production. Delivered in Chuck Brissette's plain speaking, meaningful, and effective message to help recoverees understand the true depth of addiction and how to get themselves out of it. The "three headed dragon" is a model of chemical dependency specifically designed to help recovery candidates see that their problem is considerably more than alcohol or some other drug, that chemical dependency is more than a physical disease. #7846/2145 32 minutes 2004 \$149.95

## MEN IN RECOVERY

Many men in treatment for addictions are seriously hampered in their recovery efforts by their "manly" perceptions of themselves and their role in society. Is it toughness and strong individuality, or is it anger, shame and a fear of commitment that defines them? Viewers get a new perspective on manhood and tools to help them overcome these limitations. #10914/0795 28 minutes 2003 \$99.95 \*CC

**\*\*\* See also GUYLAND: Where Boys Become Men - on Page 1**

## LEADING COUNSELING GROUPS WITH ADULTS: A Demonstration of the Art of Engagement

Facilitating successful group therapy is a delicate balancing act - and without the proper preparation, it can easily go awry. Keeping group members engaged, interspersing psycho-education where appropriate, and managing cross-communication are just a few of the pressing issues that effective leaders must understand. In this comprehensive video, Drs. Ed Jacobs and Christine Schimmel demonstrate these skills and more as they co-facilitate a counseling group for eight women on a wide range of issues including divorce, addiction, anxiety, and parenting.

#16104/1745 177 minutes 2015 \$159.95 \*Includes Manual \*CC



## **\*Best Seller! ADDICTIONS: Getting In / Getting Out**

This four part video is an exploratory journey through the whole process of addiction from five individuals who have made the trip and offer their insight to help others avoid the pitfalls.

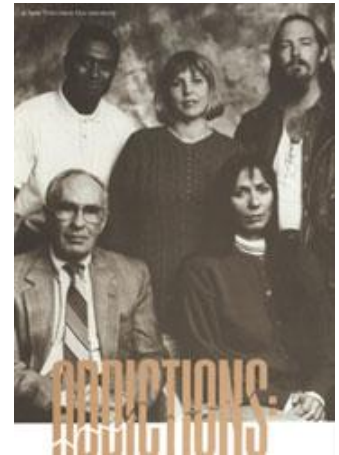
Part I - **GETTING IN** describes their initial exposure to their drug of choice and what it did for them; how tolerance and compulsion began to take hold; how their activities began to affect their life skills, self-image, psychological and social activity.

Part II - **INTERVENTION** talks about their own realizations of bottoming out and the guilt, denial and anger that began to reach critical dimensions in their relationships with others.

Part III - **TREATMENT** is a safe place to ask, "What happened?" Self-examination is getting in touch with your feelings, regaining control of a life that has become unmanageable, building up the reserves and support that will give the opportunity to learn a functional lifestyle.

Part IV - **RECOVERY** deals with finding the spiritual strength to deal with the real world and overcome emotional dysfunction. Each of the five people offers advice including belief in self, understanding that others have overcome, and the need to seek help to make it.

#4273/0525 57 minutes 1993 \$179.95 \*SA



## **ADDICTIONS: Getting In/Out Counselling Issues**

This companion video to ADDICTIONS: GETTING IN GETTING OUT features interviews with addictions counsellors intercut with dramatic vignettes of a series of counselling sessions. Topics deal with cover: Assessing the Problem; The Therapeutic Approach; Working with the Family; Women in Treatment: A Special Note; The Treatment Process; Recovery. #3727/0525 24 minutes 1995 \$79.95

## **ONE ALCOHOLIC TO ANOTHER: Demystifying AA**

How did Alcoholics Anonymous begin? What influences shaped it into the worldwide, support-focused organization it is today? And what goes on inside a typical AA meeting? This program follows a quest for answers. #1474/0635 40 minutes 2011 \$149.95

## **INTRODUCTION TO TWELVE STEP GROUPS**

Attending Twelve Step meetings can be very challenging, especially at the start. Finding inner-strength through strangers in a group setting goes 'against the grain' for many. Viewers are given helpful analytical tools that encourage them to "keep coming back" and to try different groups if possible until they find the one that works for them. #10679/0795 24 minutes 2006 \$99.95 \*CC



## **DISCOVER THE TWELVE STEPS**

In this powerful video - real men and women in recovery - not actors - discuss how working a Twelve Step program has helped them in their recovery journey. Viewers will learn - \*What a Twelve Step group is \*How to find a home group \*What happens during a Twelve Step meeting \*What to expect at the first meeting \*How to find a sponsor. Each of the Twelve Steps is explained by people who candidly share their personal stories about how working the Steps has helped them live one day at a time and stay clean and sober.

#15855/0795 56 minutes 2014 \$379.95 \*CC

## **THE LIVING STEPS 10, 11 and 12 (THE)**

This presentation is about "The Living Steps" and how to use them in your Sober Life, after you have done Steps 1 thru 9, with your Sponsor and are now ready to begin living life "one day at a time" with Steps 10, 11 and 12. **These are the "maintenance" steps**, the steps we take or practice on a daily basis if we are truly "practicing these principles in all our affairs". It is by continuing to take a daily inventory, continuing with a daily prayer and meditation practice and continuing to help other alcoholics continue to grow along spiritual lines and keep ourselves fit to be of service to God and those about us. By practicing steps 10, 11 and 12 we are exercising our new-found spiritual muscles.

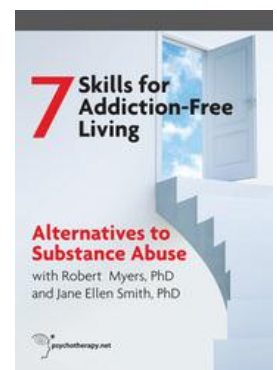
#15908/0223 28 minutes 2014 \$99.95 \*SA

## **SEVEN SKILLS FOR ADDICTION FREE LIVING**

Recovery from drug or alcohol abuse is a challenging endeavor that benefits from continued support and education. This series takes a group of people in recovery through a set of exercises targeted at increasing competence in areas such as assertiveness, problem solving, social skills, stress management, and more. Geared primarily towards people in recovery as well as their family members and loved ones, it is also an excellent resource for educators and trainers in addiction counseling programs, as well as staff at recovery treatment centers.

1. **ALTERNATIVES TO SUBSTANCE ABUSE (114 minutes)**
2. **ASSERTIVENESS (110 minutes)**
3. **BEHAVIORAL SELF-CONTROL (114 minutes)**
4. **MANAGING EMOTIONS (117 minutes)**
5. **PROBLEM SOLVING (116 minutes)**
6. **SOCIAL SKILLS (112 minutes)**
7. **STRESS MANAGEMENT (116 minutes)**

#14745/1745 Seven programs 2009 \$119.95 each or Series \$719.95



**LIVING SOBER I Series "A-H"**

This series is designed to maximize viewers' involvement in their treatment program so they create their own strategies for coping and working a successful recovery. Each video dramatizes realistic situations and provides interviews with individuals in recovery. Eight segments:

- A. Resisting Social Pressure to Use Chemicals #9641
- B. Coping with Cravings and Thoughts of Using #10558
- C. Managing Anger in Recovery #9755
- D. Managing Feelings of Boredom and Emptiness #10559

- E. Coping with Family and Interpersonal Conflict #8825
- F. Building a Recovery Network and Sponsorship #8826
- G. Relapse Warning Signs & High Risk Situations #11112
- H. Recovering from Crack/Cocaine Addiction #10561

\*Includes Counselor Manual and Client Workbook

#8250/1835 Eight Segments 1994 \$395 \*SA

**LIVING SOBER II Series "I-N"**

Building on the tremendous results gained from the first eight segments of the LIVING SOBER SERIES, the next six parts delve into the same detail but different aspects of the recovery process.

- I. Motivation and Recovery #11113
- J. Relationships 1: Amends, Assertiveness & Honesty #10657
- K. Relationships 2: Passion, Rejection and Criticism #4009
- L. Relationships 3: HIV and Sexuality Issues #4010
- M. Other Addictions: Gambling, Sex and Tobacco #4011
- N. Balanced Living #4012

\*Includes Counselor Manual and Client Workbook. #9210/1835 Six Segments 1997 \$299.95 \*SA

**LIVING SOBER III Series "O-S"**

This series presents five different tools to help clients and counselors reach their recovery goals with greater certainty and conviction. More motivation produces better compliance delivering better clinical outcome through greater treatment effectiveness. Five segments:

Part O - Compliance with Aftercare and Outpatient Counseling, 23 minutes #1581

Part P - Low Motivation to Change or Seek Treatment, 21 minutes #1582

Part Q - Relationship to Therapist and Treatment Group, 21 minutes #1583

Part R - Compliance with Medications and Self-Help Programs, 17 minutes #1584

Part S - Compliance with Lifestyle Changes, 16 minutes #1585

\*Includes "Improving Treatment" Compliance Book #9860/1835 Five Segments 1999 \$249.95 \*SA

Meet Slick:  
The Voice  
of Addiction

**THE VOICE OF ADDICTION SERIES**

This series is ideal to help people struggling with substance abuse understand and apply addiction recovery principles in a simple, fun and unforgettable format. Each video integrates the insights of recovering people, input from Saul Selby (previously the Clinical Director at Hazelden) and Slick, an animated puppet that represents the addicted voice to help viewers gain insight into their own self destructive thinking process.

- 1) **DENIAL RECOVERY** - Viewers will understand what denial is, why addicts deny their addiction and how to overcome denial.
- 2) **CROSS-ADDICTION AND RECOVERY** - Viewers will understand the common temptation to substitute one addictive substance for another and help them recognize the importance of avoiding all mood altering chemicals including alcohol and marijuana.
- 3) **MOTIVATION AND RECOVERY** - Most addicts in early phases of treatment and recovery lack the level of motivation needed to stay drug free. Explores the role of motivation in addiction and recovery. Helps viewers understand why motivation is important, and how to develop and increase their motivation to make changes need to recover from addiction.
- 4) **RELAPSE PREVENTION** - Viewers will understand how to anticipate and manage cravings and triggers that cause relapse.
- 5) **AM I AN ADDICT?** Many addicts deny their problem because they define addiction in ways that don't parallel their using pattern. Learn the seven DSM criteria for dependence as well as criteria for substance abuse so they can recognize them in themselves.
- 6) **RELATIONSHIP RECOVERY** - Perhaps the most important task for people in early recovery is to avoid their 'using' friends and develop new 'healthy' friends. #12350/1905 Six 20 to 30-minute programs 2009 Six-Pack \$199.95 \*SA

**ADDICTION RECOVERY AND PHYSICAL ACTIVITY**

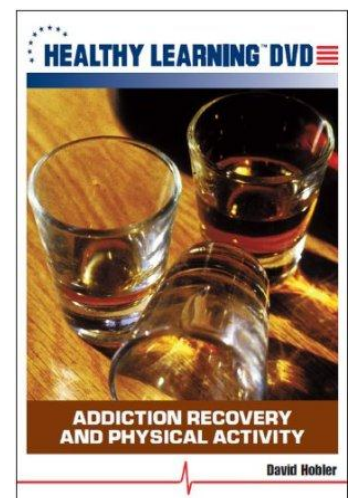
Addiction recovery is not just about abstinence. Rather, it is about adhering to a healthy lifestyle - one that guards against relapse and promotes biologic wellness. This program explains how a moderate level of daily physical activity can help insure the occurrence of this natural phenomenon.

#14576/0463 66 minutes 2008 \$79.95 \*SA

**RELAPSE: Illusion of Immunity with Dr. Claudia Black**

Preparing clients to meet the challenges of recovery and especially RELAPSE is Claudia Black's goal in this video. 70% of all chemically dependent people will experience relapse and often more than once. Claudia uses the analogy of the sinking Titanic, "the ship that couldn't sink", to make her point that simple-minded optimism is not enough to keep one's recovery afloat. She explains the four "icebergs" that often cause the ship of recovery to founder: Overconfidence, Control, Fear of Feelings and Secrets. This relapse prevention training video that will help clients get ready to meet the real challenges of recovery.

#5864/0110 0110 35 minutes 1998 \$149.95 \*SA





## RECOVERY: A Developmental Model by Terence T. Gorski

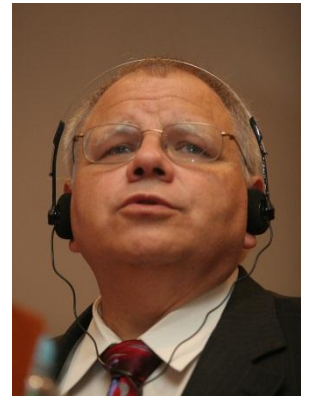
This series based on the Gorski-CENAPS Model presents comprehensive research on what people do to successfully recover from addiction. It is designed to guide viewers through a process that allows them to understand the recovery process, build a foundation for successful recovery, and create a quality recovery that will support sober and responsible living in all stages of life development.

**THE RECOVERY PROCESS** 33 minutes

**BUILDING A FOUNDATION FOR RECOVERY** 42 minutes

**CREATING QUALITY RECOVERY** 35 minutes

#13415/0815 Three programs 33 to 42 minutes each on one DVD 2002 \$299.95



## RELAPSE SERIES by Terence T. Gorski

In this dynamic series, Terry Gorski explains basic information about how to prevent and manage the problem of relapse. Relapse is a common problem that threatens the recovery of nearly two-thirds of all addicted people who attempt to stop using alcohol and other drugs. This powerful series of three programs explains in clear and easy-to-understand language the basic principles of relapse prevention, the common warning signs that lead from stable recovery to relapse, and how to establish a relapse prevention and relapse management plan.

**1. BASIC PRINCIPLES** 29 minutes   **2. RELAPSE WARNING SIGNS** 33 minutes   **3. MANAGING RELAPSE WARNING SIGNS** 46 minutes

#13420/0815 Three programs on one DVD 2003 \$299.95

**\*\*\* SPECIAL OFFER! Get BOTH titles below for only \$349.95!!!**

## WHAT MADE ME STOP DRINKING: Four Stories

An intimate and revealing look into the lives of people who are addicted to alcohol. Four very different individuals tell their stories ... all four finally faced a brutal reality - that their lives and health were falling apart. The stories are brought to life by personal interviews with the four subjects and with Susan Diamond Potts - M.A., RCC, who holds a masters in clinical psychology and who specializes in treating alcohol addiction. #14480/1076 32 minutes 2012 \$189.95 \*SA



What Made Me Stop  
**DRINKING:**  
Four Stories

## HOW I STOPPED DRINKING: Four Stories Continued

A follow-up to "What Made Me Stop Drinking", this program investigates how those same people - recovering alcoholics - actually managed to stop drinking. They took different routes and found their own sources of support. The central message of this program is that it is possible to stop and to rediscover life without alcohol. Features Susan Diamond Potts - M.A., RCC - a clinical psychologist specializing in addiction treatment. "Addiction is cunning, baffling, and powerful. People have to have enough resources to support their recovery."

#14605/1076 27 minutes 2012 \$189.95 \*SA



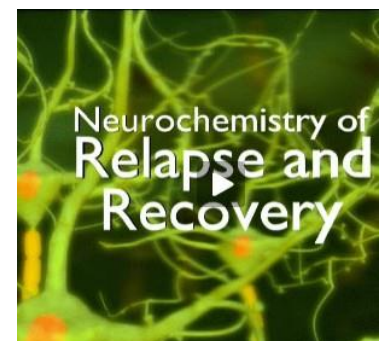
## NEUROCHEMISTRY OF RELAPSE AND RECOVERY

An amazing program from the producers of UPPERS, DOWNERS! The reasons that people give up their compulsive use of psychoactive drugs vary, but they almost always include survival! This program explores the phases of recovery - detoxification, initial and long term abstinence and recovery.

#12399/0410 30 minutes 2009 \$195 \*CC

## SPIRITUALITY IN ADDICTIONS

Through the comments of an addictions counsellor and a married couple who have each struggled with addictions, the place of spirituality and religion in the context of addictions is explored in this video. How addictions impact a person's whole being is examined, as well as how spiritual and religious beliefs and practices help in addictions recovery. The effect of addictions on spiritual needs is described, such as the need for meaning and purpose and the need for love and relatedness. Also discusses the concept of spiritual growth through recovery. #15509/1374 30 minutes 2013 \$189.95



## A WAVE OF COMPASSION: Spirituality and the Recovering Addict

What does it mean to be a "functioning" alcoholic? How does it feel to struggle with substance abuse day after day? What keeps addicts from truly recovering? This program explores such questions from a range of unconventional viewpoints, creating an honest look at addiction that avoids judgmental or strictly clinical approaches. The challenges of recovery are also discussed by several experts: a physician, a psychologist, a nutritionist, and a social worker - while unique and insightful commentary is provided by a Native American shaman, a stand-up comedian, and other voices of reason and personal experience. #12172/0635 47 minutes 2007 \$149.95 \*CC

## WELCOME TO TREATMENT

*"A great way to help our patients prepare for treatment. I wish we had something like this a long time ago."* Richard Beyers, CADC - Alta Bates Medical Center, Los Angeles, CA

A concise explanation for new patients of what to expect from their treatment experience. Outlines the basic modules of treatment: education, one-on-one counseling, group and family sessions, 12 Step indoctrination and aftercare. Just as important, it stresses what is expected from the patient in return. A clear and frank guide to ease any anxiety and misunderstanding for those entering the treatment process.

#13449/1835 12 minutes 2010 \$149.95 \*SA



## TREATMENT OF ADDICTIONS

Treatment of addiction, whether for substance abuse or behavioral issues, is varied and constantly evolving. This video offers a concise and up to date overview of the most effective methods being used currently. #9918/1420 18 minutes 2004 \$119.95 \*SA

## TRIGGERING EFFECT by Claudia Black Ph.D.

For those in recovery from any addiction, preventing relapse depends on recognizing and avoiding specific 'triggers'. Claudia Black helps viewers to understand what 'triggers' are and, more specifically, to identify their own. #12316/0110 36 minutes 2009 \$169.95 \*SA

## TWELVE STEP FACILITATION OUTPATIENT

This 12-session evidence-based outpatient treatment program is for clients with substance abuse disorders. Its primary goal is to facilitate active involvement in a Twelve Step fellowship such as Alcoholics Anonymous or Narcotics Anonymous. A detailed description is available on our website. #10862/0795 2006 \$349.95

## THE TWELVE STEPS

*"PURCHASE RECOMMENDED. Especially noteworthy."*

This is a sensitive, dramatic interpretation of the program that has helped millions of individuals and their families touched by alcoholism, drug addiction, overeating, gambling & other life-stress problems. #10562/1835 35 minutes 1986 \$29.95 \*SA

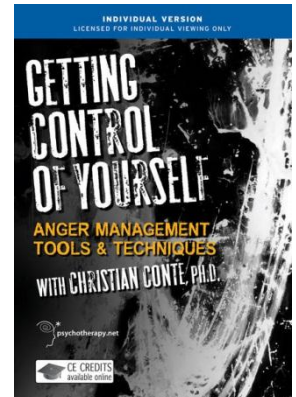
## ANGER & SUBSTANCE ABUSE

### ALCOHOL AND MEN'S VIOLENCE AGAINST WOMEN

While alcohol contributes to factors which may lead to violence against women, research shows that it is not the actual cause of violence against women by men. This program profiles four women who survived severely abusive relationships and offers additional insights from professionals in such areas as domestic violence, alcohol abuse, and law enforcement. #15505/2055 60 minutes 2011 \$209.95 \*SA

### GETTING CONTROL OF YOURSELF: Anger Management Tools and Techniques

Watch anger management expert, Christian Conte, PhD, present his comprehensive and practical theory for treating - and healing - even the most violent offenders. You will learn about the neurochemistry of anger, how to recognize your client's personal anger-types, and how to help them master antidotes to each. In addition, you will become skilled at helping clients recognize their triggers, detach from their thoughts, and use their self-awareness more effectively. #15467/1745 75 minutes 2012 \$149.95



## ANGER AND TRIGGERS SET

Father Martin himself called Bob Francis "a modern day Father Martin"! His clear and friendly style promotes good will and positive expectations. This may be just the message your clients need to hear right now. In the first program of this set - **ANGER MANAGEMENT** - Bob teaches how we can learn to "drive our anger" instead of letting it drive us. In the second program - **TRIGGERS** - Bob explains how to associate any trigger that brings on destructive behavior with something positive instead. #15310/0223 Two programs on one DVD 26 minutes 2012 \$129.95 \*SA

## 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.

#11807/0825 90 minutes 2007 \$189.95

**\*See also THE ANGER WORKSHOP SERIES!**

**This comprehensive toolkit consists of thirteen broadcast quality programs on 3 DVDs with a 26-page Facilitator Guide and Exercise Book. \$499.95**



THE ANGER TOOLBOX  
A Blueprint for Responsible Anger, Boundaries & Safety

## ANGER VIDEO (THE) with Claudia Black

Claudia Black explains the various types and forms of anger and clarifies that anger - just like other addictions - can be a build-up of tolerance, loss of control with negative consequences, and an inability to stop. Dr. Black guides the viewer through a recovery process.

#7441/0110 28 minutes 1997 \$169.95 \*SA





## 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.

#12459/0635 30 minutes 2007 \$129.95



## 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.

#6954/1835 33 minutes 1992 \$199.95 \*SA

## WORKING WITH ANGER

Dr. Lorne Korman demonstrates his approach to treating clients who present with problems of anger and aggression. An important aspect of treatment involves assessing the underlying emotional, behavioral, cognitive, and motivational processes that may be contributing to a client's anger problems. Therapy often involves teaching clients about anger and personal anger cues, and enhancing the client's motivation to reduce anger. #15433/0157 100 minutes 2008 \$99.95

## PULLING PUNCHES: A Curriculum for Rage Management

Anger that is unresolved or uncontrollable is a significant problem in the recovery process for many people in treatment for alcohol and drug addictions. This series 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. Series purchase includes Counselor's Guide, Handouts and Client Worksheets

### UNDERSTANDING YOUR RAGE

### TOOLS FOR MANAGING ANGER

### ANGER REDUCTION AND LONG-TERM CHANGES.

. \*Please note - only the TOOLS program is available for purchase separately #10516 \$199.95

#9131/1805 Three 35 minute programs 2002 Series \$469.95 \*SA

## D.W.I. / D.U.I.

\*\*\* See also on Page 20 - *THINK ABOUT IT: Choosing to Drink and Drive ... for Teens and Youth*

## DUI/DWI: Make This One Your Last One DVD & CD-ROM

Without using scare tactics or value judgments, this important video connects with adult DUI offenders in a way that scare tactics and lectures can't. Explains the danger of drinking and driving, and suggests action steps and contingency plans to prevent future offenses. This is an important tool for community-based corrections programs, driver's education programs, and alcohol prevention programs. \*Includes expanded facilitator's guide with reproducible worksheets.

#10747/0795 18 minutes 2010 \$99.95 \*CC



## REFLECTIONS IN THE REAR VIEW MIRROR: Moving on from a DUI

A great series of five videos covering a number of aspects of impaired driving. Designed to help facilitate group interaction by encouraging members of a group to discuss their own experience driving under the influence of alcohol and/or drugs.

**HOW I GOT MY DUI** - Individuals who were cited for driving under the influence share their experiences along with perspectives from law enforcement personnel 18 minutes

**COSTS AND LOSSES** - An examination of the short and long term consequences - both financial and personal. 15 minutes

**PHYSIOLOGY** - Presenting the physical and mental effects of alcohol and other drugs on the ability to drive. 16 minutes

**LEVELS OF USE** - An explanation of the seven levels provides a frame work for group members to judge their own level. 16 minutes

**HOW MY LIFE CHANGED FOR THE BETTER** - For many a DUI serves as a wake-up call to rethink. 9 minutes

#15572/0410 Five parts total 74 minutes 2013 \$289.95 \*CC \*SA

## WOMEN & SUBSTANCE ABUSE

## BEYOND TRAUMA CURRICULUM: 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. #10915/0795 45 minutes 2004 \$595 \*CC



## A MOTHER'S CHOICE (First Nations)

This video aims directly at informing First Nations women of the damage and suffering that can result from the long term effects on the fetus due to alcohol consumption during pregnancy.

#10272/0735 30 minutes 1996 \$159.95 \*SA

## STRONGER THAN LOVE

An intimate portrait of women's substance abuse and journey to recovery; profiles women who have battled against seemingly insurmountable odds and their compulsive behavior as well as those that are making their initial steps in treatment. #11615/0963 26 minutes 2007 \$179.95 \*SA

## SUBSTANCE EXPOSED INFANTS

Examines the effects of prenatal substance abuse on infants. Also covered are: myths and misinformation, effects of legal and illegal drugs, medical and developmental issues; key parenting strategies; and, working with professionals. #13686/1470 55 minutes 2010 \$99.95

## FETAL ALCOHOL SYNDROME AND OTHER DRUG USE DURING PREGNANCY

Viewers get a very clear explanation of what effects alcohol and some other common drugs have on unborn babies. Physical, mental, psychological, emotional repercussions are all covered. #9536/0635 19 minutes 1992 \$149.95

## FETAL ALCOHOL EXPOSURE: Changing the Future

Since the realities of F.A.S.D. started to become apparent a few decades ago, medical research has tried to understand why and how it happens, and what the true consequences are. Viewers get the latest and most comprehensive update of the known facts.

# 4721/0635 35 minutes 2006 \$169.95 \*CC

## WOMAN'S WAY THROUGH THE TWELVE STEPS

Portrays the safe, nurturing, and empowering environment that is essential in order for women and girls to heal from addiction. Dr. Stephanie Covington leads real women in recovery through the process. #12848/0795 60 minutes 2009 \$229.95 \*CC

## WOMEN AND ALCOHOL

Binge drinking is traditionally a young man's "sport", but now many college-age women are doing their best to keep up. Why? And how does such a staggering level of alcohol consumption affect a woman physically? The program also shows how binge drinking can turn women into targets of sexual assault. #13914/0635 17 minutes 2006 \$99.95

**HEALING NEEN** - After surviving a childhood of abuse and neglect, Tonier "Neen" Cain lived on the streets for two nightmarish decades, where she endured unrelenting violence, hunger, and despair while racking up 66 criminal convictions related to her addiction. Incarcerated and pregnant, a community mental health program offered her a way out... and up. This program illustrates the consequences of childhood household trauma for individuals and society at large - mental health problems, addiction, homelessness, incarceration - and the efficacy of trauma-informed care as a treatment plan. Also features footage of Neen in her current capacity as a nationally known motivational speaker and educator on the devastation of trauma and the hope of recovery. #15344/0635 54 minutes 2010 \$169.95 \*CC

## CORRECTIONS SPECIFIC RESOURCES

### TING FORUM ON ADDICTIONS AND CORRECTIONS

What is the connection between trauma, addiction and criminal behavior? "A great deal" explains Gabor Maté, M.D. with twenty years experience dealing with the results of all three of the above while working with the inhabitants of Vancouver's notorious lower east side. PART ONE - Why are a disproportionate number of Dr. Maté's addicted patients coming from the Native Canadian community and/or suffered trauma inducing childhoods? Addiction is an attempt at self-medication in unconscious reaction to psychological problems. PART TWO - Why are a disproportionate number of inmates in Canada's corrections service also aboriginals and other minorities and/or survivors of childhood trauma? And how much does their incarceration have to do with the above mentioned self-medication?

#14732/0867 Two parts 135 minutes 2011 \$189.95 \*SA

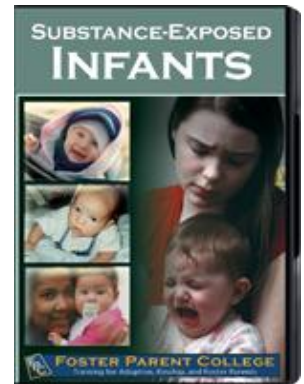
## LIFE ON LIFE'S TERMS: Release & Reintegration Preparation

Recidivism is a complex and confounding issue, at the heart of which lies an equally chronic problem - substance abuse. This program provides a powerful, cognitive-behavioral treatment program for male chemically dependent offenders.

#11117/0795 32 minutes 2002 \$149.95 \*CC

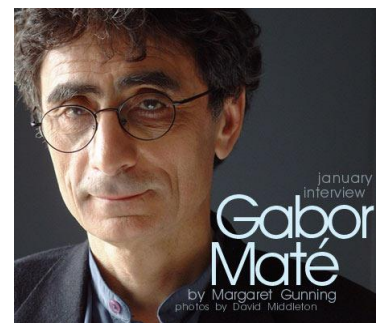
## PREVENTING BIRTH DEFECTS: Guide for Women

Improving the likelihood of a healthy birth and preventing the tragedy of birth defects and related disabilities is relatively simple. If all parents-to-be could foresee the future problems, not only for their disabled children but even for themselves, things might improve. This video explains. #9603/1420 19 minutes 2005 \$119.95 \*SA



## WOMEN IN RECOVERY

What part does gender play in treatment and recovery programs? Does addiction show different faces to males and females? This video explores these issues and offers suggestions on ways that may well make for more effective treatment and recovery programs for women. #10796/0795 25 minutes 2001 \$99.95 \*CC





## THE TURNING POINT: Breaking the Cycle of Addiction and Incarceration

One of the most widely utilized recovery resources in history has been updated and revised in this production. Delivered in Chuck Brissette's plain speaking, meaningful, and effective message to help recoverees understand the true depth of addiction and how to get themselves out of it. The "three headed dragon" is a model of chemical dependency specifically designed to help recovery candidates see that their problem is considerably more than alcohol or some other drug, that chemical dependency is more than a physical disease. #13289/0795 45 minutes 2009 \$169.95

## GOING HOME: Teens Re-entering Society

All former inmates have a hard time adjusting to life outside prison, but teenagers face their own specific set of challenges after doing time. This two-part series shows how that adjustment process often plays out and how its hardships can be minimized. Covers the major sources of conflict that young people will encounter when reentering society.

**FROM THE INSIDE: Personal Challenges for Teens Reentering Society #11828 21 minutes**

**ON THE OUTSIDE: Social Challenges for Teens Reentering Society #11829 23 minutes**

#11532/0635 Two programs 2008 \$99.95 each or Series \$179.95 \*CC

## THE LIVING SKILLS COLLECTION

Updated and reformatted, this series provides integrated, diagnosis-specific treatment that help inmates and parolees manage the day-to-day challenges of life. Each topic-specific module includes a program DVD plus a CD-ROM containing a Facilitator Guide, Client Workbook, and pamphlet. All of the downloadable materials are reproducible. There are six modules in the series:

**MAKING DECISIONS (18 minutes).**

**LOOKING FOR WORK (20 minutes).**

**MANAGING MONEY (18 minutes).**

**REFUSAL SKILLS (18 minutes).**

**HYGIENE AND SELF CARE (18 minutes).**

**VALUES AND PERSONAL RESPONSIBILITY (23 minutes).**

\*Detailed descriptions are available on our website.

#13745/0795 Six DVDS and Six CD-ROMS 2009 \$209.95 each or Series \$1,169.95



## HAZELDEN COMMUNITY CORRECTIONS PROGRAM

This updated program includes the best of The Hazelden Community Corrections Project. Three workbooks are included: Client Recovery helps clients learn how to stay clean and sober. Client Life Skills teaches clients how to create a blueprint to make the necessary changes. Client Cognitive Skills teaches socialization skills that enable clients to reintegrate into their community. This package also includes **THE TURNING POINT: Breaking the Cycle of Addiction and Incarceration DVD** (also available separately - see above). This compelling video teaches the strategies necessary to create a healthy environment, find positive support, overcome shame and guilt, rebuild self-esteem, identify triggers, avoid relapse, and ensure that core beliefs and values align with positive goals.

**PROGRAM COMPONENTS** - 3 CD-ROMs and 1 DVD (4262 - Client Recovery Workbook CD-ROM; 4263 - Client Life Skills Workbook CD-ROM; 4264 - Client Cognitive Skills Workbook CD-ROM; 7919 - The Turning Point DVD). #13290/0795 Full package 2009 \$399.95

## NEW DIRECTION (A): A Cognitive Behavioral Treatment Curriculum REVISED

This comprehensive cognitive-behavioral therapy treatment program gives chemically dependent offenders the tools and techniques to challenge their thinking in order to change their criminal and addictive behavior patterns. This new streamlined version makes implementation easier than ever. Consists of SIX CORE MODULES - each module features two DVDs, client workbooks, and facilitator's guides.

● **INTAKE AND ORIENTATION** ● **CRIMINAL AND ADDICTIVE THINKING**

● **DRUG AND ALCOHOL EDUCATION** ● **SOCIALIZATION**

● **RELAPSE PREVENTION** ● **RELEASE AND REINTEGRATION PREPARATION**

(NOTE: this module now includes the groundbreaking video **THE TURNING POINT: Breaking the Cycle of Addiction and Incarceration** - see description above)

#14285/0795 Six modules with 2 DVDs in each 2011 \$599.95 each module or series \$4,689.95

\*Detailed descriptions of each module are available

## SEVILLE'S STORY: Choosing to Live Clean

Drawn from the so-called Badlands, one of the most dangerous neighborhoods in Philadelphia, this is the story of a former criminal and the community activist who helped him change. The psychological journey of the man known as Seville demonstrates what social outreach and involvement can accomplish when a lost soul makes a conscious choice to find a better life.

#11780/0635 Two 23 minute programs 2005 \$199.95



## THERAPEUTIC COMMUNITIES IN PRISONS: A Research Perspective

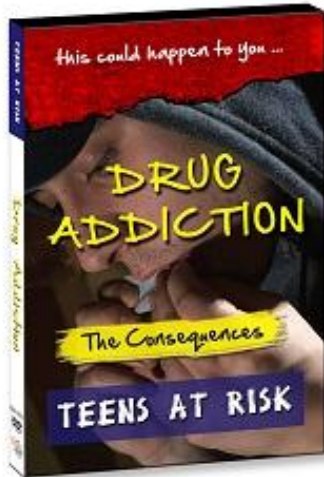
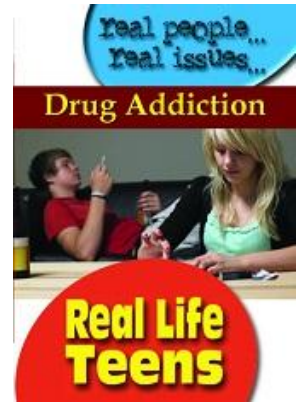
A must for all those working in and developing therapeutic communities in prisons! Dr. Harry Wexler discusses a breadth of topics including: the evidence that prison treatment alone is insufficient for long-term change, and the importance of aftercare; the benefits and potential problems of manual-based treatment; the need for incentives; the importance of bridging TC members and facilitators with their outside communities; and the promising new research of TCs in maximum-security prisons and the potential of reducing violence among their prisoners.

#12833/1745 43 minutes 2009 \$119.95

## YOUTH & SUBSTANCE ABUSE

### **\*New!** REAL LIFE TEENS DRUG ADDICTION

Today's teens are more exposed to illegal, prescription and over the counter drugs than ever before. Many teens are starting to see drug use as part of the normal teenage experience whether to escape, self-medicate, get instant gratification, or hide feelings of low self-esteem and lack of confidence. This program discusses the ways teens can resist pressure to try drugs, ways they can say (no) to their friends and the dangers and consequences if they do not. Student discussion includes: The dangers of trying drugs, even if you think (you will just try it once), How to deal with the temptation and peer pressure to try drugs, How doing one drug (like cigarettes or marijuana) can lead to abuse of other drugs, The core issues of why teens try drugs and alcohol, How to recognize the warning signs of addiction, What friends can do to guide or inform of the dangers and consequences, Where a teen can turn to for help. #16157/2003 20 minutes 2015 \$89.95 Grades 8 to 12 \*SA



### **NO KINDA LIFE! "Go directly to jail! Do not pass go!"**

This is a stark and biting documentary filmed entirely behind bars at a penitentiary featuring prisoners "telling it like it is" about the realities of losing their freedom at an early age for drug related crimes. In dramatic settings, they relate their individual stories imparting a strong sense of personal loss and regret. Ultimately this "living testimony" concludes with compelling advice to teenagers not to choose drugs, not to let crack cocaine and other dangerous substances ruin their lives. This program will make your most at-risk students sit up and take notice. #9325/0505 20 minutes 2004 Grades 9 to 12 \$79.95

### **\*Best-Seller!** DRUG ADDICTION: The Consequences

Hard-hitting testimonials from teens and young adults illustrate the potential life-altering damage done by substance abuse use, the struggle to get and stay clean, what it means to live a life free of drugs and the reality that it can happen to anyone who chooses to experiment with drugs.

#15327/2003 16 minutes 2013 Grades 8 to 12 \$69.95 \*SA

### **HOOKED: The Addiction Trap**

*"A unique approach to addiction prevention for teens...delivers the goods...without preaching."*

**Brad Bogue, Director, Justice System Assessment and Training**

Kids are being exposed to addictive substances and behaviors at younger and younger ages. The negative habits that some will form in their early years can impact their lives in disastrous ways. In this best selling program, young viewers are introduced to the dangers of getting hooked through an unflinching look at a variety of addictions including substance abuse, gambling, internet pornography, and smoking.

**Three 20-minute segments – UNDERSTANDING ADDICTION: THE CONSEQUENCES OF ADDICTION; and ALTERNATIVES TO ADDICTION** - create a comprehensive exploration of the underlying reasons for addiction; the painful consequences of getting hooked and the road to resilience for young people growing up in stressful times. #13640/0395 \*Three segments on one DVD with Workbook 2000 \$129.95 \*SA

## **THE ALL NEW 4-PART "ADDICTED TEENS" SERIES**

**\*A detailed description of the programs in this series is available on our website**

### **ADDICTED TEENS: LEGAL HIGHS**

Legal highs are man-made substances/chemicals and strong stimulants that have similar effects to illegal drugs like cocaine, cannabis or ecstasy. They are sometimes called club drugs or new psychoactive substances (NPS) and provide physical, emotional and hallucinogenic effects and are marketed as a legal high.

### **ADDICTED TEENS: DRUG ADDICTION**

So what is it about drugs that can take you down a path of self-destruction and self-hate? Why would someone take drugs in the first place and why do some users get addicted to drugs and some don't? How does addiction happen? This documentary series takes an in-depth look at real people, telling their real stories of addiction, what happened to them and how hard it was for them to turn their lives around.

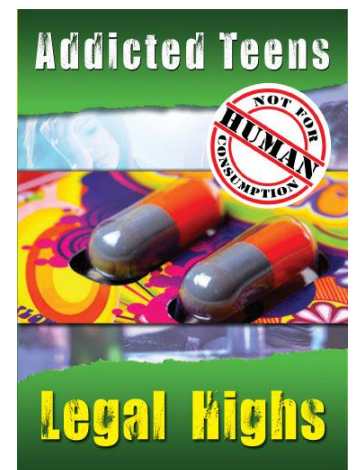
### **ADDICTED TEENS: HEROIN ADDICTION**

Heroin is an extremely addictive Opioid drug that is synthesized from Morphine. Heroin can be snorted, smoked, or injected and usually comes in a white or brown powder substance. It is estimated that almost a quarter of all people who use Heroin once become addicted. A young person who might think twice about putting a needle in his arm may more readily smoke or sniff the same drug. But this is falsely reassuring and may give one the idea that there is less risk. The truth is that heroin in all its forms is dangerous and addictive.

### **ADDICTED TEENS: ECSTASY ADDICTION**

What is called Ecstasy today can contain a wide mixture of substances from LSD, cocaine, heroin, amphetamine and methamphetamine, to rat poison, caffeine and dog deworming substances. Despite the cute logos dealers put on the pills, this is what makes Ecstasy particularly dangerous, a user never really knows what he is taking. Ecstasy most commonly comes in pill form but can also be injected and taken in other ways. Liquid Ecstasy is actually GHB, a nervous system depressant - a substance that can also be found in drain cleaner, floor stripper and degreasing solvents!

#16160/2003 Four 30-minute programs 2016 \$89.95 each or Series \$329.95





## ADDICTION AND DEPRESSION (Teens at Risk Series)

Many depressed people, especially teenagers, also have problems with alcohol or other drugs. The important point is that if someone has one or both of these problems, the sooner they get help the better. This program teaches how to be honest about both issues - showing how depressed teens can deal effectively with their illness without substance abuse and how to communicate with people who can help them get treatment.

#14892/2003 23 minutes 2005 Grades 8 to 12 \$79.95 \*SA

## **\*Best-Seller!** YOUTH AND DRUGS OF ABUSE: Prevention to Recovery

Doctors and clinicians join teens and young adults with firsthand accounts to outline the symptoms and consequences of substance abuse. This engaging video is divided into four segments and discusses drugs of abuse across the continuum - from prevention to intervention, to treatment, and early recovery.

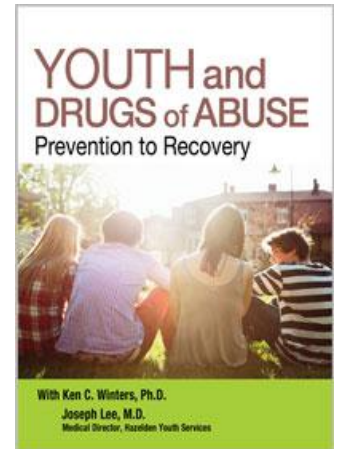
**Segment 1** focuses on the short and long-term consequences of alcohol and other drug use as well as the basic signs of harmful use and chemical dependency.

**Segment 2** focuses on how alcohol and other drug use effects the developing brain and body, covering all major drugs but with specific emphasis on alcohol, prescription drugs, marijuana, and synthetic drugs.

**Segment 3** focuses on the messages that have been proven to reduce or prevent drug use, such as finding positive alternatives to use and learning refusal skills.

**Segment 4** focuses on how to get help and what the treatment experience is like.

\*The accompanying CD-ROM features reproducible materials for young people and their clinicians, teachers, and other leaders. #15699/0795 90 minutes 2013 \$389.95



## DRUG ABUSE BEYOND MARIJUANA AND ALCOHOL: Crossing the Thin Line

Pharmaceuticals, as well as 'home-made' drugs that pretend to be, have gained in popularity with teenagers of late. After all, alcohol is bulky in quantity, marijuana is a bit messy to deal with and the smoke that goes with it is pretty obvious and of course our society exists for the benefit of the drug companies! Pills are so much neater. Viewers learn that the side-effects are not always listed on the bottle when you buy them off the street. #12526/2003 20 minutes 2008 Grades 8 to 12 \$89.95 \*SA

## DRUGS: The Straight Facts

### **\*Recommended by School Library Journal and Educational Media Reviews Online**

*"This series is a welcome addition to any high school collection for research and information. It will hold the attention of the viewer, and is a perfect length for health classes, social studies classes, and other specialty classes such as speech or survival classes. The teachers' resource guide, available online, is a valuable tool for discussion and activities."* Library Media Connection

The only antidote to the flashy appeal of drugs is honest information. Give your students the straight facts on some widely abused substances.

●ALCOHOL ●MARIJUANA ●COCAINE AND CRACK ●NARCOTICS: Heroin, Opium, Codeine, and Morphine ●INHALANTS

\*Includes PDF Guides for each program – detailed descriptions of each program are available on our website

#12908/0635 Five 20 minute programs 2010 Grades 7 to A \$119.95 each or Series \$449.95

## REWIND: A Film about Choices (Buy 1 and Get 1 FREE!!!)

A provocative look into the real-world relationship between drugs and alcohol and teens who get consumed by them. Offers hope to those trying to quit and examines the role that drugs like marijuana, cocaine, ecstasy, alcohol, magic mushrooms and crystal meth play in their lives. Frank and powerful! #11656/0143 26 minutes 2007 \$129.95 \*SA



## HIGH SCHOOL CONFIDENTIAL

Provides a unique glimpse into the world of peer pressure, parties and alcohol and drug use in high school. Viewers will hear from youth who made the choice to use drugs and alcohol and then found themselves forever changed. These young people speak candidly about what happened and where it took them. The goal is to reduce substance misuse and to improve overall health through exploration of effective ways of managing stress instead of trying to "cope with dope" and how youth can get a rush of excitement using activities instead of substances.

#11114/1735 25 minutes 2007 \$129.95 \*SA

## TWELVE: Young Addicts Speak from the Heart

Kat grew up in an alcoholic home. John made drinking the center of his life at a young age. Rene's parents divorced when he was five, while Chris and Dante both seemed to have everything they wanted - but all became substance abusers. This program goes inside the childhood memories and emotional lives of recovering addicts who started their habits at, or close to, age 12. Their stories reveal unique qualities and experiences as well as patterns seen over and over again among alcoholics and drug abusers - often involving crime and social isolation. The participants also discuss the most daunting challenge of all - the ongoing process of recovery. #12659/2305 44 minutes 2008 \$169.95 \*SA

## DRUGS: True Stories

*"A brilliantly produced and very hopeful piece. It illustrates very nicely the progression that goes with addiction."*

*Richard Falzone, M.D., Clinical Instructor in Psychiatry, McLean Hospital, Harvard Medical School*

Abuse of alcohol and marijuana led Joel to prescription painkillers. Joel and his family describe their ordeal through addiction, denial, and recovery. Experts from Harvard Medical School answer frequently asked questions. #14597/0680 28 minutes 2007 \$99.95

## DRUGS: Uses and Abuses

A veritable encyclopedia of pharmacological facts, this outstanding series thoroughly examines the therapeutic uses and dangerous abuses of drugs.

**SEDATIVES** - Looks at barbiturates, tranquilizers, nitrous oxide and alcohol. 32 minutes

**NARCOTICS** - Examines heroin, morphine, codeine and opium. 30 minutes

**STIMULANTS** - Covers amphetamines, methamphetamines, cocaine, crack, nicotine and caffeine. 40 minutes

**PSYCHEDELICS & HALLUCINOGENS** - Includes mescaline, peyote, mushrooms (psilocybin), LSD and the group of designer drugs including ecstasy, XTC, fantasy and E4Euh. 32 minutes

**INHALANTS** - Covers amyl nitrate (poppers), butyl nitrate (rush) and aerosol propellants. 21 minutes

**THC** - Includes marijuana, hashish, oils and resins. 35 minutes

**PCP & KETAMINE** - Looks at PCP, angel dust, super K and hog. 21 minutes

**STEROIDS** - Examines anabolic steroids, corticosteroids, estrogens and GHB. 25 minutes \*CC

#9370/0405 Eight programs 2004 Grades 7 to 12 \$79.95 each or Series \$499.95



## \*Best-Seller! DRUGS AND ALCOHOL: Your Choice

There are all kinds of drugs. Some are helpful. Some can be hurtful, and even deadly. What do all they have in common? They all change how your body works and they should all be taken seriously. Students learn....

\* All drugs, including over the counter medications, prescription medicines, energy drinks, alcohol, and marijuana, affect the way your body and mind work.

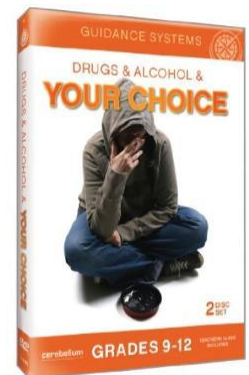
\* Over-the-counter and prescription medication can also be harmful if they are misused or abused.

\* Taking medicine prescribed for someone else can be dangerous to your health; it is also illegal.

\* Inhalants are potent chemicals that can have serious, even deadly, consequences.

\* Contrary to popular belief, using drugs can have a negative impact on a teen's social and academic life

#14715/0433 30 minutes 2012 \*Includes CD Guide \$89.95 \*SA



## \*Best-Seller! TEENS IN ACTION SERIES

A high-energy series for ages 11 to 16 - the crucial tween and early teen years - designed to teach important communication skills while helping teens understand the dangers of risky behavior, such as alcohol and drug abuse. Teens may act like they know it all, but they are full of questions and are eager to learn how to succeed in the adult world. This series is a fun way to help them understand changes in their bodies and brains; communicate in a mature way with adults and others; develop skills for resisting negative peer pressure; and learn techniques for peaceful conflict resolution.

**TO SURVIVE AND THRIVE** - Learn the five keys of character; what's up with your brain these days; what your parents are thinking; the power of choice; school success; challenges of teen life: drugs, sexuality, and violence. 22 minutes

**CO-OPERATION AND COMMUNICATION** - Learn about the spiral of success (and how to make it work for you); gaining co-operation through effective communication. 14 minutes

**RESPONSIBILITY AND DISCIPLINE** - Learn how freedom and responsibility are two sides of the same coin; the voice of discipline; understanding and accepting consequences. 16 minutes

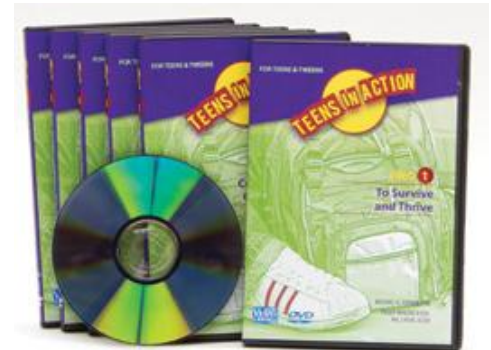
**BUILDING COURAGE AND SELF-ESTEEM** - Learn about courage and self-esteem; how to turn discouragement into encouragement; recognizing and getting past power struggles; and the Think-Feel-Do Cycle. 21 minutes

**DRUGS, SEXUALITY, AND VIOLENCE: Reducing the Risks Part 1** - Learn ten strategies for avoiding risk; negative and positive influences; talking about sexuality. 24 minutes

**DRUGS, SEXUALITY, AND VIOLENCE: Reducing the Risks Part 2** - Learn about the risks of tobacco, alcohol, and other drugs; explore bullying and relationship violence; recognizing peer pressure (both positive and negative); confronting high-risk behavior. 21 minutes

\*Each video comes with discussion guidelines and a reproducible Parent's Tips Sheet on CD

#15235/0155 Six programs 2012 \$69.95 each or Series \$279.95 Grades 7 to 10



## PRESCRIPTION DRUGS & ADDERALL (Youth/Young Adults & Substance Abuse)

**PHARM COUNTRY** - The snack bowl at a "pharm party" includes a mix of prescription drugs - from Adderall to Oxycontin to Xanax.

This program examines the disturbing trend in teenage drug abuse: getting high on legal drugs, often obtained from the home medicine cabinet or from questionable sources over the Internet.

#13915/0635 21 minutes 2006 \$79.95 \*CC

## PRESCRIPTION DRUG ABUSE: Prevention

The fact that prescription drugs come from pharmacies and are prescribed by doctors can add a certain (imagined) air of legitimacy to their illicit use in some teenage minds. Viewers get the real facts about these often very potent, dangerous and highly addictive substances. #9770/0795 15 minutes 2004 Grades 7 to 12 \$224.95 \*CC

## THE DARK SIDE OF ADDERALL AND OTHER "STUDY DRUGS"

"Pressure over grades and competition for college admissions are encouraging students to abuse prescription stimulants" but the problem usage can go way beyond few late night study sessions. This video follows Randy, a young man with no history of ADHD who began abusing Adderall in high school to improve his performance and, having later dropped out of college, relies on it to enable him to work for days at a time as a handyman. #15821/0405 15 minutes 2014 \$99.95



## METHAMPHETAMINES & HEROIN (Youth & Substance Abuse)

### DEATH BY JIB

Crystal meth is a highly addictive and dangerous drug - devastating to individuals, families and communities. Discouraging youth from ever trying the drug is the ultimate hope of prevention efforts. This graphic video pulls no punches as it speaks directly to the hearts and minds of viewers to convey a powerful and emotional message warning teenagers and young adults about the very harsh realities of Crystal Meth. #9084/1735 19 minutes 2005 \$129.95 \*SA

THINKING CLEARLY  
ABOUT ALMOST  
NOTHING!

### COLD AS ICE: Crystal Meth in the Community

A comprehensive snapshot of crystal meth – what it is and ways it is ingested; its impact on mental health; treatment issues, and potential permanent impact on the brain; increasing use of the drug in the gay culture; the very real danger from meth labs to the neighborhoods where they are located, to first responders, and to the environment in general; fraud and identity theft perpetrated by meth users; and, loss of life and other costs resulting from deadly motor vehicle accidents, etc.

#10101/1735 32 minutes 2006 \$99.95 \*SA



## CLUB DRUGS & ECSTASY (Youth & Substance Abuse)

### PARTY DRUGS (Real Life Teens)

This video explains the latest developments around; What is Ecstasy? What are club drugs? Why are prescription pills just as dangerous as illegal drugs? Where are teen abusers of prescription drugs sharing "recipes" for getting high? Do some teens self-medicate undiagnosed depression or anxiety with prescription drugs? #14572/2003 18 minutes 2011 Grades 8 to 12 \$89.95 \*SA

### PSYCHOACTIVE: Club Drugs and Inhalants

Everything you wanted to know about rave- or club-drugs, including psychedelics and inhalants, and we mean EVERYTHING! This excellent, realistic video explains current scientific and medical opinion on these widely used (and abused) chemical intoxicants. One of the best.

#7409/0410 53 minutes 2002 Grades 9 to A \$199.95 \*SA



## ALCOHOL (Youth & Substance Abuse)

### THIS IS YOUR BRAIN ON ALCOHOL 2.0 **\*WINNER! Intermedia GOLD GLOBE Award!**

Updated to include social media, this video employs older teens to deliver a very important message to younger adolescents about the direct effect alcohol consumption has on brain growth and development, especially before the age of 24. #8111/0505 17 minutes 2010 Grades 5 to 9 \$99.95

### THE PARTY'S OVER: Sex, Alcohol and Pregnancy

Although today's teens are exposed to more blatant sexuality than almost any other generation in history, the questions and conundrums that surround sexual activity remain. This portrayal of three teenage couples covers a variety of contemporary sexual health and relationship issues. The role of alcohol in unplanned sexual activity is a key focus, as are male responsibilities and safer sex.

#10312/2003 20 minutes 2006 Grades 8 to 12 \$99.95 \*SA

### BINGE DRINKING BLOWOUT 2.0: The Extreme Dangers of Alcohol Abuse

Looks at the life-threatening nature of teen alcohol use from a medical and personal perspective. This very popular title is aimed at young adults and teenagers who seem to have adopted 'overloading' the system with alcohol as a rite of passage in many party situations, this video clearly demonstrates how very X-TREME the consequences can actually be. #9538/0505 28 minutes 2010 \$99.95

## GAMBLING (Youth & Substance Abuse)

### GAMBLING: It's a Losing Bet

Gambling is becoming a growth industry among youths and young adults. This series makes it clear to young viewers that whether it's sports or games or video terminals, gambling and the debt that most often goes with it are not always the fun they are cracked up to be. School problems, suicide, violence, broken families, and financial ruin are among the outcomes spotlighted in this realistic, compelling series. Each of the programs uses a different setting and situation to deliver the message that compulsive gambling is a problem that can, and must, be addressed.

**SAFE BET: Recognizing the Problem (13 minutes)**

**DONE DEAL: Choosing Not to Gamble (15 minutes)**

**PLAY TO WIN: The Deadly Consequences of Gambling (21 minutes)**

#9326/0235 Three programs 2005 Grades 7 to A \$79.95 each or Series \$229.95 \*SA



## MARIJUANA & SMOKING (Youth & Substance Abuse)

### E-CIGARETTES: Facts and Myths

This is an honest assessment of e-cigarette dangers - is it a safer alternative or another dangerous habit? Provides information on nicotine addiction, secondhand vapor, toxic chemicals and carcinogens, liquid nicotine precautions, and other safety issues. Designed for e-cigarette smokers and traditional cigarette smokers considering switching. Examines e-cigarettes as a smoking cessation tool as well as safer options.

#15961/1420 16 minutes 2014 \$129.95 \*SA

### **\*Brand New!** BLOWING SMOKE: Teens Vaping

E-cigarettes have been called the next generation cigarette and vaping the newest way for teens to start smoking. Most teens assume vaping is harmless, however it is not. Studies have shown that the gases and particles in e-cigarette vapors can harm the lungs, brain, heart and immune system. So what is vaping? What is the vapor made from and how does it work? Do e-cigarettes contain toxins? Are e-cigarettes dangerous? Do e-cigarettes contain nicotine? What are the short and long term side effects? E-cigarettes actually emit a suspension of particles, toxins and other chemicals suspended within a gas. E-cig vapor often contains even more particles than tobacco smoke. #16171/2003 28 minutes 2016 \$79.95



### MARIJUANA: The Gateway Drug 2.0 Updated!

Now updated to include social media, this very popular title points out how marijuana plays a key role in addiction by introducing users to illegal drugs. Because marijuana has mind-altering properties, it is certainly considered to be the launching pad for hard drugs for many people.

#9537/0505 28 minutes 2010 Grades 7 to 12 \$99.95

## YOUTH IN RECOVERY

### YOUNG ADULTS DISCOVER THE TWELVE STEPS

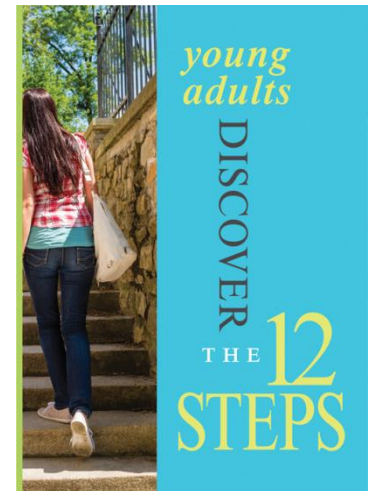
In this engaging video, young people in recovery discuss how working a Twelve Step program helps them in their recovery journey. Each of the 12 Steps is discussed by young people in recovery sharing their personal stories about how working the Steps have helped them stay clean and sober.

#15856/0795 56 minutes 2014 \$199.95 \*CC

### SELF ESTEEM (Real life Teens)

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 \$99.95 \*SA



### BUILDING SELF ESTEEM: You've Got the Power!

**\*COMMUNICATOR AWARD! Award of Excellence in Education Category**

**\*Awarded \*\*\*1/2 Stars from Video Librarian**

Good self-esteem gives you the power to deal with changes, pressures and influences in your life. A positive self image also means healthier relationships and better success in school or on the job. In other words, the better you feel about yourself, the better your life will be. Viewers will learn nine steps to building self-esteem, including Clarifying values, Building positive relationships, Setting goals and Accepting and liking yourself just the way you are. \*Includes Instructor's Guide. #12988/1280 27 minutes 2008 \$129.95 Grades 7 to A \*CC \*SA

## D.W.I. & YOUTH

### THINK ABOUT IT: Choosing to Drink and Drive

According to MADD, motor vehicle crashes are the leading cause of teen death, and one in three of these fatalities is related to alcohol. In this two-part series the behaviors leading to drunk driving, and the consequences, are explored in a language that teens understand. The series features a powerful dramatization, compelling personal testimonies, and commentary from a psychiatrist on the workings of the adolescent brain. Designed to spark classroom discussion, the programs emphasize the role of conscious choice on the part of young people in social situations. Program One - **PEER PRESSURE AND CHOOSING TO DRINK Think About It** – dramatizes the potential consequences of choosing to drive while intoxicated are played out.

Program Two - **DRIVING AND CHOOSING TO DRINK: Think About it** – is a powerful program featuring people whose lives were affected dramatically by drunk driving tell their stories.

**\*Viewer discretion is advised.** #15290/0635 Two 20 minute programs 2011 \$119.95 each or Series \$189.95 \*CC





## ADDICTION IN THE FAMILY & CODEPENDENT RELATIONSHIPS

### CHILDREN OF SUBSTANCE ABUSERS

Teenage children of alcoholics and other addicts are often filled with hopelessness and despair over their preordained fate to follow in their parents' footsteps. 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. #10785/0635 9 minutes 2006 \$49.95 \*CC

### KIDS AND HEROIN: A Wakeup Call to Parents

What may surprise some viewers is that these stories take place far from the inner city- they represent suburbia's children, a demographic falling victim to substance abuse as never before. Heroin and suburban teenagers simply don't seem to fit together as a rule ... or do they? #15771/0635 40 minutes 2010 \$149.95 \*CC



### **\*Best-Seller!** NEXT DOOR: A Documentary about a Teenage Alcoholic and Her Family

Takes an in-depth look into the intricacies of a "normal" family who failed to see the warning signs of teenage addiction and admit to a family legacy of alcoholism. Offers a realistic look into the life of a real family who believed they had created a balanced life for their children until addiction struck at its core. The film illustrates the teen's descent into substance abuse, sexual promiscuity, rebellion, manipulation and lying, and how her choices affected her younger siblings who watched in silence. #9342/0600 53 minutes 2003 \$149.95 \*SA

### COPING WITH AN ALCOHOLIC PARENT: Tips to Improve Family Life

One parent is alcoholic! How does a family cope? This dramatic program takes viewers into the family life of real people who have embarked on their long road to recovery from addiction, and it shares the intimate struggles of families dealing with this all too common disease. #10683/0145 26 minutes 2006 \$149.95 \*CC \*SA

### PROMISE ME: Parents with Addictions

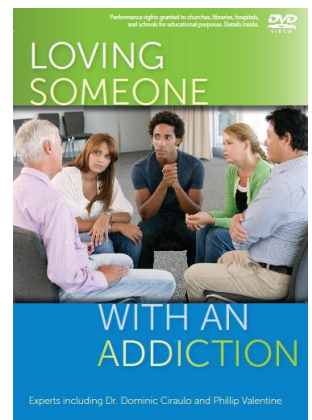
How can a teenager ever be expected to cope with an addicted parent, or as in this case, TWO of them!?! One an alcoholic and the other is a compulsive gambler! Growing up in such a household, what goes through your mind? What stability can you hold on to? Viewers get an inside view of teen hell on earth with this intense dramatization. #13821/0768 28 minutes 2010 \$89.95 \*SA

### KIDS RECOVERY: Healing Kids of Addicted Parents

A program for parents to help them understand how their addiction negatively impacts their children. Includes interviews with spouses and significant others interspersed with Saul and the puppet Slick who provides humorous, bad advice. Chaptered in five parts including: 1) How addicted parents DISTANCE themselves from their children (9 minutes) 2) Parents and children will BOTH have to ADJUST to sobriety (9 minutes) 3) How addicted parents DENY the damage they do (5 minutes) 4) How straight parents can HEAL THE DAMAGE (11 minutes) 5) Counting the BENEFITS OF RECOVERY for parent and children (10 minutes). #15427/1905 45 minutes 2011 \$99.95 \*SA

### **\*Best Seller!** LOVING SOMEONE WITH AN ADDICTION

For those who live with an addiction, it is both heartbreaking and exhausting. Family members are torn between how to help the addict and how to avoid supporting the addiction. Through interviews with experts and with families who have experienced the addiction of a loved one, this video will offer hope-filled support in the form of practical information, advice from others who have been there, and the power of shared experiences. #15587/1710 60 minutes 2013 \$139.95 \*SA



### DRINKING APART: Families under the Influence

This highly recommended, award-winning program made for HBO examines and explains the acclaimed 'family' addiction treatment methods employed at the famed Ackerman Institute for the Family. This is a great documentary that features people actually in the program and details their trials and tribulations, as well as their successes. #9209/0635 71 minutes 2000 \$149.95

### TWEE, FIDDLE AND HUFF

The program explains to young children, especially those from "addicted" households, the nature of addiction, and how it affects adults (i.e. parents) and emphasizes that it is not their (the child's) fault. \*Includes Facilitator's Guide #8165/1823 12 minutes 1990 Grades K to 3 \$149.95 \*SA

### **\*See also on Page 27 ...**

**MULTIDIMENSIONAL FAMILY THERAPY: A Research-Proven, Innovative Treatment for Adolescent Substance Abuse** #15983/1410 75 minutes 2014 \$199.95

- and -

**STEP ALONG THE WAY (A): A Family with a Drug Problem** #16116 63 minutes 2015 \$159.95



## REAL LIFE PARENTING SKILLS PACKAGE

One of the biggest hurdles for those of us who are recovering from alcoholism or an addiction is restoring our relationship with our children. We must rebuild shattered trust, but even more basic, we may need to learn, or re-learn, how to treat our children with love and respect. This package provides practical guidance on issues and ways we can develop realistic action plans with our children. Each of the three DVDs dramatizes new or relearned parenting skills: **BUILDING TRUST** 15 minutes; **HANDLING ANGER** 17 minutes; and, **SETTING RULES AND LIMITS** 15 minutes.

*\*Purchase is available in two ways...*

DVDS only #13580/0795 Three DVD programs \$189.95 \*CC

PACKAGE #14140/0795 Three DVD programs plus 30 copies of 3 Pamphlets and 30 copies of 3 Workbooks \$699.95 \*CC



## COUPLES RECOVERY: Healing Addictions Damage to Couples

This program shows how addiction negatively impacts relationships as well as provides strategies to heal those relationships. Includes interviews with spouses and significant others interspersed with Saul and the puppet Slick who provides humorous, bad advice designed to create conflict in the relationship.

#11677/1905 60 minutes 2011 \$99.95 \*SA

## STAGES OF FAMILY RECOVERY

For families, the pain of living with a loved one's addiction can lead to shame, secrecy, and isolation. This program is an encouraging, empowering video that lets families know they're not alone- and that recovery is possible. Teens, parents, and grandparents share stories of despair and hope, helplessness and optimism. Includes clinical insights from Stephanie Brown, Ph.D.

#9568/0795 36 minutes 2005 \$224.95 \*CC

## ADDICTIVE RELATIONSHIPS SERIES

Claudia Black and Terry Gorski discuss how 'compulsion' enters a relationship, explain the difference between healthy and unhealthy relationships, and reveal the true meaning of intimacy. These three programs are very useful and down-to-earth:

**COMPULSIVE RELATIONSHIPS: The Players and The Personalities**

**RELATIONSHIP STYLES: Compulsive, Apathetic and Healthy**

**RELATIONSHIP BUILDING: Achieving Intimacy**

#10254/0110 Three programs 31-36 minutes 1990 \$129.95 each or Series \$349.95 \*SA



## WHAT DO I SAY TO MY KIDS? With Claudia Black

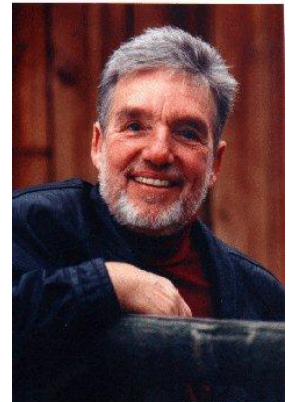
Parents who are in recovery often find themselves in very strange and stressful circumstances when explaining addiction (their own or in general) to their children. And it's probably even worse for the kids involved! Claudia Black has helped thousands of families deal with the burden of addiction during her career and explains proven methods for opening lines of parent-child communication. #9956/0110 26 minutes 2005 \$169.95 \*SA

## ADDICTION IN THE FAMILY: The Domino Effect

This program is an important tool that will allow you, in one or two sessions, to focus on primary treatment issues with family members, individually or in groups. Overcoming denial and enabling behavior in a family suffering from addiction, Claudia Black examines the three particular areas that are most challenging... Powerlessness... Tough Love ...and Unmanageability. #9207/0110 28 minutes 1998 \$169.95 \*SA

## BREAKING THE SILENCE with Dr. Claudia Black

Dysfunctional families... addictions... sexual abuse are often part of a package. Sexually abused children make a "secret" out of these experiences because of intense feelings of fear, guilt, and shame. The "silence" that plagues these victims includes phobias, flashbacks, suicide, eating disorders, not to mention addictions. This powerful program encourages adult children to realize that disclosure is essential and that there are some procedures that make this painful process a little easier and more likely to meet with success. #10257/0110 30 minutes 1992 \$129.95 \*SA



## IT'S NOT MY PROBLEM! John Bradshaw

Starring John Bradshaw, this film is aimed at family members of newly recovering addicts/alcoholics. For most of this population, the suggestion that they need treatment as much as the chemically addicted person is met with rigid denial. "Simply the best introductory film I've seen on this topic!" #9206/0460 32 minutes 1987 \$149.95

**\*\*\* A list of the ten programs in each of the following JOHN BRADSHAW series is available on our website...**

### BRADSHAW ON CREATING LOVE

John Bradshaw talks about how to create healthy, loving relationships in every part of life. #8851/0280

Ten 60-minute programs 1990 \$199.95

### BRADSHAW ON HOMECOMING

John Bradshaw assists viewers in finding and championing their wounded inner child. #10940/0280

Ten 60-minute programs 1990 \$199.95

### BRADSHAW ON THE FAMILY

John Bradshaw series focuses on how the dynamics of the family relates to compulsive and addictive behavior. #4447/0280

Ten 60-minute programs 1990 \$199.95

## DUAL DIAGNOSIS/CO-OCCURRING DISORDERS

### DOUBLE TROUBLE IN RECOVERY COLLECTION

A complete 3-part package designed to help experts guide clients with co-occurring addiction and mental health disorders. Includes a fresh informative DVD that takes professionals and peer leaders, step-by-step, through the process of starting and running a DTR group.

1. **STARTING AND RUNNING A DOUBLE TROUBLE IN RECOVERY GROUP - DVD**
2. **HOW TO START A 'DOUBLE TROUBLE IN RECOVERY' GROUP - Manual and CD-ROM** with posters and reproducible handouts
3. **Book DOUBLE TROUBLE IN RECOVERY: BASIC GUIDE.**

#13292/0795 30 minutes with Manual and Book 2010 \$229.95 \*CC



### DOUBLE JEOPARDY with Claudia Black

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.

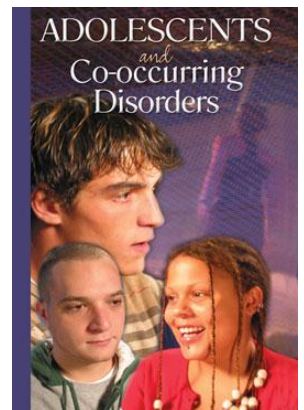
*Key Points Covered:*

- \*Interaction of depression and addiction
- \*Causes of depression: biochemical imbalance, negative view of the world, incomplete grief
- \*Recovery: abstinence from addictive substances and behaviors
- \*Use of anti-depressants and discussion around the addict's concerns of the use of medication
- \*Therapy and recovery practices

#4483/0110 28 minutes 2002 \$169.95

### ADOLESCENTS AND CO-OCCURRING DISORDERS

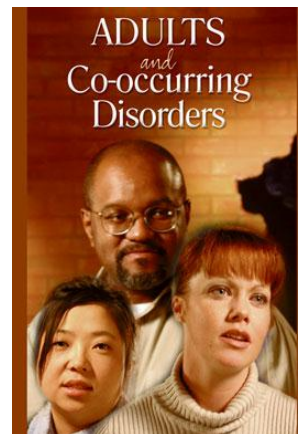
Created specifically for teens in treatment, this compelling video introduces young clients to strategies for staying sober while coping with a co-occurring (dual) disorder. Mental health issues combined with addiction - also known as co-occurring disorders - are devastating, especially for youths. In 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 \$229.95 \*CC



### ADULTS AND CO-OCCURRING DISORDERS

What is meant by dual diagnosis or co-occurring disorder? This video explains what these terms mean clinically and in practical matters. Clients and families will gain insight and receive helpful and hopeful instruction on the best methods for coping. Through testimonials and interviews of treatment experts, this important video identifies emotional and psychological disorders that commonly accompany addiction. Ideal for use in a group setting. Clients will gain insight into keeping their recovery on track while dealing with a dual disorder.

\*Includes Facilitator's Guide. #10215/0795 20 minutes 2003 \$225



### CO-OCCURRING DISORDERS: Mental Health and Drugs

From the producers of UPPERS DOWNERS - 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.

#9036/0410 36 minutes 2005 \$149.95 \*SA

### DRUG ABUSE AND BIPOLAR DISORDER

Bipolar disorder itself is hard enough to deal with and treat, but when self-medication through the use of alcohol or other drugs is added the problems can get completely out of hand. This video provides details. #9241/1420 19 minutes 2003 \$119.95 \*SA

### PTSD AND SUBSTANCE ABUSE

Post traumatic stress disorder is now recognized for its diversity of causes as well as its severe and disabling symptoms. When substance abuse is also involved the results can be devastating.

#12247/1420 20 minutes 2009 \$119.95 \*SA

### DEPRESSION AND SUBSTANCE ABUSE

Depressed? Let's have a drink ... Let's get high! Two reactions that can lead to some real long term difficulties. This video investigates how substance abuse and depression play off one another.

#9239/1420 19 minutes 2004 \$19.95 \*SA

### BEATING DEPRESSION

Whether chronic or manic, whether stand-alone or co-occurring with other disorders or addictions, patients with depression can stabilize and lead fulfilling lives if they accept their condition and proactively address it. #4476/0635 46 minutes 2004 \$169.95



## **\*Best Seller! THIS EMOTIONAL LIFE**

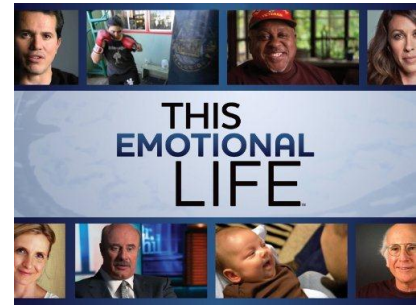
Ordinary people and famous celebrities share a basic human problem - how to handle one's emotions, relationships, and negative experiences. Yet why are some more successful than others? Best-selling author and Harvard professor Daniel Gilbert weaves together accounts of ordinary individuals and celebrities including Chevy Chase, John McEnroe, Alanis Morissette, and Richard Gere. Topics examined in the series include the importance of early attachment, post-traumatic stress disorder, depression, grief, and other challenges.

### ●FAMILY, FRIENDS AND LOVERS

### ●FACING OUR FEARS

### ●RETHINKING HAPPINESS

#13304/1725 Three DVDs in one case total 360 minutes 2009 \$129.95 \*CC



## **CO-OCCURRING DISORDERS PROGRAM (THE) Updated for DSM-5**

The best-selling series for addressing and treating cooccurring disorders is now better than ever and updated for DSM-5! With a beautiful new design, new titles that help you immediately find what you need, and reduced prices, this evidence-based program addresses issues that directly impact clients living with a substance use disorder and nonsevere mental illness. Extremely flexible and very easy to implement. Each piece of CDP can be used effectively as a stand-alone program. However, when the components are used in conjunction with each other, they provide a proven-effective treatment protocol for your team.

### *This new CDP Series:*

\*Manualizes the most current research and field-tested practices available

\*Provides everyone on your treatment team with the same tools at the same time

\*Helps create a shared, respectful partnership with clients when developing a treatment plan

\*Use each component of CDP on its own or together as part of a system of care.

### **1. SCREENING AND ASSESSMENT FOR PEOPLE WITH CO-OCCURRING DISORDERS - CURRICULUM**

This tool offers an effective, protocol-driven evaluation method so that appropriate treatment options can be addressed with regard to each client's symptoms, disorders, and motivation to change. #7679

### **2. INTEGRATING COMBINED THERAPIES FOR PEOPLE WITH CO-OCCURRING DISORDERS - CURRICULUM**

Motivational Enhancement Therapy, Cognitive-Behavioral Therapy, and Twelve Step Facilitation. This curriculum provides the background, guidance, and skills needed to combine the evidence-based practices of motivational enhancement, cognitive-behavioral therapy, and Twelve Step Facilitation. #7680

### **3. COGNITIVE-BEHAVIORAL THERAPY FOR PEOPLE WITH CO-OCCURRING DISORDERS - CURRICULUM**

As professionals work through the eight program modules, clients develop the knowledge and skills to continue practicing evidence-based CBT techniques on their own. #7681

### **4. A LEADER'S GUIDE TO IMPLEMENTING INTEGRATED SERVICES FOR PEOPLE WITH CO-OCCURRING DISORDERS**

This 192 page guidebook gives your agency's key stakeholders the tools to assess organizational effectiveness. #7678

### **5. A GUIDE FOR LIVING WITH CO-OCCURRING DISORDERS: Help and Hope for Clients and Their Families - DVD**

Explores the most effective treatments for co-occurring disorders through expert interviews. #7677

### **6. MEDICATION MANAGEMENT FOR PEOPLE WITH CO-OCCURRING DISORDERS - CURRICULUM**

This two-part reference tool contains vital, current information about the complex issues of medication management, addressing differential diagnosis, timing, indications, monitoring, dosage, tolerance, and more. #7682

### **7. FAMILY PROGRAM: EDUCATION, SKILLS, AND THERAPY FOR FAMILIES OF PEOPLE WITH CO-OCCURRING DISORDERS**

Teach families about the nature and treatment of co-occurring disorders Single-family sessions orient people to a loved one's specific psychiatric disorder. Multiple-family sessions run in a rotating cycle, allowing new families to join at any point. #7681

**\* The complete package includes five curricula, a DVD, and A Leader's Guide to Implementing Integrated Services. Many of the curricula include a clinician's guide, as well as reproducible patient handouts, and clinician forms.**

**#15925/0795 Seven components 2014 \$829.95 \*CC**



## **A GUIDE FOR LIVING WITH CO-OCCURRING DISORDERS:**

### **Help and Hope for Clients and their Families**

This program provides patients and families with 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 \$129.95 \*CC

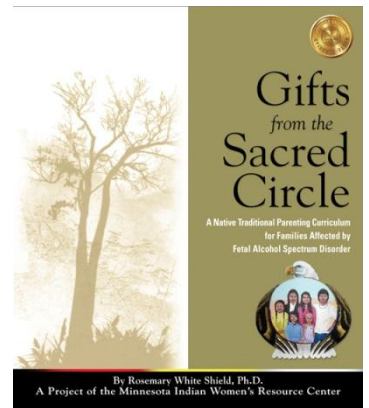
**(NOTE: this DVD is also included in the above package #15925)**

## NATIVE / FIRST NATIONS SPECIFIC

### GIFTS FROM THE SACRED CIRCLE: A Native Traditional Parenting Curriculum for Families Affected By Fetal Alcohol Spectrum Disorder (CD-ROM Toolkit)

Grounded within traditional American Indian spiritual contexts, GIFTS FROM THE SACRED CIRCLE is an evidence-based program created specifically to serve Native children and families impacted by Fetal Alcohol Spectrum Disorder (known as FASD). This unique program assists and strengthens families as they care for their FASD-affected children as well as themselves.

**\*NOTE:** This package is not DVD-based but rather a complete curriculum that includes a Facilitator's Guide, a Parent Resource Book, and a Toolkit CD-ROM of materials that help connect and extend the learning experiences into the home and community. **NOTE: This is not a DVD.** #15270/0795 2012 \$169.95 \*CC



### COPING WITH AN ALCOHOLIC PARENT: Tips to Improve Family Life

One parent is alcoholic! How does a family cope? This dramatic program takes viewers into the family life of real people who have embarked on their long road to recovery from addiction, and it shares the intimate struggles of families dealing with this all too common disease. The family in this case is middle class Native North American. #10683/0145 26 minutes 2006 \$149.95 \*CC \*SA

### A MOTHER'S CHOICE

This video aims directly at informing first nations women of the damage and suffering that can result from the long term effects on the fetus due to alcohol consumption during pregnancy.

#10272/0735 30 minutes 1996 \$159.95 \*SA

### BROKEN CORD: Louise Erdrich and Michael Dorris

In this in-depth conversation, Bill Moyers investigates the very troublesome relationship between the Native American community, addictions and fetal alcohol syndrome.

#9576/0635 30 minutes 1990 \$99.95 \*CC

### ONE MOTHER'S JOURNEY

This video presents the story of a Native woman and her fight to overcome an abusive and alcoholic family life, her experience of residential schools, early motherhood and a bout with her own addictions. #9852/0930 24 minutes 1996 \$149.95 \*SA

### FETAL ALCOHOL SYNDROME and Other Drug Use During Pregnancy

Viewers receive a very clear explanation of what effects alcohol and some other common drugs have on unborn babies. Physical, mental, psychological, emotional repercussions are all covered.

#9536/0635 19 minutes 1992 \$149.95

### RECOVERY FROM THE HEART SERIES

This series encourages Native clients in addiction treatment programs to set attainable goals, create strategies for results, and build in follow-through experiences. Based on the teachings of the Medicine Wheel, the Twelve Steps, and a system of principles, values and laws common to many Native tribes, it assists clinicians in maximizing client comprehension of crucial recovery concepts through workbook exercises in conjunction with the videos' dramatic scenes and thought-provoking discussions. #11710/0795 \*Three 30-minute programs on one DVD with four CDs and a Workbook 1993 \$229.95

### FITNESS AND THE FATHER

The native peoples of the Canadian far north simply have to have been some of the naturally toughest and fittest the world has ever produced. Historically, their habitat and lifestyle dictated it. This video focuses on the recognition of this fact by a Catholic priest in the 1950s, and his efforts to use it to restore a measure of self-esteem that was being shattered.

#6240/1329 45 minutes 2002 \$129.95 \*SA

**\*\*\* SPECIAL OFFER! Get both titles below for only \$349.95!!!**

### WHAT MADE ME STOP DRINKING: Four Stories

An intimate and revealing look into the lives of people who are addicted to alcohol. Four very different individuals tell their stories ... all four finally faced a brutal reality - that their lives and health were falling apart. One of the four featured in these two programs is a first nations man, who wanted the pain of belonging to an underprivileged part of our population to stop and to feel strong. The stories are brought to life by personal interviews with the four subjects and with Susan Diamond Potts - M.A., RCC, who holds a masters in clinical psychology and who specializes in treating alcohol addiction. #14480/1076 32 minutes 2012 \$189.95 \*SA



### HOW I STOPPED DRINKING: Four Stories Continued

A follow-up to "What Made Me Stop Drinking", this program investigates how those same people - recovering alcoholics - actually managed to stop drinking. They took different routes and found their own sources of support. The central message of this program is that it is possible to stop and to rediscover life without alcohol. Features Susan Diamond Potts - M.A., RCC - a clinical psychologist specializing in addiction treatment.

"Addiction is cunning, baffling, and powerful. People have to have enough resources to support their recovery."

#14605/1076 27 minutes 2012 \$189.95 \*SA

## COUNSELING AND THERAPY WITH NATIVE AMERICAN INDIANS

Teresa LaFromboise, Miami Nation and Stanford University, has become the best-known expert on counseling and treatment with Native American Indians. Important implications in this tape for Canadian Dene. #10979/1410 70 minutes 1995 \$109.95 \*CC \*SA

## WORKING WITH NATIVE AMERICANS IN THERAPY

In this program Dr. Winona F. Simms illustrates her approach to working therapeutically with clients who are of Native American descent. Because of a history of oppression by the dominant culture, Native American clients may present for therapy with distrust in the therapist, so it is important to first build trust and to allow the client to speak and be heard. #14881/0157 100 minutes 2005 \$99.95

## INNOVATIVE APPROACHES TO COUNSELING NATIVE-AMERICAN PEOPLE

Aligning the client with destiny in a cultural context is the goal. The client has left the Red Road, paying insufficient attention to traditional values. Very helpful to the client (and to viewers) are connections drawn between the client, family, community, and broader cultural context. #11029/1410 30 minutes 2013 \$109.95 \*SA

## CARVED FROM THE HEART and WORDS FROM THE HEART

One man loses his son to a cocaine overdose. Grieving, he decides to carve a totem pole and invites the town of Craig, Alaska to help. The project grows; it brings people of diverse backgrounds and ages together, acknowledging common problems of personal loss, intergenerational grief, substance abuse, suicide and violence and it promotes healing within the community. WORDS is intended to facilitate discussion of the life-altering issues raised in the multi award-winning CARVED. Features drawings and murals by youth, letters, poetry, interviews and ceremony to show how a story that started in one small town has become a catalyst for expression and community transformation. #9836 45 minutes 1997 \$199.95 \*SA

## INDIGENOUS HEALING AND PSYCHOTHERAPEUTIC INTERVENTION: Complicating the Prospects for Integration

Multiculturalist psychologists have effectively advocated for "culturally competent" counseling interventions. They often cite traditional healing as an important resource for developing integrative forms of psychotherapy that are distinctively tailored to diverse populations. And yet, detailed consideration of this integrative project has appeared infrequently in psychology literature. Drawing on documented examples of indigenous healing practices from Northern Plains American Indian communities, Dr. Joseph Gone explores the prospects for integrating traditional healing and contemporary psychotherapy. #15694/1410 50 minutes 2013 \$129.95



## GAMBLING (Seekers II)

From the SEEKERS II Series for, by, and about aboriginal youth, their concerns, problems and potential - this program explores different aspects of gambling in an attempt to answer why people take such risks. #7762/0200 24 minutes 2003 Grades 7 to 12 \$129.95 \*SA

## SUBSTANCE ABUSE (Seekers II)

Today, as Aboriginal youth are forced to decide between honoring traditional culture and adapting to "mainstream" society, the decision to use or not to use alcohol and drugs is a very difficult one to make. #7763/0200 24 minutes 2003 Grades 7 to 12 \$129.95 \*SA

## HEALING ROAD: The Native American Tradition

Native Americans have suffered violence for centuries. This video helps address the issue of multicultural healing. Native American practitioners raise questions about the appropriateness of current theoretical approaches. #11028/1410 60 minutes 2000 \$169.95 \*SA

## A WAVE OF COMPASSION: Spirituality and the Recovering Addict

What does it mean to be a "functioning" alcoholic? How does it feel to struggle with substance abuse day after day? What keeps addicts from truly recovering? This program explores such questions from a range of unconventional viewpoints, creating an honest look at addiction that avoids judgmental or strictly clinical approaches. Unique and insightful commentary is provided by a Native American shaman, a stand-up comedian, and other voices of reason and personal experience. #12172/0635 47 minutes 2007 \$149.95 \*CC



## ADULT GAMBLING

### COMPULSIVE GAMBLING ADDICTION AND RECOVERY: A New Approach

This comprehensive series is for recovering compulsive gamblers, their family members, therapists, counselors, recovery center staff, and administration. Features Helen Palmer and addiction and recovery counselors Renee Siegel and Rick Benson with nine exemplars from the ABC/Algamus Recovery Center in Prescott, Arizona. Experience an individualized recovery program instead of the traditional "one size fits all" approach. Over five hours of information and program development techniques are included. #15502/0803 2012 \$189.95 \*CC \*SA

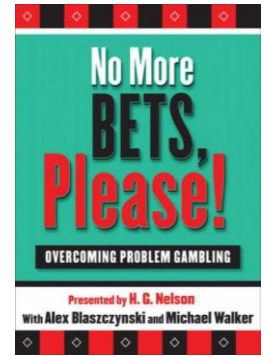




**NO MORE BETS, PLEASE \*Winner CINE GOLD EAGLE Award!**

This straight-talking, empowering video program offers essential information on how problem gambling develops, its damaging impact on individuals and families, and how it can successfully be treated.

#15611/0787 40 minutes 2003/2008 \$89.95 \*SA

**PATHOLOGICAL GAMBLING**

When does gambling, or as it has been recreationally renamed by the industry that profits from it, GAMING, transform itself into a recognizable pathology? Gaming....sounds like a fun pastime; unfortunately not for everyone. This program describes pathological gambling, a syndrome of out-of-control gambling which causes gamblers enormous financial, legal, marital and other problems. Treatment strategies include financial planning, marital therapy and most importantly, cognitive therapy that addresses the false beliefs shared by most problem gamblers.

#11783/1420 18 minutes 2008 \$119.95 \*SA

**ALL BETS ARE OFF: Gambling Addiction**

Some play for fun, some hope to win a few dollars, but what starts as a game often leads to a devastating addiction. John Eades explains how he got hooked on gambling and the events that finally led to his recovery. #12226/0145 30 minutes 2005 \$169.95 \*CC \*SA

**GAMBLING: It's Not About Money**

This video examines the growth of compulsive gambling, the treatment options available with consideration of recovery success ratios, and how gambling often becomes a 'cross addiction' for alcohol and drug addicts. #1190/0795 36 minutes 2000 \$149.95

**OTHER GAMBLERS: Women and Older Gamblers**

Growing numbers of seniors and women are taking up gambling in one form or another and for a variety of reasons. Whether it's an attempt to increase meager incomes or as a way to pass time and add excitement to their lives, some are finding these activities have negative consequences, and are also very difficult to stop. #10977/0410 28 minutes 2001 \$229.95 \*SA

**STRIKE DICE! Betting on My Father**

*\*American Psychological Association Convention Festival, 2011 \*Western Psychological Association Convention Festival, 2011*

Addiction can break up families, and often does. STRIKE DICE is the story of a daughter whose father left the family when she was young to pursue his gambling addiction. As a grown woman, Natalie goes to Las Vegas in search of her father, whom she finds homeless, gaunt, and unwashed, but still driven by the desire to gamble. Despite her best efforts, he is initially unwilling to acknowledge his addiction and accept the help he needs. The film chronicles a daughter's struggle to get her father off the streets and back into society, and to accept him for his flaws. It follows Natalie's journey as she helps her father find shelter and treatment to conquer his addiction, and illustrates the progress they make toward repairing their relationship as father and daughter. #15496/0605 57 minutes 2011 \$299.95

**PROFESSIONAL DEVELOPMENT****SUBSTANCE ABUSE: Assessment and Intervention**

"The" classic four-part series is aimed at addictions counselors and treatment directors.

**INTERVIEW AND ASSESSMENT, 22 minutes**

Delineates situational and genetic factors that place a client at risk, as well as physical and behavioral signs of chemical dependence.

**COPING MECHANISMS, 25 minutes**

Illustrates the use of coping behaviors to maintain fragile levels of functioning. Identifies dysfunctional family roles and patterns which support addictive behavior. Demonstrates the professional's role in slowly helping the patient and family substitute adaptive coping mechanisms for maladaptive ones.

**TREATMENT MODALITIES, 38 minutes**

Illustrates family involvement in counseling and recovery. Describes philosophy and effectiveness of 12-step programs. Illustrates importance of aftercare and acceptance that recovery is a life-long process.

**RECOVERY AND PREVENTION OF RELAPSE, 21 minutes**

Demonstrates counseling techniques for helping a client recognize and circumvent the negative patterns. Reviews the challenges of avoiding relapse and illustrates how a client can be helped to return to recovery.

#14420/0430 Four programs 1993 \$325 each or Series \$969.95 \*CC \*SA

**DRUG AND ALCOHOL ABUSE with Dr. William A Miller**

Drug and alcohol abuse are a common presenting problem in therapy, second only to depression, so it benefits therapists to have an approach ready for this issue. Dr. William Richard Miller demonstrates his approach to treating clients using motivational interviewing, a Rogerian technique designed to increase a client's sense that he or she is capable of handling the problems they confront.

#14569/0157 100 minutes 2006 \$99.95 \*CC

**\*Brand New! MINDFULNESS FOR WELL-BEING**

For most people, even the ordinary demands of life can cause some feelings of unease and stress, and these stressful thoughts and feelings may result in chronic mental and physical fatigue or anxiety. The seemingly simple act of mindfulness helps reduce the impact of stress, anxiety, depression, and chronic pain. Mindfulness is the act of paying attention to moments of experience with an accepting and friendly attitude so as to observe with all the senses what is happening in each moment. The practice of mindfulness is an effective means of enhancing and maintaining optimal mental health and overall well-being, and can be implemented in every aspect of daily living. Mindfulness has been applied to a variety of mental and physical disorders and has also been useful within educational, military, and corporate settings. In this video, Dr. Rezvan Ameli demonstrates three mindfulness exercises within a group therapy setting and also discusses the science and practice of mindfulness.

#16182/1745 100 minutes 2016 \$99.95 \*CC

**ADOLESCENT DRUG ABUSE (Clinical Innovators)**

Aimed at counselors and therapists, this video guides viewers through new adolescent substance abuse treatment that has emerged from the shadows of adult treatment as a separate, clinically creative field of study where considerable scientific progress has been made in our knowledge about the causes and correlates of adolescent problems. #13917/0795 65 minutes 2009 \$199.95 \*CC

**STEP ALONG THE WAY (A): A Family with a Drug Problem**

Conducting family therapy can feel like an impossible juggling act, where complicated dynamics can make effective interventions elusive to the best of us. Successful clinicians must make sense of a family's needs as a whole, as well as facilitate work within the relationships that impact the entire system. In this video, renowned family therapist Virginia Satir leads a powerful session with a family dealing with substance abuse and codependency. Satir's natural facility with families is astounding even today, and you'll gain a deep appreciation of her legacy as she progresses this challenged family several steps closer to resolution.

#16116/1745 63 minutes 2015 \$159.95

**MULTIDIMENSIONAL FAMILY THERAPY: A Research-Proven, Innovative Treatment for Adolescent Substance Abuse**

In this film, Dr. Howard Liddle, developer of MDFT, works with 16-year-old Christian, who has been arrested for purchasing marijuana. The film includes nine condensed therapy sessions with Christian, his mother - a single parent struggling with personal issues, and Christian's school counselor. The session highlights the key areas of focus and core interventions in the integrated MDFT approach, and enumerates the model's three stages. Dr. Liddle provides summaries of session segments and offers brief presentations on the core sections of the MDFT. The design and format of the film demonstrates the thought processes of a therapist using MDFT, and offers a behind-the-scenes experience of the model.

#15983/1410 75 minutes 2014 \$199.95

**BRIEF THERAPY FOR ADDICTIONS SERIES**

A comprehensive professional development series of seven programs:

**STAGES OF CHANGE FOR ADDICTIONS** model with John C. Norcross

**MOTIVATIONAL INTERVIEWING** with William R. Miller

**COGNITIVE THERAPY** with Bruce S. Liese

**INTEGRATING THERAPY WITH 12-STEP PROGRAMS**

with Joan Ellen Zweben

**HARM REDUCTION THERAPY FOR ADDICTIONS** with Dr. G. Alan Marlatt

**COUPLES THERAPY FOR ADDICTIONS** with Dr. Barbara S. McCrady

**REALITY THERAPY FOR ADDICTIONS** with Robert Wubbolding, EdD

\*Complete descriptions of each program available on our website.

#11535/1745 Seven programs 2007 \$159.95 each or Series \$959.95

**BRIEF INTERVENTION (Clinical Innovators)**

Brief Intervention is an evidence-based practice combining motivational interview, stages of change, and cognitive behavioral theory, to help clients identify, assess, and understand their own patterns of abuse. This video provides professional development on the subject from Ken Winters, a very highly regarded expert in brief intervention.

#9047/0795 80 minutes 2004 \$179.95 \*CC

**COGNITIVE BEHAVIORAL RELAPSE PREVENTION FOR ADDICTIONS**

Dr. G. Alan Marlatt demonstrates his approach to working with clients dealing with addictions or compulsive habits such as substance abuse, gambling, or sexual addiction through Cognitive-behavioral relapse prevention. #14567/0157 100 minutes 2006 \$99.95 \*CC

**APPLYING ASAM PLACEMENT CRITERIA (Clinical Innovators)**

The latest revision of the ASAM-PPC-2R manual takes on renewed importance with today's emphasis on evidence-based practice. In this DVD, David Mee-Lee presents a clear and concise overview of the latest ASAM criteria. #11303/0795 75 minutes 2007 \$179.95 \*CC

## RELAPSE PREVENTION OVER TIME

In this series of six sessions, Dr. G. Alan Marlatt demonstrates his approach to helping clients with substance addictions prevent or cope with relapses during efforts to change addictive behavior. Relapse prevention is a cognitive-behavioral, "maintenance stage" approach taken only after a client commits to either abstinence or moderation, and it is usually used in conjunction with or following clients' participation in another treatment program. #14568/0157 Six sessions 300 minutes 2007 \$399.95 \*CC

## MINDFULNESS FOR ADDICTION PROBLEMS

Dr. G. Alan Marlatt demonstrates his meditative technique for helping clients with substance addictions. Studies have shown that heavy drinkers who begin meditating show a decrease in the amount they drink. #14566/0157 100 minutes 2004 \$99.95 \*CC

## INTERACTIVE GROUP THERAPY IN ADDICTION: Interventions for Dynamic Groups

Aimed at clinicians, therapists, trainers, supervisors/managers of group programs as well as general health professionals and students preparing to use group therapy as a treatment modality. This series provides an opportunity to observe the process and techniques of interactive group therapy for drug and alcohol dependent persons. The purpose is to facilitate understanding and sensitivity to group process across cultures and to demonstrate the most important function of a group leader - directing the focus of the group through interventions that promote dynamic interaction. #9223/2045 Three DVDs 1999 \$379.95 \*SA. \*Includes 49-page guide. *\*See a detailed description of this series on our website.*

## **\*Brand New!** GROUP THERAPY FOR ADDICTIONS

While our field offers numerous approaches to group therapy, less is understood about group interventions for addiction. This refreshing video begins to close the gap by presenting a rich series of vignettes from an interpersonal process group for clients in early-stage recovery. Here, you'll watch Tim Leighton and his UK-based team of addiction experts demonstrate key elements of this experiential model, shown in an outpatient setting. If you work with clients in recovery - or if you simply enjoy group work - this video will give you an array of necessary skills for leading successful interpersonal therapy groups.

*"This superb video showcases highly competent group therapists combined with lucid explanations of both theory and technique. You'll witness the group leaders harness the power of the group by repeatedly focusing the attention on how members are relating to each other, a key skill in effectively run groups. I would highly recommend this video to any therapist interested in mastering the art of group therapy, regardless of population served."*  
**Irvin Yalom, MD, author of The Theory and Practice of Group Psychotherapy**

#16180/1745 83 minutes 2016 \$159.95



## INTRODUCTION TO STRUCTURED RELAPSE PREVENTION: An Integrative Approach to Working with Alcohol and other Drug Problems

Structured Relapse Prevention (SRP) is a program of integrated counseling strategies that includes motivational interviewing, cognitive-behavioural treatments, and a variety of coping skills strategies that are organized to meet clients' different needs and treatment goals. Clients are met where they are in their current substance use, and autonomy for change remains with the client. This presentation is an introductory overview for Counselors who wish to expand their skills repertoire for working with clients.

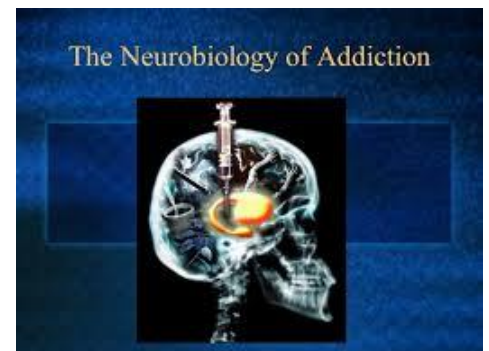
#14966/1410 90 minutes 2010 \$129.95 \*SA

## HOUSING FIRST: The Pathways Model to End Homelessness for People with Mental Illness and Addiction

Research proves that the "Housing First" approach is more effective than traditional models at dramatically reducing homelessness among those with mental health and substance use disorders. **The MANUAL** provides a solid foundation for introducing this evidence-based approach. **The DVD** illustrates the concepts presented in the manual, offering client success stories, helpful tips, and model teams in action. #14313/0795 DVD and MANUAL 20 minutes 2010 \$269.95 \*CC

## THE NEUROBIOLOGY OF ADDICTION (Clinical Innovators)

Continuing revelations about the human brain are transforming our approaches to medical treatment, education, and human development. In this guide, Dr. Carlton Erickson, director of the Addiction Science Research and Education Center at the University of Texas, writes not only a "brain science 101" text, but helps explain how developments in neurobiology call for basic changes in the very ways that addiction professionals discuss, define, and treat chemical dependence. #13918/0795 50 minutes 2009 \$199.95 \*CC





## OLDER ADULTS AND ADDICTION (Clinical Innovators Series)

By the year 2020, SAMHSA expects over a 60% increase in people aged 50 and over needing substance abuse treatment. Compared to adults whose drug use began in the 1960s, this future audience faces an increased risk of comorbid diseases and mental health consequences. Perhaps the nation's leading authorities on this client population, Frederic Blow and David Oslin present evidence-based strategies found in SAMHSA's promising practices. This program is essential for treatment centers, nursing homes, and community service centers.

#11321/0795 35 minutes 2007 \$179.95 \*CC

## STAGES OF CHANGE AND ADDICTION (Clinical Innovators)

"Stages of Change" is proving to be a seminal theory in the treatment of addictions today; part of a larger picture known as the transtheoretical model. This program aimed at professionals in the addictions field examines 'stages of change' in context as presented by a true innovator, Carlo DiClemente. #9046/0795 80 minutes 2004 \$179.95 \*CC

## ASSESSING ALCOHOL PROBLEMS USING MOTIVATIONAL INTERVIEWING

Dr. Linda Sobell demonstrates cognitive-behavioral motivational interviewing techniques for assessing a patient's alcohol use, and then she and Dr. Mark Sobell discuss this useful approach for working with individuals with substance use disorders. Motivational interviewing is a client-centered, directive method for eliciting intrinsic motivation to change by exploring and resolving a person's ambivalence to change using open-ended questions, reflective listening, and decisional balancing. This non-judgmental, non-confrontational interviewing style is designed to minimize a patient's resistance. The goal is to construct an interaction with patients so they feel comfortable discussing their risky or problem behavior. #14586/0157 100 minutes 2008 \$99.95 \*CC

## **\*Best Seller!** MOTIVATIONAL INTERVIEWING STEP BY STEP

Learn motivational interviewing with the most in-depth training series to date.

Demonstrations and interviews illuminate the underlying principles, tools, techniques, and strategies that will enhance your skills in leading clients through the change process.

**CORE CONCEPTS** introduces the foundational principles

**INCREASING IMPORTANCE** addresses how to help clients who are unsure whether change is even desirable.

**RESOLVING AMBIVALENCE** tackles a central issue in MI - dealing with clients who haven't decided which choice is the right one.

**BUILDING CONFIDENCE** focuses on the helping clients trust their own ability to enact the desired change.

\*\*\*This series is designed for use not only by counselors and therapists, but by nurses, parole officers, and others. \*Includes Instructor's Manual

#15085/1745 Four programs 2012 \$169.95 each or Series \$599.95



## RATIONAL EMOTIVE BEHAVIOR THERAPY FOR ADDICTIONS with Albert Ellis

Learn to use REBT with clients struggling with addiction by watching the originator of the method in an actual therapy session. Albert Ellis demonstrates his signature style with a difficult client; using rationality, strong language, and forceful directives, he is remarkably effective in just one session. #13154/1745 52 minutes 2009 \$159.95

## THE THERAPEUTIC COMMUNITY SERIES

Since the 1950s therapeutic communities (TCs) have effectively treated people with the most severe cases of substance abuse. The focus on an all encompassing community and peer support model is still thriving in TCs today. This comprehensive series blends historical and contemporary footage from active TCs with George De Leon's expert lectures on the framework, methods and components of an ideal TC.

**Volume 1: THE THERAPEUTIC COMMUNITY PERSPECTIVE** 54 minutes

**Volume II: COMMUNITY AS METHOD** 44 minutes

**Volume III: COMPONENTS OF GENERIC THERAPEUTIC COMMUNITY** 79 minutes

#12825/1745 Three programs 2009 \$129.95 each or Series \$299.95



## TRAUMA AND SUBSTANCE ABUSE SERIES

The schism between the trauma counseling and substance abuse counseling has meant patients forced back and forth between treatment programs. This series – two programs 46 and 40 minutes - describes therapeutic approaches being developed and explores special treatment issues that this dual diagnosis presents.

**TRAUMA AND SUBSTANCE ABUSE I: Therapeutic Approaches,**  
**TRAUMA AND SUBSTANCE ABUSE II: Special Treatment Issues,**  
 #9570/0290 Two programs 1998 \$149.95 each or Series \$249.95

## TREATING ALCOHOLISM IN PSYCHOTHERAPY with Stephanie Brown, Ph.D

**Volume I: DEVELOPMENTAL MODEL IN ACTION** - Shows clinicians how to provide effective treatment for alcoholics, without having to choose between a 12-step versus psychotherapeutic approach! \$229.95

**Volume II: DEVELOPMENTAL MODEL IN THEORY** - A Live Workshop will help viewers gain an in-depth understanding of the critical phases they must lead their alcoholic clients through in their recovery. \$139.95  
 #10860/1745 Two programs Series \$299.95

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