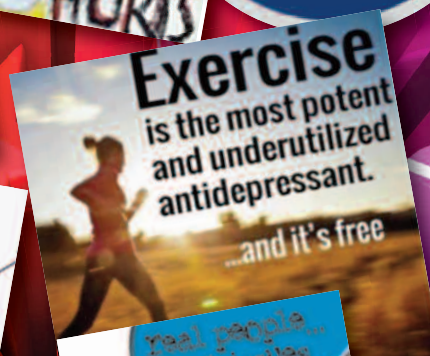
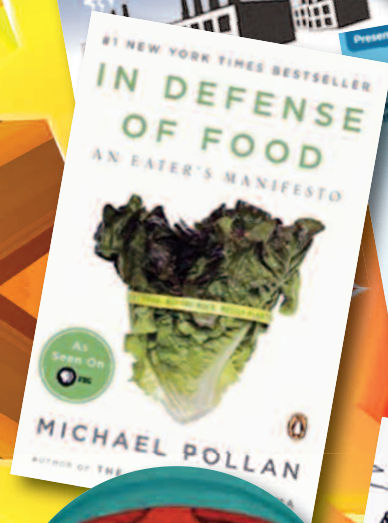


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HEALTH CATALOGUE

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 - A) **THE SEARCH BOX** - you will note that to the left of this there are 2 options – search by **TITLE** or search by **KEYWORD**. The title is already selected as the default. If you want to search by keyword, just click on the round button and it will change from title to keyword. Whether searching by keyword or title, it is always best not to put too many words in case what you want is not listed exactly the same as your input – it's best to just put one main word
 - B) **OUR LATEST CATALOGUES and BROCHURES** are listed on the **RIGHT** side of the screen - just click on any of them and they will only take a minute to download onto your screen. You can then just look through it on your screen or you can print it out
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HEALTH KNOWLEDGE for KIDS - Primary to High School

COUNTDOWN TO YOUR HEALTH FOR KIDS!

An overview of the six things kids can do each day to stay healthy! Perfect for elementary students, kids will discover the importance of eating fruits and vegetables, drinking water, having positive mental health, limiting time spent in front of a screen, getting plenty of physical activity and enough sleep. Also includes medical professionals who give the facts behind the numbers and kids who give practical advice on how they live the countdown.

#14995/1290 20 minutes 2012 \$89.95 Grades 1 to 6 *CC *SA

BODY HYGIENE: Healthy Habits for Life

Hygiene has always seemed such a clinical/medicinal term, and not really part of all elementary and middle-schoolers' everyday vocabulary. So how does a teacher start to explore the value of healthy cleanliness with a diverse group of young students?

This program offers young viewers a sensitive approach with an interesting point of view.

#7570/0433 15 minutes 2004 \$89.95 Grades 3 to 6 *SA



SKIN OUR LARGEST ORGAN

The skin is the largest human organ. Take a close look at the epidermis, which provides the first line of defense against the outside world and delves into the mysteries of the dermis - the inner skin. Discover how the body fights off infections and the damaging effects of the sun. #15183/2003 14 minutes 2012 \$89.95 Grades 4 to 9 *SA

A TRIP THROUGH THE CIRCULATORY SYSTEM

This program explores two different physiological systems that work together in order to keep our bodies running efficiently. Students will learn how our respiratory system processes oxygen and how oxygen is used within our bodies. Well also learn about the circulatory system and how it transports oxygen throughout our bodies. #15181/2003 12 minutes 2012 \$89.95 Grades 4 to 9 *SA

BLOOD: Vital to our Existence

Plasma and red blood cells transport essential nutrients through the circulatory system, while different types of blood cells fight off bacteria and viruses to help keep us healthy. This program explores the composition of blood and looks at the heart and circulatory system. Features animated graphics that demonstrate the pumping of the heart, how red blood cells carry oxygen to the cells and remove carbon dioxide and how white blood cells protect the body.

#15182/2003 14 minutes 2012 \$89.95 Grades 4 to 9 *SA

THE SPINE AND SPINAL CORD: The Body's Control

The spinal cord has fascinated scientists for centuries. The ability to walk is engineered by the spinal cord and the spinal column. This program looks at the design of the spinal cord and the medical advances in treating spinal cord injuries. Discover the research continually being done by scientists researching paralysis in an effort to one day find a cure.

#15184/2003 15 minutes 2012 \$89.95 Grades 4 to 9 *SA

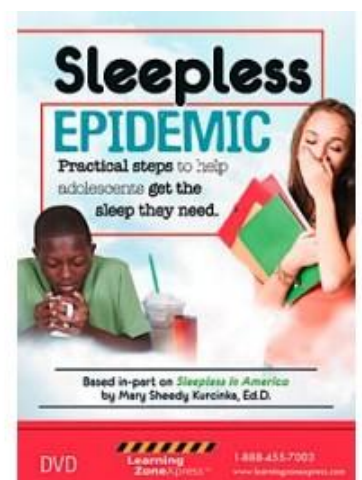
THE SLEEPLESS EPIDEMIC: Practical Steps to Help Adolescents Get the Sleep They Need

It is estimated that 85 percent of adolescents are sleep deprived, compromising their academic performance and putting them at higher risk for accidents and health related issues. With the proper amount of sleep, adolescents report feeling better and are less stressed. Their grades and athletic performance improve, they experience fewer sick days and are less prone to obesity and type 2 diabetes. As renowned sleep expert and author Mary Sheedy Kurcinka, Ed. D reports, getting enough sleep optimizes your performance across the board and it's free! #15378/1290 32 minutes 2013 \$89.95 Grades 6 to A *CC *SA

COUNTDOWN TO YOUR HEALTH FOR TEENS

An overview of six things teens and adults can do each day to stay healthy. Viewers will discover and learn about the importance of fruits and veggies, drinking water, positive mental health, limiting screen time, getting physical activity and enough sleep. The countdown provides an easy way to remember the expert-recommended amounts of each. Medical professionals share the facts behind the numbers and students share some practical advice about how to live the countdown.

#14996/1290 24 minutes 2012 \$89.95 Grades 7 to 12 *CC *SA



HEALTH KNOWLEDGE FOR ADULTS

***Brand New!** KEEPING YOUR COOL: Stress and the Nursing Profession

This two-part series discusses a key element in the daily life of nurses: stress and how to manage it. Nurses, health care counselors, stress management experts, and nutritionists provide insights and advice.

STRESS AND THE NURSING PROFESSION

Three out of four nurses cite stress as an adverse side effect to the profession. Learn what causes stress, its symptoms, and how to reduce it. 36 minutes

KEY STRESSORS AND HOW TO DEAL WITH THEM

This video explores common stressors within the nursing profession. Learn the symptoms of stress in patients, conflict resolution strategies, and coping with your own anxiety or grief. 39 minutes

#16195/0635 Two programs 2017 \$349.95 each or Series \$669.95



***New!** FANTASTICAL WORLD OF HORMONES (THE)

Leading endocrinologist Professor John Wass tells the fascinating story of hormones - the well-known but little-understood chemicals that govern our bodies. He traces the history of endocrinology discoveries and misperceptions. From our weight and appetite to how we grow and reproduce, hormones are a crucial part of what makes us human, even affecting how we behave and feel. They are also among the body's most powerful medicines, which Professor Wass uses every day to help people's lives. And they are crucial to cutting edge research that is tackling some of the biggest medical challenges facing our society today. #16092/0635 58 minutes 2015 \$189.95 *CC

***MEF Health Combo!** MEDIA AND HEALTH SERIES

In only the exhilarating way that Media Education Foundation can present them, this series consists of the following eight great titles. Also available separately – see our website for detailed descriptions of each program.

BEAUTY MARK: BODY IMAGE AND THE RACE FOR PERFECTION

BIG BUCKS, BIG PHARMA: MARKETING DISEASE AND PUSHING DRUGS

DEADLY PERSUASION: THE ADVERTISING OF ALCOHOL AND TOBACCO

SLIM HOPES: ADVERTISING AND THE OBSESSION WITH THINNESS

SPIN THE BOTTLE: SEX, LIES AND ALCOHOL

RECOVERING BODIES: OVERCOMING EATING DISORDERS

RED MOON: MENSTRUATION, CULTURE AND THE POLITICS OF GENDER

REVIVING OPHELIA: SAVING THE SELVES OF ADOLESCENT GIRLS

#14090/0685 Eight programs (also available separately) \$899.95 (Colleges & Universities \$1,689.95) *CC *SA

ANATOMY: During Physical Activity

This program examines the major body systems that are important during physical activity - the Skeletal, Muscular, Cardiovascular, Respiratory and Nervous Systems - their parts, their functions and how they work. Also explores the contribution and interaction of each system when we exercise, and while we rest. #13767/0545 25 minutes 2009 \$149.95 *CC *SA

ANATOMY AND PHYSIOLOGY SERIES (*See detailed descriptions on our website)

This series provides a comprehensive overview of human anatomy. Each of the ten programs focuses on one body system and includes brief descriptions of how on each system interacts with or impacts others. The information is presented in a logical as well as entertaining format, with clear descriptions and explanations reinforced by full color animated graphics. Comparisons using common experiences and everyday objects assist the learner in remembering the information presented. .

127.1 THE CIRCULATORY SYSTEM (16 min cc)

127.2 THE DIGESTIVE SYSTEM (16 min cc)

127.3 THE NERVOUS SYSTEM (16 min cc)

127.4 THE RESPIRATORY SYSTEM (17 min cc)

127.5 THE SKELETAL SYSTEM (17 min cc)

127.6 THE MUSCULAR SYSTEM (17 min cc)

127.7 THE REPRODUCTIVE SYSTEM (17 min cc)

127.8 THE URINARY SYSTEM (18 min cc)

127.9 THE INTEGUMENTARY SYSTEM (18 min cc)

127.10 THE ENDOCRINE SYSTEM (17 min cc)

#15650/0552 Ten programs 2013 \$299.95 each or Series \$2,489.95 *CC *SA



THE DISTRACTED MIND

Hosted by renowned neuroscientist and M.D., Ph.D., Dr. Adam Gazzaley, this title delves deeply into attention, distraction, the myth of multi-tasking, and how to use the latest research to possibly improve our skills and abilities at any point during our lives. While the brain can seem almost boundless in its potential, it has limitations, such as processing speed, attentional limitations, working memory limitations, and sensitivity to interference, which can be both internal and external. Dr. Gazzaley explores the impact that multi-tasking has on our safety, memory, education, careers, and personal lives. Most importantly, this program tells us what we can do to improve our attentional abilities and our focus as we age, and as media continues to dominate our landscape. Dr. Gazzaley is the founding director of the Neuroscience Imaging Center at the University of California, San Francisco
#15309/1725 60 minutes 2012 \$129.95 *CC



EXERCISE FOR LIFE

Regular physical activity is so important, in terms of physical, social, emotional and intellectual health. This program examines the amount of exercise required per day, per week, and the different types of physical activities and organizations. The health problems as a result of insufficient levels of physical activity are presented with particular attention to overweight and obesity issues. Nutrition and the importance of good nutrition and a well balanced diet are also detailed.
#13374/0545 21 minutes 2004 \$129.95 *SA

THE IMPACT OF STRESS, EXERCISE, AND LIFESTYLE ON THE IMMUNE SYSTEM

This program reviews the components of the immune system, including a definition of the basic cell types of the immune system that are important and a simple overview of their function. Also details the specific effect of stress, exercise, and lifestyle on the immune system and provides guidelines for incorporating exercise and healthy lifestyle practices into daily life.
#14379/0463 24 minutes 2008 \$89.95

HEALTH CONCERNS & SAFETY ISSUES

IN REAL LIFE: Exactly what is the Internet and What is it doing to our Children?

Taking us on a journey from the bedrooms of teenagers to Silicon Valley, filmmaker Beeban Kidron suggests that rather than the promise of free and open connectivity, young people are increasingly ensnared in a commercial world. Beguiling and glittering on the outside, it can be alienating and addictive. Quietly building its case, Kidron's film asks if we can afford to stand by while our children, trapped in their 24/7 connectivity, are being outsourced to the net? While newspapers alternately praise and panic about the glittering world of the Internet, there is a generation of children who have grown up with a smart phone in their hand, connected to the world 24 hours a day, seven days a week. From the bedrooms of five disparate teenagers and then into the companies that profit from the internet, InRealLife takes a closer look at some of the behavioral outcomes that come from living in a commercially driven, 'interruption' culture. Following the physical journey of the internet, from fiber optic cables through sewers and under oceans, from London to NYC and finally to Silicon Valley, the film reveals that what is often thought of as an 'open, democratic and free' world is in fact dominated by a small group of powerful players. Meanwhile our kids - merely pawns in the game - are adapting to this new world - along with their expectation of friendship, their cognition and their sexuality. #15932/0645 90 minutes 2013 \$339.95 *CC *SA



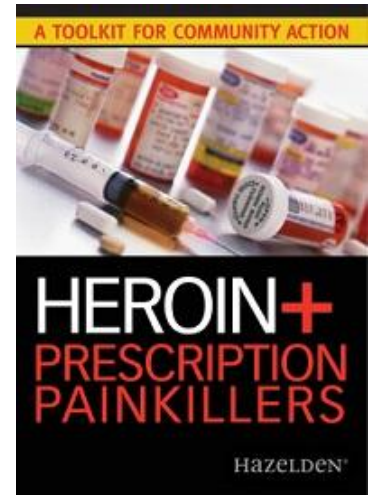
***New!** VACCINES: Calling the Shots

Diseases that were largely eradicated a generation ago - including whooping cough, measles, mumps - are returning, in part because nervous parents are skipping their children's shots. Most of us vaccinate our children, and do it on the recommended schedule. Yet many people have questions about the safety of vaccines, and in some communities, vaccination rates have fallen below the level needed to maintain "herd immunity" - allowing outbreaks to take hold and spread. This film draws on the latest, best available evidence to help parents find the answers. Highlighting real cases and placing them in historical context, VACCINES: CALLING THE SHOTS traces outbreaks of communicable diseases and demonstrates just how fast they can spread - and how many people can fall sick - when a community's immunity barrier falls. #15937/1725 60 minutes 2014 \$99.95 *CC

***New!** HEROIN AND PRESCRIPTION PAINKILLERS: A Toolkit for Community Action (DVD + CD-ROM)

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 20-minute Closed Captioned DVD as well as a CD-ROM of reproducible resources:

- *Opioid Basics--provides an overview of opioids, the most current statistics of use and deaths, and more
- *Community Guide-- offers step-by-step guidance on how to mobilize local resources, implement local opioid prevention projects, and create successful media campaigns
- *School Guide--helps educators identify whether students are abusing heroin or prescription painkillers and learn how to intervene and get students the help they need; provides lesson plans that introduce the issue of opioid abuse
- *Parent Guide--provides practical information on how to recognize whether a child is using opioids and how to seek help
- *Health Care Provider Guide--includes information on how to recognize when someone is under the influence of opioids, how to prevent opioid overdose, procedures for screening opioid users, and information on the best forms of treatment; also includes information on how to prevent prescription medication misuse
- *Campaign Resource Guide--contains a variety of campaign materials including posters, press releases, and drug fact sheets
- *Resource Directory--provides a listing of organizations that can help support community efforts
- *The Video component is a compilation of DRUGS OF ABUSE specifically for adult and YOUTH & DRUGS OF ABUSE for adolescent audiences on topics related to opioid abuse. #15941/0795 20 minutes 2014 \$139.95 *CC



SURVIVING EBOLA

As the Ebola epidemic threatens to spiral out of control, NOVA reports from the hot zone, where courageous medical teams struggle to cope with a flood of victims, to labs where scientists are racing to test vaccines and find a cure. "Surviving Ebola" includes chilling first-hand interviews of what it's like to catch -- and -- survive this terrible affliction.

#15951/1725 60 minutes 2014 \$119.95 *CC

HEPATITIS, HIV/AIDS, STDs

FIRE IN THE BLOOD: A Tale of Medicine, Monopoly and Malice ***Official Selection: 2013 Sundance Film Festival**

Tells the true story of how Western pharmaceutical companies and governments blocked access to low-cost AIDS drugs in Africa and the global south in the 1990s -- leading to the preventable deaths of at least ten million people -- and how a remarkable coalition of people came together to stop them. Shot on four continents the film offers devastating insights into the lethal decision-making process that led to this humanitarian catastrophe. And it shows how, if not for the passion and tactical ingenuity of a group of courageous and relentless activists, millions more people would have died. The result is a gripping look at corporate greed, government collusion, the cutthroat economics of medicine and healthcare, and the power of ordinary people to make meaningful change on a global scale.

*The DVD includes the full length documentary 100 minutes, as well as an 84 minute version shortened for use in the classroom. #15668/0685 Two versions on one DVD -- full and abridged 2013 \$189.95 (Colleges & Universities \$329.95) *CC *SA



POSITIVE YOUTH: The Face of HIV Is the Human Face

Filmed in the U.S. and Canada, this documentary puts a human face on the new reality of living with HIV by introducing viewers to four very open, very dynamic individuals who are either HIV-infected or "HIV-affected": Austin Head, 27, a well-known DJ, entertainer, and musician; Chris Brooks, 24, a YouTube video blogger; Jesse Brown, 25, who is grappling with the decision of when to begin taking antiretroviral medication; and Rakiya Larkin, 18, who, in helping her HIV+ mom, has had to grow up very fast. Over the course of the program, the four discuss the challenges of living and loving with HIV, while medical and psychological experts provide facts and historical context to show that although HIV is still incurable, it can, with effort, be managed.

#15289/0635 44 minutes 2012 \$189.95 *Contains mature themes.

SEX EDUCATION

ADOLESCENCE AND SEXUALITY ***Canadian!**

Today's adolescents live in a hypersexualized culture. Most have received a school- based sex education where safe sex typically refers to physical intimacy that is free of sexually transmitted diseases or unwanted pregnancy. Despite their greater exposure and education, current evidence suggests that many youth are in trouble sexually and that their sexual development is not unfolding as it should. How is sexuality meant to develop? What is happening today that is different than in previous generations? How does sex affect the brain and bonding? In this DVD, Dr. Gordon Neufeld examines sexuality through the lenses of attachment, maturation and vulnerability. He sheds light on why adolescents are losing their timidity, why sexual interaction is on the rise, and why sexual bullying is becoming a problem. He explores the meaning of safe sex from an attachment-based developmental perspective and provides suggestions for contributing to the healthy unfolding of sexuality in our youth. Highly recommended for ALL who are involved in the sexual education of our youth, whether at school or home. #15004/1400 Four one-hour sessions 2013 \$129.95 *SA

SEX(ED): The Movie

When we learn about sex, we don't just learn about social mores and biology; what we learn affects our identity, our relationships and our ability to be intimate throughout our lives. Many people look back at how they learned about sex, whether it was a book, an embarrassing parental chat, a school presentation, or porn, and remember their shock and embarrassment. Sex(ed) captures the humor and vulnerability of those experiences while allowing us to look at the various agendas that shaped the content. To get at the truth behind the history and current state of sex education, SEX(ED) examines sex education films from the 1910s up to the present day. Often hilarious, sometimes instructive, and almost always awkward and embarrassing, these films reflect the changing moral, cultural and political attitudes that inspired them.

#15930/0645 77 minutes 2013 \$189.95 (Colleges & Universities \$379.95) *CC *SA

PREGNANCY, LABOUR, CHILDBIRTH

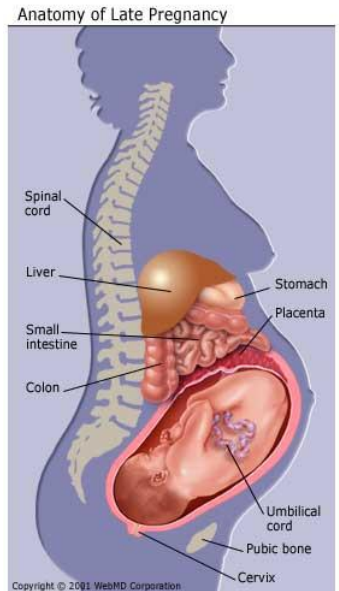
UNDERSTANDING PREGNANCY: A Comprehensive Guide

Teach expectant parents how to keep themselves and their babies healthy as they take the remarkable journey through pregnancy. Presenting the latest research-based recommendations, UNDERSTANDING PREGNANCY models healthy habits and partner involvement, all while stressing the importance of good prenatal health. Features all-new, stunning 3D animation that brings fetal development to life and will motivate moms to take good care of themselves throughout pregnancy. Includes: *Fetal Development *Medical Care *Nutrition

*Exercise *Discomforts Hazards including alcohol *Emotions

***See our website for a detailed description of content

#15477/0905 75 minutes 2012 \$319.95 *CC *SA (Also available in Spanish)



PRENATAL & EARLY CHILDHOOD NUTRITION

***2012 Telly Award Winner!!! *** Three Stars! Video Librarian, March 2013**

When women are pregnant or breastfeeding, they have special nutritional needs. Registered Dietitian Melissa Halas-Liang explains the nutritional considerations for women and their new babies during pregnancy and while breastfeeding, including: nutrients and extra calories; foods to be avoided and food safety practices; favorite nutritious snacks and meals; advice from a real mom on navigating pregnancy. #14631/1290 25 minutes 2012 \$129.95 *CC *SA

UNDERSTANDING POSTNATAL DEPRESSION

This informative, engaging program details what postnatal depression is, the symptoms, and how it differs from other mood changes associated with the parents of newborns. Also explores contributing factors, treatments available and includes an in-depth case study of a mother who experienced postnatal depression. Ideal for those in health care, psychology, medicine and midwifery, dispels myths and misconceptions around this illness. We speak with mothers who have experienced postnatal depression, as well as experts in the field. #15073/0545 22 minutes 2012 \$129.95 *SA

***New!** SUPER SIBLING: Preparing Children for a New Baby

Young children are captivated by this high-energy program that teaches them positive sibling skills. Through the silly antics of Doctor Higabigaby and his Super Computer, funny characters, cool animation, and true stories, you will prepare children to become super siblings. *Be sure to look for teaching tips in the FACILITATOR'S GUIDE. #15854/0905 16 minutes 2014 \$279.95 *CC *SA

THE STAGES OF LABOR: A Visual Guide - 3rd Edition

Help expectant parents visualize their birth experience with lifelike 3D animation showing exactly what happens inside the body during all four stages of labor. Combined with real birth footage, common emotions occurring during each stage are highlighted, along with coping methods and partner tips. This program helps parents become familiar with the sights and sounds of labor, reducing fears, and increasing feelings of preparedness. If you're looking for the most up-to-date, comprehensive, and professional way to teach the stages of labor - this is it!

Stunning animation gives a realistic view of anatomy and birth physiology. *Includes:*

*Anatomy of Pregnancy - uterus, cervix, vagina, mucous plug, placenta, umbilical cord, amniotic sac and fluid

*Pre-Labor Signs and *Onset of Labor - contractions, water breaking, COAT

*The Four Stages of Labor - overview, , length of labor

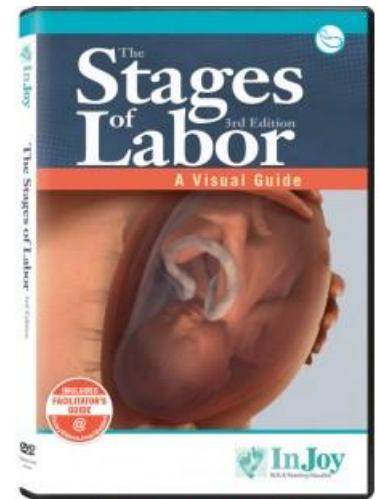
*First Stage - contractions, cervical effacement and dilation, emotions, support, when to go to the hospital, internal rotation, fetal positions

*Second Stage - contractions, emotions, support, pelvic station, bony plates, crowning, birth

*Third Stage - Skin-to-skin contact, placenta,

*Fourth Stage - involution, afterpains, breastfeeding

#15718/0905 34 minutes 2013 \$319.95 *CC *SA



STAGES OF LABOR: A Visual Guide for TEENS - 2nd Edition

How do you get through to pregnant teens? Show them a program that focuses specifically on the birth experiences of other teens. This special version is made just for teens - with modern animation and graphics, all-teen births, and a teen narrator. Easy-to-understand 3D animation of the labor process, real video segments showing teen parents in labor, and personal interviews create a program that's proven to engage and inform young adult viewers. * See our website for a detailed description. #15820/0905 34 minutes 2013 \$319.95 *CC *SA

PREGNANCY, LABOR AND DELIVERY SERIES *for Professional Training*

Clinical assignments to prenatal clinics for labor and delivery units are difficult to arrange. Even if students are assigned to these areas, there is no guarantee they will witness a birth. This comprehensive series contains real-time footage of women as they go through the gestational period, experiencing prenatal assessments, have complications that are diagnosed and treated, endure labor, utilize pharmacologic and nonpharmacologic methods of pain management, have either a vaginal or cesarean delivery, and receive post-partum care. This video series also provides students with information on the anatomy and physiology of pregnancy as well as fetal development. Each of the five programs in this series has an accompanying Instructor's Guide with objectives, a glossary, previewing and post-viewing tests as well as discussion questions to promote critical thinking of students.

THE ANTEPARTUM PERIOD - Explores the three trimesters of antepartum period, describing the maternal physiologic alterations that occur as well as fetal development. Assessments of the mother-to-be during routine prenatal visits are presented. In addition, the common discomforts of pregnancy are outlined as are methods to alleviate them. Furthermore, screening tests that are available to detect fetal physical and genetic abnormalities are also described. Also provides the student with information on the anatomic and physiologic changes of the woman's body during pregnancy as well as fetal development through photographs, art, and animation. In addition, there is a focus on prenatal assessments performed during each trimester, including screenings for gestational diabetes and fetal genetic abnormalities or physical anomalies. 32 minutes

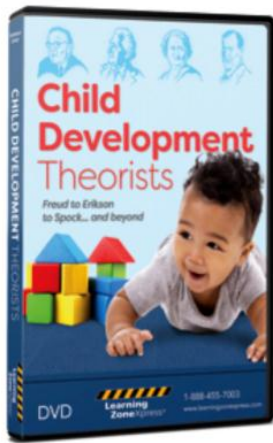
COMPLICATIONS OF PREGNANCY - Explores some of the most common complications of pregnancy including spontaneous abortion (miscarriage), ectopic pregnancy, Rh Incompatibility, gestational diabetes, placenta previa, placental abruption, pregnancy induced hypertension/pre-eclampsia, eclampsia, HELLP syndrome, and preterm delivery. Patient assessment techniques will be discussed and demonstrated and treatment modalities will be presented.. 29 minutes

LABOUR AND VAGINAL DELIVERY - Focuses on vaginal birth describing and showing women going through the stages of labor and delivery. Both the physiologic and emotional aspects of this period will be covered. Pharmacologic and non-pharmacologic methods of pain control are addressed. In addition, the role of a birthing coach is explored. 26 minutes

CESAREAN DELIVERY - Explains the rationale for type of delivery as well as the physical and psychological aspects of this procedure. Also discusses the analgesic management and surgical preparation as well as the role of a coach. 20 minutes

POSTPARTUM CARE - Includes information on breast-feeding, hormonal changes, and physiologic healing of the birth process, whether vaginal or cesarean delivery. Parent teaching is also featured. Because this video was filmed with real patients who needed various forms of care and teaching, students can witness the assessments made, interventions given to alleviate discomfort, and nurse-mother interactions in which parenting techniques are discussed. 29 minutes

#15215/0430 Five 20 to 32 minute programs 2013 \$969.95 *CC *SA (*See our website for Clips from each program)



CHILD DEVELOPMENT, BREASTFEEDING & NEW BABY CARE

***Brand New!** CHILD DEVELOPMENT THEORISTS: Freud to Erikson to Spock and Beyond

The changes that happen to humans in the first two decades of life are astonishing - from being helpless newborns to independent adults. The study of that journey - with its physical, intellectual, social, and emotional changes - is called child development theory. Theories in child development have changed the way that parents raise their children and the way teachers teach those children. CHILD DEVELOPMENT THEORISTS is an entertaining and enlightening view of fifteen major child development theorists, including: * Sigmund Freud; Maria Montessori; Arnold Gesell; Lev Vygotsky; Jean Piaget; Rudolf Dreikurs; Erik Erikson; Abraham Maslow; John Bowlby; B.F. Skinner; Benjamin Spock; Lawrence Kohlberg; T. Berry Brazelton; Diana Baumrind; and, Howard Gardner. #16183/1290 20 minutes 2016 \$99.95 *CC

***New!** BEGINNINGS COUNT A LOT: Predict My Future (The Dunedin Longitudinal Study)

This film introduces the Dunedin Longitudinal Study and examines myths and facts surrounding long-term effects of childhood. It reveals that some of what happens in early life has no lasting psychological affects (thumb sucking, bedwetting), while other behaviors are significant indicators for adult health, wealth, and happiness. See examples of the five personality types, how they compare to the population, and what their lives are like. #16128/0635 45 minutes 2015 \$189.95 *CC

MAKING SENSE OF PLAY: WHY Children Need to Play and WHAT They Need for True Play to Result ***Canadian!**

Play - at least the kind that builds brains and forwards development - is becoming an endangered activity among those who need to engage in it most. Part of the problem is the premature pressure on children to learn and to become socialized. Another factor is the amount of screen time that children engage in. The most significant factor however is the failure to provide the conditions that result in the kind of play that helps children realize their true potential. The information contained in this two-hour course is a must for all parents, day-care providers, and early childhood educators who wish their young charges to become all they were meant to be. Play is not optional from a developmental point of view. Participants not only learn what kind of play is most beneficial but also how to support this activity in children. The information in this two-hour seminar applies to children of all ages although the primary focus is young childhood. #14989/1400 120 minutes 2012 \$129.95 *SA

MAKING SENSE OF PRESCHOOLERS with Dr. Gordon Neufeld ***Canadian!**

No one is more susceptible to being misunderstood than the preschooler. Precocious, brazen, obsessive, endearing, hysterical, impulsive, anxious, delightful, unreflective, dogmatic, generous, unstable, aggressive, resistant, compulsive, and anything but consistent - the preschooler could qualify for any number of personality and behaviour disorders. Unlike infants and toddlers, preschoolers actually bear a resemblance to grown-ups and therefore fool us into thinking that they are much more like us than they really are. Projecting our psychology onto them is a typical mistake.

Using his many years of experience as a developmental psychologist and his mastery of the developmental literature, Dr. Gordon Neufeld leads us into the interior landscape of the preschooler. He provides insight into their shyness, separation anxieties, aggression, resistance, oppositionality and more. Making sense of these confusing yet wondrous creatures lays the foundation for intuitive and fruitful interaction with them. This video course is intended for parents as well as professionals, early educators as well as daycare providers. The format of this course is highly flexible for study, easily divided into twelve ½ hour sessions, or six 1-hour sessions or four 1 ½ hour sessions. The title of this course may be misleading as it would suggest a 2 to 5 year age range only. In fact, understanding the preschooler is key to making sense of immaturity at any age. #14988/1400 360 minutes 2012 \$149.95 *SA

INFANT MILESTONES: An Overview

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

#14499/1120 28 minutes 2012 \$145.95 Grades 7 to A *CC *SA



***Special Offer! MORAL DEVELOPMENT IN CHILDREN**

How do people develop morals? What helps children distinguish right from wrong? Explore the topic of moral development and how it impacts children's behavior. Examine the approaches of developmental theorists and learn about theory of mind. Expert interviews help explain how and why children develop as they do, and stress why fostering moral development is crucial for parents and caregivers. Hear children's reactions to situations that challenge their morals, and discover ways for caregivers and teachers to foster healthy growth at home and in the classroom.

#16043/1120 34 minutes 2012 \$149.95 *****Special Offer – only \$99.95 with the purchase of any other title**

PRESCHOOLER OBSERVATION PLUS!

Study key developmental areas by showing these professionally filmed clips of 3- and 4-year-olds on their own, in pairs and groups, and with teachers or caregivers. Each specially selected scene, with uninterrupted original sound, explores a crucial area of development: Cognitive, Physical and Motor, Social and Emotional, and Language and Literacy. These clips enable students to identify subtle movements often missed by unseasoned observers.

PHYSICAL AND MOTOR DEVELOPMENT – Sixteen chaptered video clips show preschoolers engaged in the physical milestones typical for their age. 43 minutes

COGNITIVE DEVELOPMENT - Sixteen chaptered video clips show preschoolers engaged in the cognitive milestones typical for their age. 54 minutes

SOCIAL AND EMOTIONAL DEVELOPMENT - Sixteen chaptered video clips show preschoolers engaged in the social and emotional milestones typical for their age. 45 minutes

LANGUAGE AND LITERACY DEVELOPMENT - Sixteen chaptered video clips show preschoolers engaged in the language and literacy milestones typical for their age. 49 minutes

#14790/1120 Four 43-54 minute programs 2012 \$149.95 each or Series \$539.95 *CC



SEVEN STEPS TO REDUCE THE RISK OF SIDS

***SILVER AWARD (Health Promotion/Disease and Injury Prevention Information)**

SIDS, or Sudden Infant Death Syndrome, is the leading cause of death for infants under one year of age. This program gently guides parents through seven easy steps that help reduce the risk of SIDS. Although a frightening subject, this video's positive and compassionate tone will help ease parents' anxieties by showing them how to give their baby a healthy and happy first year.

Content includes::

Back Sleeping - optimal sleep position, preventing flat spot on baby's head, tummy time
Safe Sleep Environment - crib safety, firm mattress, benefits of room-sharing, dangers of co-sleeping

Pacifiers for Sleep - keeps airways open, tips on proper use

Smoking and Alcohol - prenatal care, keeping home and car smoke-free

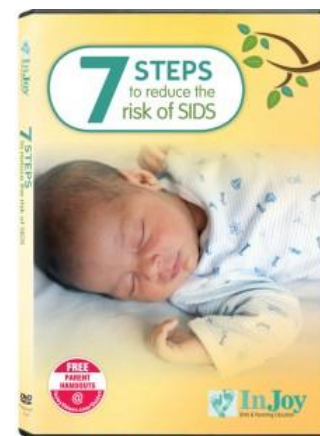
Breastfeeding - proven benefits, increases awareness, duration of breastfeeding lowers risk

Avoid Overheating - maintaining safe room temperatures, clothing, blankets, sick baby

Well-Baby Visits - staying on schedule, vaccinations reduce risk

*Also available in Spanish *Closed Captioned (English Only)

#10358/0905 15 minutes 2013 \$149.95 *CC *SA



THE MIRACLE OF BIRTH 4: Five Birth Stories

There is nothing like a birth story to help expectant parents learn about labor and birth.

This program will replace Miracle of Birth 2. What's in this new title? A complete remake of our best-selling program! Produced in wide screen, and includes all new births, featuring:

*ELANA: Caucasian married couple, successful hospital natural birth

*LEA: Caucasian single mom w/good female support system, induced epidural birth, shows importance of remaining flexible with your birth plan

*NATASHA: Ethnically diverse married couple, natural birth or natural birth w/analgesic, shows false labor

*JACKIE: Latino married couple, epidural birth with good partner support; native Spanish speakers

*HEATHER: Caucasian married couple, vaginal twins birth w/epidural

#15719/0905 61 minutes 2013 \$319.95 *CC *SA

TRAUMA INFORMED CHILD CENTERED PLAY THERAPY: Overview and Demonstrations

This video integrates cutting edge children's mental health information with demonstrations and vignettes of trauma-informed child centered play therapy (TICCPT). After viewing this video, viewers will be able to: Synthesize the neurophysiological and psychological impact of trauma on children; Identify trauma-informed principles for working with children; and, Describe and demonstrate TICCPT for establishing safety, facilitating a restorative retelling of the trauma narrative, and promoting healthy connections with family and community. #15846/1410 75 minutes 2013 \$219.95 *SA

***Brand New! UNDERSTANDING BIRTH 3rd Edition**

This comprehensive package supports your entire childbirth program by providing real-world video examples for all of your teaching points. With the all-new third edition you can be sure you are presenting the most recent evidence-based information in a way that appeals to today's parents.

CONTENT INCLUDES:

PREGNANCY - fetal development, emotions, anatomy, discomforts, nutrition, preterm labor, hazards, exercise

LABOR - signs labor is near, onset, stages overview, early labor, active labor, transition, 2nd stage, 3rd & 4th stages

BRANDY'S BIRTH STORY - unmedicated birth story shows stages of labor, comfort techniques, and partner support

COMFORT TECHNIQUES - support team, massage, visualization, vocalization, breathing, relaxation, hydrotherapy, labor positions, pushing positions, pushing techniques

MEDICAL PROCEDURES - birth plans, BRAIN acronym, induction, monitoring, analgesics, epidurals, augmentation, 2nd stage interventions

CESAREAN BIRTH - reasons for cesareans, risks, surgery preparation, anesthesia, surgery animation, breastfeeding, recovery

NEWBORNS - appearance, procedures, first feeding, senses, crying, Abusive Head Trauma, sleep, SIDS safety

POSTPARTUM - involution, lochia, perineum care, emotions (PPD), support, healthy habits, breastfeeding

***** This package includes:**

Complete disc 8 Chapters 146 minutes

Facilitator's Guide on disc with 7 parent handouts you can print

#16117/905 2016 \$579.95 *CC *SA



***** UNDERSTANDING BIRTH 3rd Edition is also available on POWERPOINT!!!**

If you like the teaching versatility that PowerPoint offers, you will love this packaged presentation featuring 200 slides and 50 video clips. It's bright, modern, colorful, and convenient - everything you need is on one easy-to-use disc. No need to carry around bulky flip charts - they're in here, along with engaging video clips from our new DVD, detailed illustrations, discussion questions, and more. #16150/905 2016 \$749.95 *CC *SA

***Brand New! UNDERSTANDING YOUR NEWBORN**

UNDERSTANDING YOUR NEWBORN provides comprehensive, evidence-based education about baby care in the first six weeks and beyond, helping you deliver consistent information at every touchpoint. Featuring modern, high-quality footage of actual newborns and real-life stories from first-time parents, this DVD allows you to teach in a clear and relatable way and deliver the latest guidelines from the Academy of Pediatrics and other trusted organizations, along with the importance of baby cues, early brain growth, and bonding. #16174/0905 39 minutes 2016 \$289.95 *CC

UNDERSTANDING BREASTFEEDING: Your Guide to a Healthy Start

This comprehensive program does more than help you teach, it instills confidence by emphasizing a woman's natural ability to breastfeed. Following International Lactation Consultant Association (ILCA) and American Academy of Pediatrics (AAP) recommendations, this research-based teaching tool helps you support new families in getting the best start possible!

*Detailed description of content available on our website.

#15676/0905 25 minutes 2013 \$198.95 *CC *SA (Also available in Spanish)



ASSOCIATED WITH AGING & MENTAL HEALTH ISSUES

***Brand New!** ALZHEIMER'S: Every Minute Counts

This important program is an urgent wake-up call about the national threat posed by Alzheimer's disease. Many know the unique tragedy of this disease, but few know that Alzheimer's is one of the most critical public health crises facing America. This powerful documentary illuminates the social and economic consequences for the country unless a medical breakthrough is discovered for this currently incurable disease. #16184/1725 60 minutes 2017 \$99.95

BEYOND THE MUSIC: The Power of Music with People who are Living with Dementia and Other Age-Related Conditions

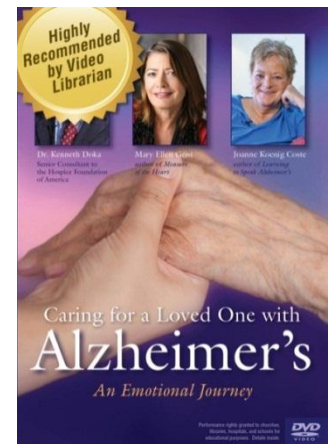
Caught on film - evidence of music therapy stimulating memory and social interaction, while reducing behavioral, cognitive, and emotional problems. This program documents the power of music to transcend the challenges of dementia as it shows non-responsive, non-verbal residents suddenly smiling, singing, moving, and interacting with others when engaged through music. These before-and-after glimpses of residents "reconnecting" encourage the use of music therapy as a method to boost quality of life for residents. The DVD also touches on the concept of neuroplasticity, which describes the ability of the brain to change its own structure and function through thought and activity, as well as, the palliative effect of music. Based on the work of registered music therapist, Alkeiya Brown, who has extensive experience working in the arts with all ages from the very young to very old.

* Chaptered into two parts for easy access to specific clips of interest. #16016/2010 45 minutes 2012 \$129.95

CARING FOR A LOVED ONE WITH ALZHEIMER'S: An Emotional Journey

This dynamic video offers insight, hope, and understanding for anyone who cares for a loved one with Alzheimer's. This disease without cure currently afflicts more than 30 million people and there are no treatments to halt its progression, making caregiving both essential-and difficult. *Topics discussed include:*

- *Caring for one who doesn't remember your name
- *Grieving the losses of their life, and yours
- *When an unexpected side of your loved one comes out
- *When it feels like your love no longer helps
- *Struggling with denial
- *Hungering for simple recognition
- *Feelings of failure and guilt
- *How to handle frustration and anger
- *How to care for you-physically, emotionally, spiritually-while you care for someone else
- *Feeling exhausted - and what to do, when that happens
- *Finding support - on the Web, through the telephone, or in person
- *Allowing someone else to care for your loved one
- *Times when laughter, singing, and foolishness are entirely appropriate!
- *When you worry about making other people comfortable
- *Learning to accept the person that s/he is now - there is no going back
- *The courage and sacrifice of an Alzheimer's caregiver



CARING FOR A LOVED ONE WITH ALZHEIMER'S is divided into 12 segments and features lengthy interviews with these experts: Mary Ellen Geist, former CBS Radio anchor, author of Measure of the Heart: A Father's Alzheimer's, a Daughter's Return; Dr. Kenneth Doka, Senior Consultant, Hospice Foundation of America; Joanne Koenig Coste, family therapist, author of "Learning to Speak Alzheimer's: A Groundbreaking Approach for Everyone Dealing with the Disease" *Plus, the insights of a real Alzheimer's Support Group. #15099/1710 50 minutes 2012 \$129.95 *SA

ELDER ABUSE AND NEGLECT

This program teaches about the complexities of elder abuse in the home and presents signs and symptoms for each form of abuse. After viewing this program, caregivers will understand how to identify, prevent or report the various forms of elder abuse, including physical, sexual, emotional/psychological, and financial abuse, as well as neglect and abandonment. This program is part of the CAREGIVING SERIES - an authoritative collection of 21 essential programs for caregivers on the subjects of bed rest skills, wheelchair handling, infection control, managing medications, fall prevention, personal care, caregiver wellness, measuring vital signs, nutrition for older adults, how to assist with medications, etc. See item #11430 on our website. #12103/1315 25 minutes 2011 \$189.95



***New! MENTAL HEALTH ISSUES IN LATE LIFE with Patricia A. Areán, PhD**

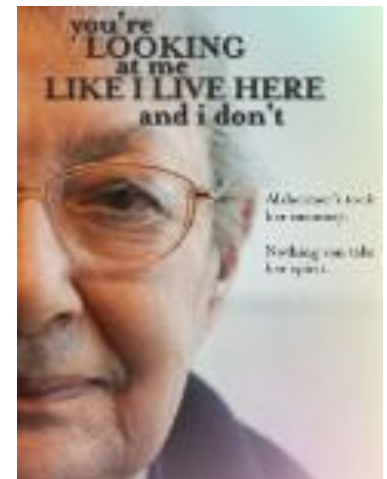
The population of people over the age of 65 is one of the most rapidly growing groups. Therefore, it is essential for therapists who work closely with older adults to be able to define and administer an effective course of therapeutic treatment. For older adults with mental health issues, problem-solving skills can weaken as a result of cognitive decline in late life. Problem-solving therapy is especially suited for work with older adults because it encourages the client to define his or her problems concretely in terms of the stimuli, responses, and consequences. In this video, Dr. Patricia Areán demonstrates the effective use of problem-solving therapy with a 62 year old retired woman who is the sole caregiver of her grandchild, as well as both of her parents. The client has been struggling with depression, severe mood swings, and sleeplessness for about five years. #15918/0157 100 minutes 2014 \$129.95 *CC

*** New! WORKING WITH CAREGIVERS OF THOSE WITH DEMENTIA**

With a continuously increasing aging population, there has been a commensurate rise in cases of dementia as well as incidences of adults assuming caregiving for family members and spouses. Because dementia is a progressive deterioration in cognitive functions that leads to intellectual, emotional, and behavioral changes, it presents significant challenges to the patient and caregiver alike. Often, the caregivers of older adults with dementia experience feelings of depression and anxiety as they attempt to care for their loved ones. In this video, Dr. Susan M. McCurry discusses and demonstrates her contextual approach to working specifically with caregivers of those who have been diagnosed with dementia. Dr. McCurry meets with a middle-aged husband and wife who equally share the responsibility of taking care of the husband's mother, who has been diagnosed with dementia. Dr. McCurry helps the clients discuss their personal choices and cope with their life-altering transitions. #15919/0157 100 minutes 2014 \$129.95 *CC

YOU'RE LOOKING AT ME LIKE I LIVE HERE AND I DON'T

This is the first documentary to be filmed entirely in an Alzheimer's care unit, and also the first told entirely from the perspective of a woman living with Alzheimer's disease. The film received its national television broadcast on PBS' Emmy Award-winning Independent Lens series, and has garnered acclaim from both medical professionals and film critics. Lee Gorewitz wanders on a personal odyssey through her Alzheimer's and Dementia care unit. From the moment she wakes up, Lee is on a quest - for reminders of her past and of her identity. A total immersion into the fragmented day-to-day experience of mental illness, This program is filled with charismatic vitality and penetrating ruminations that challenge our preconceptions of illness and aging. Here is one extraordinary woman who will not let us forget her, even as she struggles to remember herself. #15785/1738 54 minutes 2012 \$289.95 *SA

**POSITIVE IMAGES OF AGING**

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

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

#12966/2010 56 minutes 2007 \$199.95

***New! BOB I'M REALLY BUSY: The Impact of Impersonal Care on the Well-being of Persons Living with Dementia**

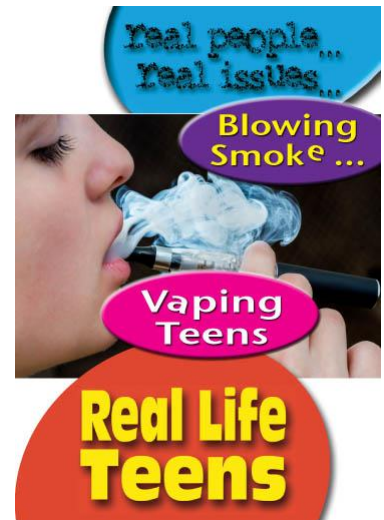
Impersonal care can be subtle and unintentional. Through five short trigger scenarios involving assistance for a person living with dementia, this DVD presents care situations that will open up discussion on how best to provide resident-specific support and assistance. Each brief scenario is designed to demonstrate the impact of a caregiver's tone, actions, and level of sensitivity to the resident's needs. This up-close-and-personal look at caregiving will give caregivers a chance to dissect and analyze how they provide care, and foster a deeper understanding of how to interact positively with persons living with dementia.

*Includes a Viewer's Guide that outlines each scenario, and provides through-provoking suggestions on how to improve the outcomes for each situation. #16077/2010 12 minutes 2015 \$159.95

E-CIGARETTES & SMOKING

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

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 \$89.95



***New!** 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 \$149.95 Grades 7 to A *SA

ONE BREATH AT A TIME (First Nations Smoking Prevention)

This is a smoking prevention and community empowerment video that focuses on Native communities who are using progressive approaches in dealing with Tobacco misuse. Featuring native tobacco experts, health professionals, community workshops, personal testimonials and success stories - this program recognizes the sacred role tobacco has played in native communities for thousands of years, as well as social pressures affecting Native people; the program acknowledges that getting people to "quit" often means empowering whole communities. Provides advice, solutions and examples of how communities can best approach the smoking and chewing of tobacco in their area - and create positive steps to get people on the road to good health. We meet Native Urban Youth who discuss the reasons for smoking such as peer pressure and other social factors. Aimed at native people of all ages and presents anti-smoking messages in a non-threatening and culturally-sensitive way using the words of Native speakers themselves. #10276/0735 28 minutes 2003 \$159.95 *SA

OTHER MEDICAL CONCERNS

***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. 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. #16182/0157 100 minutes 2016 \$129.95 *CC

***Brand New!** IMMUNOLOGY: The Study of Vaccines

According to Oxford Dictionaries a vaccine is a substance used to stimulate the production of antibodies and provide immunity against one or several diseases, prepared from the causative agent of a disease, its products, or a synthetic substitute, treated to act as an antigen without inducing the disease. This program will look at the science behind the development of vaccines used to eradicate diseases and epidemics. The ability for vaccines to control and eliminate life-threatening infectious diseases will be discussed along with innovations that make vaccinations safer than ever. #16158/2003 11 minutes 2016 \$89.95 *CC *SA

LEARNING AND UNDERSTANDING ABOUT ALLERGIES AND THE RESPIRATORY

SYSTEM - This animated video explains what allergies are, how they affect the respiratory system and what you can do to prevent or control an allergy attack. Also explains how the allergies that affect the respiratory system can also trigger asthma and rhinitis symptoms. Allergies can affect anyone and are most commonly found in children and individuals with family history of allergies. #14429/0167 16 minutes 2011 \$99.95 *SA

ANAPHYLAXIS: What You Should Know about an Allergic Emergency

Anaphylaxis is a severe allergic reaction that involves a number of body systems and can be fatal within minutes. It is caused by allergies to certain foods, insect stings, medications, latex, or other allergens. This program highlights ways to prevent anaphylaxis, shows how it is diagnosed, and discusses the available emergency treatments that can truly be life-saving.

#14784/0635 27 minutes 2010 \$149.95 *CC

FOOD ALLERGIES: A Little Knowledge Can Prevent Big Problems

This program addresses food issues with an allergy expert as well as real people who live with food sensitivities and life-threatening food allergies every day. Learn the steps you can take whether you have an allergy, work with food, or know someone with an allergy. A little knowledge can prevent some big problems. *Includes Teaching Materials.

#14497/1290 26 minutes 2012 \$69.95 *CC *SA

LEARNING AND UNDERSTANDING DYSLIPIDEMIA

Dyslipidemia or Lipids Disorder is the medical term for abnormal levels - high or low - of cholesterol and triglycerides. This animated video explains what Dyslipidemia is, how it affects your body and what to do to control it. Dyslipidemia can be a hereditary condition. But anyone can develop high cholesterol - even those who watch their eating habits and maintain an active life style. High cholesterol does not show any symptoms. The only way to know if you have high levels of Cholesterol or Triglycerides is through a laboratory blood test. #14859/0167 13 minutes 2012 \$99.95 *SA

***Brand New!** MINDFULNESS FOR INSOMNIA

Insomnia occurs when individuals who frequently suffer from chronic sleep disturbance try harder to sleep or develop an anxious response when they are unable to sleep. Mindfulness-based therapy for insomnia, or MBTI, combines mindfulness principles and practices with behavioral techniques to treat this common issue. MBTI teaches clients with insomnia how to use meditation practices to cultivate mindful awareness and change how they may be thinking about their insomnia symptoms. This process, called metacognitive shifting, is one of the keys to reducing the symptoms of chronic insomnia.

#16181/0157 100 minutes 2016 \$129.95 *CC

SLEEP: An Overview

This program examines sleep, covering its four stages, common sleep disorders, impacts of sleep deprivation, and several theories about why humans sleep in the first place. Also looks at treatments offered at sleep disorder clinics. *A viewable/printable worksheet is available online.

#15958/0545 25 minutes 2013 \$129.95 *CC *SA



GUIDE FOR LIVING WITH PTSD (A)

Through compelling client testimonials from both men and women and expert guidance from renowned, this program educates clinicians, clients, and families on the history, epidemiology, challenges, and treatment of post traumatic stress disorder (PTSD) from domestic violence to combat trauma. This groundbreaking video features leading treatment methods based on current research and best practices, providing professionals the tools needed to help clients grow and recover through mindful meditation, flexible thinking or cognitive restructuring, and education. Sample cognitive-behavioral therapy sessions between counselor and client model realistic applications of the concepts presented. #13291/0795 56 minutes 2009 \$179.95

GRIEF, DEATH & DYING

***Brand New!** CHANGED FOREVER: Grieving the Death of Someone You Love

When someone we love dies, our lives are changed forever. The pain and sorrow we feel seems as if it will never end. In this powerful, therapeutic, new video presentation you will see and hear others discuss what you are going through right now. You will learn how to let yourself walk through your grief without letting it overwhelm you. Testimonies of people who have recently experienced the death of a loved one, as well as experts in the field, talk about how to slowly integrate the loss you have experienced, and the grief that comes with it, into a life that is changed forever. *This program is divided into eight segments:*

- *The death of a loved one *Grief is individual *Complicated Grief
- *Grief has physical, emotional, and spiritual effects *Upsurges of grief
- *Grief has no timeframe *Grief versus depression *Changed forever

#16058/1710 48 minutes 2015 \$129.95 *SA



CHILDREN AND GRIEF: Children Teaching Children about Grief

***WINNER! "Best Children's Videos produced in 2013"- one of only 17 included in this prestigious list - Association for Library Service to Children (division of American Library Association)**

Ten brave children share their stories of losing a loved one. We hear about their grief and loss, how they are coping and healing. Their advice for other children who have lost a loved one is honest, sincere and heartfelt. These children have experienced a life-changing event, yet they manage to share their stories with a sense of strength and resiliency. Viewers will be left with a sense of hope and an understanding that they are not alone in experiencing death. #15657/1743 40 minutes 2013 \$119.95 *CC *SA



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

A video for any parent who has experienced the death of a child and for those who aim to help someone who is grieving. Meet men and women who have suffered, who share their stories, and help to kindle hope for finding life again.

#14691/1710 60 minutes 2011 \$119.95 *SA

HELPING CHILDREN GRIEVE

This profound video resource offers information to adults (parents, caregivers, professionals) on how to help children of all ages grieve with hope and heart. You will meet two experts, whose personal experiences with death give them intimate knowledge and compassion. And you will meet others who are now in the process of helping their children through grief.

#14692/1710 55 minutes 2009 \$119.95 *SA



COPING WITH GRIEF SERIES

When someone dies, life for those people close to them will never be the same. Bereavement is particularly hard for families. At a time when children are in need of extra support, so are their parents. Shows families from a wide range of backgrounds.

GRIEF IN THE FAMILY - Gives parents an insight into the process of grieving, its physical and emotional effects and the special needs of children and young people.

NOT TOO YOUNG TO GRIEVE - Looks at the ways very young children respond to grief and what the adults can do to help.

TEENAGE GRIEF - Teenagers already have to cope with huge changes in themselves and their lives, and adjusting to the death of a close friend or family member at the same time may feel like too much for them to handle. Contains six separate episodes about young people facing different kinds of bereavement.

#13600/1120 Three 13 to 15 minute programs \$129.95 each or Series \$299.95 *CC

GRIEVING THE SUDDEN DEATH OF A LOVED ONE: Guidance for When the Unthinkable Occurs

There is no adequate preparation for dealing with the sudden death of a loved one. This video will take you through seventeen segments from "The impact of a sudden death" to "The pain of reality" to "Yielding to the season of grief". You will hear expert advice about how everyone grieves in their own way, how children grieve, our environment influences how we grieve, and the ways that circumstances can affect grief. You will learn to work through grief, how grief can affect us physically, how to take care of yourself, and the dangers of avoiding grief. Healing will come. With this new resource you will discover how to slowly move toward acceptance. #15102/1710 60 minutes 2012 \$89.95 *SA



***New!** THE TRANSFORMING POWER OF CAREGIVING: Returning to Life after

Caregiving Ends - Whether you have cared for your loved one for one year or many, when it ends, it will feel abrupt. The life and routine that have become yours, suddenly comes to an end with a finality that is painful on many levels. You have become a different person during your caregiving experience, yet you haven't had time to realize who that person is. Your focus was on someone else, and the thought of shifting that focus to yourself - may be scary. However, exploring who you are, now, as well as what you learned about yourself - and about life itself - during your caregiving experience can be an experience full of discovery and adventure. #15981/1710 48 minutes 2014 \$179.95 *SA

FACING DEATH: Confronting End-of-Life Choices

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

#14064/1725 60 minutes 2010 \$129.95 *CC

THE SUICIDE PLAN: The Hidden World of Assisted Suicide

You have an incurable illness, you want to die, and you want help dying - what can you do? People who are terminally ill and live in Oregon or Washington can openly ask a doctor for help, but in the rest of country, where physician-assisted suicide is illegal, people who are suffering turn in secret to friends, family members, and even activist organizations. This groundbreaking film explores the shadow world of assisted suicide, where the lines between legality and criminality are blurred as never before. With intimate access to decisions near the end of life, takes viewers inside one of the most polarizing social issues of our time - told not only by the people choosing to die, but also by their "assisters", individuals and right-to-die organizations at risk of prosecution for their actions to hasten death.

#15429/1725 60 minutes 2013 \$129.95 *CC

LAST RIGHTS: Facing End-of-Life Choices

***Western Psychological Association Film Festival**

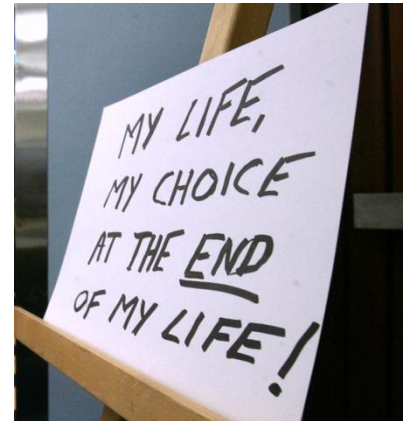
Who decides how life ends? The patient? The family? The physician? The health care system? LAST RIGHTS is a compelling, deeply personal exploration of four families and their terminally-ill loved ones as they begin to contemplate death. It brings up a multitude of issues - medical, ethical, and political - implicit in the individuals' option to hasten death when life becomes unendurable.

#15318/0605 56 minutes 2009 \$379.95 *SA

LIVING WITH HOSPICE

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

#14321/1384 29 minutes 2006 \$169.95 *CC *SA



***New & Canadian!!** THE TROUBLE WITH DYING

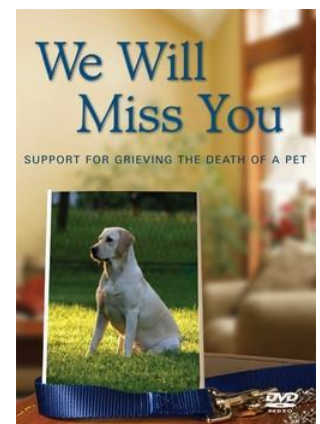
On Friday February 6th, 2015 The Supreme Court of Canada overturned the existing law pertaining to doctor assisted dying. The Government of Canada now has one year to develop new legislation. This program is what led up to the Supreme Court decision. After being diagnosed with late stage ovarian cancer, Cindy Cowan wants the right to choose how she is going to die. Linda Jarrett has suffered from multiple sclerosis for over 15 years. She is investigating the options for ending her life, before her degenerative disease makes it impossible for her to act on her own. Currently, medically assisted dying is illegal in Canada. And while some advocates, such as Dr. Richard MacDonald believe offering terminal patients help in ending their lives is the compassionate thing to do, opponents such as Professor Margaret Sommerville believe the medical system must uphold respect for all human life. The issues surrounding the right-to-die debate are further coming to a head since Quebec introduced legislation in 2013 that would allow for medically assisted dying in some cases. Cindy and Linda examine the options available to them, confronting their own mortality in the process.

#16017/0545 46 minutes 2014 \$189.95 *CC *SA

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

Animals are guileless. That sort of honesty touches the human heart in a unique way. It allows us to see a better side of ourselves than sometimes is visible in our relationships with our fellow human beings. We invest a deep part of ourselves in the relationships we have with our pets. They are our family. When a beloved pet dies, we become vividly aware of the loss, and we need support that understands the depth of our love and attachment. This video offers this level of support as you grieve the death of a pet who was a companion, a family member, and a friend.

#14785/1710 31 minutes 2012 \$119.95 *SA



MENTAL & PHYSICAL DISABILITIES

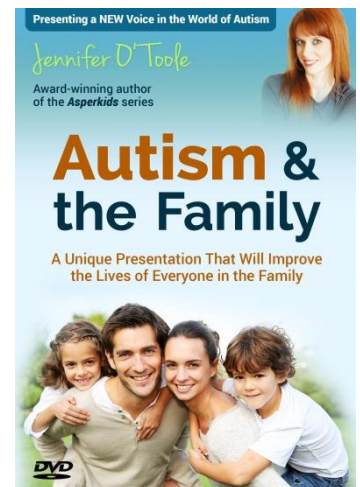
MY WONDERFUL LIFE AS A VEGETABLE

After developing the incurable degenerative neurological disease amyotrophic lateral sclerosis - also known as Lou Gehrig's Disease - Birger Bergmann became fiercely determined to educate other ALS patients and their families. He's published several books and describes himself as a happier man after his diagnosis, despite his head-to-toe paralysis and obstacles to communicating. This program raises valuable ethical dilemmas including the question of whether governments have the right to deny life-saving medical equipment when costs become exorbitant. As a resident of Denmark, Birger was given access to a mechanical ventilator, a machine that has kept him alive for more than ten years. When Birger learns of Johan, a young Swedish father of two who may die without the same technology, Birger travels to Sweden to encourage him to be more proactive in soliciting the medical community's help. Birger also persuades Susannah, a grandmother suffering from ALS to undergo lifesaving procedures. **MY WONDERFUL LIFE AS A VEGETABLE offers a meaningful example of someone who sees life for its opportunities, rather than its difficulties.** #15340/0605 58 minutes 2012 \$329.95

*New! AUTISM AND THE FAMILY

This is a unique presentation that will improve the lives of everyone in the family. Author Jennifer O'Toole was diagnosed as an Aspie in adulthood and is the mother of three Asperkids, the wife of an Aspie, and the author of the internationally celebrated "Asperkids" book series. Famous for her perspectives on girls and women with autism/Asperger's, she is also respected for her books aimed at helping children to adapt and succeed. Jennifer's dynamic two hour presentation is laced with humor, charm and caring. Everyone - teachers, therapists and family members of a person with autism - will benefit from Jennifer's insights.

Jennifer O'Toole is the winner of the 2012 Temple Grandin Award, a recipient of GRASP's 2012 Distinguished Spectrumite Medal, 2012 AuKids Speaker of the Year, and a nominee for the 2012 Autism Society Book Award and Godiva's Woman of the Year. TV actress/Activist Holly Robinson Peete even listed Jennifer among her "Autism Parent Superstars." Most recently, Jennifer was added to the "Who's Who" list of International Aspie Mentors - along with Temple Grandin and Stephen Shore - to contribute to Dr. Tony Attwood's "Been There. Done That. Try This." anthology. But it's Jennifer's unique presentation of useful insights which has touched hearts, lightened spirits, and even led to the founding of Asperkids, LLC, a multimedia social education company. #15991/0603 90 minutes 2015 \$169.95 *SA



*New! PARENTS OF CHILDREN WITH AUTISM SPECTRUM DISORDER

USFSP Psychology Professor V. Mark Durand - a leading authority on autism - demonstrates his positive parenting approach to working with mothers and fathers of children who have been diagnosed with autism spectrum disorder (ASD). ASD is an increasingly common diagnosis among children, and symptoms such as repetitive behaviors and communication deficiencies can challenge parents, often affecting their personal relationships and daily activities. The evidence-based approach demonstrated in this video focuses on increasing a sense of hope in these parents.

#15859/0157 100 minutes 2014 \$149.95 *CC

*Best Seller! BEST KEPT SECRET: Aging Out with Autism

***WINNER! Sundance Documentary Fund Grant**

Best of Fest, AFI DOCS, Washington, DC

"Highly recommended for most audiences, but especially for special education teachers, parents or families with special needs children, and school administrators. The DVD is an unforgettable piece that will make you laugh and cry at the same time." Educational Media Reviews

JFK High School, located in a run-down area in Newark, New Jersey, is a public school for all types of students with special education needs. Janet Mino has taught her class of young men with autism for four years. When they all graduate, they will leave the security of the public school system forever. BEST KEPT SECRET follows Ms. Mino and her students over the year and a half before graduation. The clock is ticking to find them a place in the adult world - a job or rare placement in a recreational center - so they do not end up where their predecessors have, sitting at home, institutionalized, or on the streets. #15784/0605 85 minutes 2013 \$359.95



***Brand New & Canadian!**

A CHANGE OF MIND: A Documentary on the Societal Impact of Brain Injury

"A captivating and impeccably crafted look into the impact of Traumatic Brain Injury on individuals, families and society. Filmmaker Hilary Pryor takes you on a revelatory journey, beautifully weaving together the tapestry of science, the pathos of loss and the inspiration of unyielding courage. Working in the field of Brain Injury, I have never seen a more important film on the subject." Shelley Morris, Chief Executive Officer, The Cridge Centre for the Family

A CHANGE OF MIND provides education and awareness in such a way that viewers could not only see, but feel the challenges faced by a survivor of brain injury. The film brought to the forefront horrific statistics on homelessness, prisons, substance abuse, and suicide. However, the film also painted a picture of limitless possibilities for survivors to redesign their lives so they once again feel whole and contributing in society.

*Individual Schools, Public Libraries and Non-Profit Organizations \$99.95

*Colleges, Universities and School Boards \$279.95

#16161/0335 54 minutes 2016 \$279.95 *CC *SA



***New & Canadian!**

THE COWBOY'S COMMUNITY KITCHEN

THE COWBOY'S COMMUNITY KITCHEN opens people's eyes both to the growing phenomena of community kitchens in senior's residences, homeless shelters etc. and to the impacts of brain injury and the potential for recovery when people are given the right tools. Led by the unique Cowboy Chef, Mark Connelly, a group of brain injury survivors get together in a community kitchen to cook, laugh, share and learn. Mark is completely deaf as a result of meningitis, Robin and Kerry are legally blind. All struggle with various outcomes of their brain injury but, as the film reveals, a community kitchen can provide the perfect space to build renewed trust in each other, in their own abilities and in life itself. Recovery doesn't need big dollars – it can be as simple as getting together to cook and share a meal. #16086/1341 23 minutes 2015 \$189.95 *CC *SA



CUSTOMERS WITH DISABILITIES: Delivering Excellent Service

If you have customers with disabilities then this training program is a must see for every employee. This comprehensive course is designed to help you teach all of your associates how they can properly provide superior service to customers with disabilities.

The program is divided into five east-access chapters:

Chapter 1: Blind or Low Vision

Chapter 2: Cognitive Disabilities, including people with emotional challenges, and other disabilities, such as autism, Tourette Syndrome, and head injuries

Chapter 3: Deaf or Hard of Hearing

Chapter 4: Mobility, including customers who use wheelchairs as well as walkers, canes, and other mobility devices

Chapter 5: People of Short Stature/Vertically Challenged

This package includes ...

*CUSTOMERS WITH DISABILITIES: Delivering Excellent Service DVD (34 Minutes)

*Leader's Guide (Including Full Transcript)

*QUIZ (Combining True/False & Multiple Choice Questions)

*Questions for Discussion

*Terms & Expressions Handout

*PowerPoint #15827/0550 34 minutes 2013 \$789.95 (Education 20% Non-Profit & Government 10% *CC *SA

HOW TO TALK TO PERSONS WITH DISABILITIES

Were you taught that "wheelchair-bound" was an acceptable term to call a person in a wheelchair? Three people with disabilities will re-educate viewers and teach them proper terminology when interacting with persons with disabilities. They will also discuss the history behind these derogatory terms. #14441/1410 30 minutes 2010 \$99.95 *SA

***Brand New! ENGINEERING: Transforming Lives with Prosthetics**

Scientists and engineers have made great strides in recent years with prosthetics and orthotics. In this program we discuss how designers simulate the anatomy and physiology of missing limbs. Though some prosthetics are simple and minimally functional, others are complex bionic artificial limbs with improved designs, using advanced hydraulics, lightweight materials such as carbon fiber and computer microprocessors and sensors. This program will highlight how advances in prosthetics have improved life for people with certain injuries and disabilities. #16127/2003 11 minutes 2016 \$99.95 *CC *SA

LIVING WITH ASPERGER'S: Life Skills for People on the Spectrum

This is a video for parents, Aspie's, anyone with sensory issues or on the autism spectrum, and anyone who works with them! Jennifer has a lifetime of personal experience with Asperger's syndrome and Sensory Processing Disorder (SPD), so her concrete ideas of what worked and didn't work for her actually are fascinating. She openly talks about the innovative ways she learned to navigate the world of the "normal" people. She would be good enough to listen to just for those things, but the fact that she's straight-forward and laces it all with a hearty sense of humor creates a riveting presentation you won't forget.

#16001/0603 90 minutes 2014 \$149.95 *SA

PERSONS WITH DISABILITIES SERIES

Three people with disabilities speak passionately from their own personal experiences. Viewers who use this series will: Increase their understanding of negative stereotypes for people with disabilities; learn how to use proper and respectful language and terminology; and, increase understanding of the psychosocial and physical aspects of sexuality for people with disabilities.

HOW TO TALK TO PERSONS WITH DISABILITIES (see #14441 above)

BEING PC PERCEPTIONS, MYTHOLOGIES, AND STEREOTYPES

SEXUALITY AND DISABILITY Part One - PSYCHOSOCIAL ASPECTS

SEXUALITY AND DISABILITY Part Two - PHYSICAL ASPECTS

#13733/1410 Four 30-minute programs 2010 \$359.95 *SA

**NEWEST TEMPLE GRANDIN**

Dr. Temple Grandin's presentation on the autistic brain, how DSM-5 will affect everyone from parents and children on the spectrum, and her frank assessment of the state of autism and therapies. #15684/0603 90 minutes 2014 \$159.95 *SA

MY SENSORY BASED WORLD with Dr. Temple Grandin

Virtually every child on the autism spectrum has at least one sensory issue that creates problems for them. When they can't express the problem they're having verbally, there's only one way they can express themselves, which is in their behavior. Because of her personal experiences with sensory issues, Dr. Temple Grandin considers sensory dysfunction to be one of the most major problems for children on the autism spectrum, and it's probably one of the least understood. She explains not only the various ways parents, teachers, and professionals can identify sensory issues and the behaviors that are the result of sensory issues, she also focuses on some of the most recent scientific research related to the senses that will help many children on the spectrum and their parents and caretakers. Among recent scientific studies she discusses, she explains how Sensory Enrichment Therapy (SET) can change many of the "autistic behaviors" that children on the spectrum have (effectively, modifying or eliminating them). Ironically, SET may be one of the least expensive therapies of all that are recommended for children with autism, which Temple recommends because of its cost effectiveness. She explains how this new-found Sensory Enrichment Therapy can be developed at home by parents with a minimum of professional help, and how studies have shown that it even can affect the increase of cognition of many children on the spectrum! #15999/0603 90 minutes 2014 \$159.95 *SA

NORM: A Documentary about Love, Family, and Survival

***Canadian! Two Gemini nominations!**

Norm was born with Down Syndrome in 1949. He spent much of his childhood with his family but ultimately was put into foster-care by his parents. Then his grown sister decides to rescue and take care of her older mentally challenged brother. The story evolves into one of hilarity and healing and the gathering up of all the frayed strands of a lost and guilt-ridden family. NORM is an exuberant celebration of life. *Postscript: Norm continued to live with his sister until he died peacefully at home on September 22, 2010 surrounded by family and friends. #12339/1397 49 minutes 2008 \$129.95 *SA



***Canadian! THE R WORD Featuring Joe Clayton, Metis narrator**

People have called them "village idiots", "imbeciles", "fools", "subhumans" and "retards". They have been incarcerated in prisons and institutions, abused and even at times murdered. They have been feared and misunderstood for centuries. This program chronicles the incredible struggles of a culturally diverse group of Canadian people with intellectual disabilities and their families to be recognized and treated as fully human with the same rights as anyone else in society.

#14014/2044 65 minutes 2009 \$129.95 *CC *SA



SOFTENING: Loving a Child with Special Needs

***Documentary NYC Festival, Grand Jury Prize Winner**

"I'm not really one of those parents of a kid with special needs who thinks it's a gift from God or a blessing in disguise," says filmmaker Kelly O'Brien. O'Brien speaks honestly about her struggle to cope for the first five years following the birth of Teddy, born with extensive brain damage resulting from an in-utero viral infection. The rewards as well as the challenges of caring for him are evident in Softening, a lyrical cinematic diary O'Brien created to celebrate her son's inherent beauty and the joy he brings to his family's life. His big sister's vast affection and his father's poignant observation that all Teddy's physical limitations fall away when he dreams help to dispel the fear and discomfort often surrounding the topic of disability. In leaving out the grittier details of Teddy's daily regimen to focus on the moments of intimacy and play, the film also documents O'Brien's gradual process of opening up emotionally - her softening - about her son's difficult diagnosis. #15972/0635 39 minutes 2012 \$189.95 *CC

ADHD Rush Hour - The issues surrounding ADHD are fiercely debated. Who decides when rambunctious behavior has become a psychiatric concern? Do the benefits of Ritalin outweigh its risks? Is ADHD even a true disorder, or just another way for pharmaceutical companies to make money? This program speaks with students diagnosed with ADHD and to nearly a dozen medical and academic experts about its identification and treatment. Other topics include genetic factors, medication risks, teachers as diagnosticians, and the centuries-long history of medicalizing hyperactivity. #15326/0635 80 minutes 2012 \$189.95 *CC



***Best-seller & Canadian!! A FAMILY HEALING: Coming to Terms with Intellectual Disabilities**

This intimate family portrait made by one member of the family explores the impact of the developmental disability of a sibling on the interaction and relationships of the family as a whole. Allows family members to open repressed lines of communication and express their feelings of guilt, resentment, over-protectiveness, embarrassment. Questions about basic human rights and the sexuality of the intellectually disabled are also brought forward. Focuses on long-standing family conflicts and misunderstandings that skew relationships when disabilities command attention... unequal sharing of responsibility, planning for future care, the special concern of parents for a child who will never really achieve full adulthood. #11260/0165 57 minutes 1996 \$149.95 *SA

*****See also COMMUNITY ACTIVISTS DISCUSS "A FAMILY HEALING" *Canadian!**

After viewing A FAMILY HEALING, a group of families of and activists for the developmentally disabled join the video's producer to add their own views and experiences. Generally critical of institutionalization, they stress the need for support systems for parents, the need for the disabled to have friends outside the family, and to integrate into society in general as much as possible for maximum health and lifestyle benefits. #11272/0165 27 minutes 1996 \$89.95 *SA

FOOD & NUTRITION

HEALTHY EATING ON A BUDGET FOR SINGLES AND COUPLES

Singles don't like to cook for themselves and couples wonder how they can take advantage of savings that seem geared to larger families. This program will help both shop for, prepare and enjoy healthy meals and still save money.

#13927/1420 19 minutes 2010 \$139.95 *CC *SA

HEALTHY EATING ON A BUDGET FOR FAMILIES

This program reviews the basics of healthy nutrition and gives tips on how one can feed a family a healthy diet and save money in the process. Includes tips for meal planning, shopping and cooking.

#13837/1290 20 minutes 2010 \$139.95 *CC *SA

***Brand New! IN DEFENSE OF FOOD: An Eater's Manifesto**

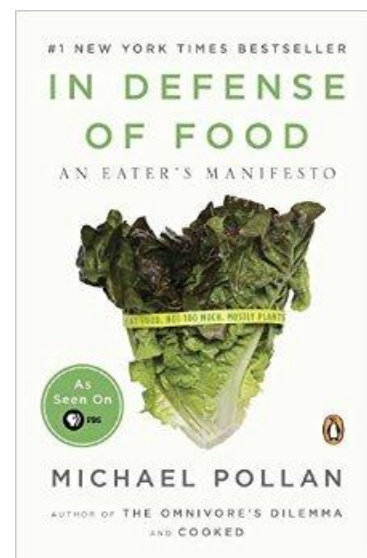
"Eat Food. Not Too Much. Mostly Plants." With those seven words, journalist Michael Pollan distills a career's worth of reporting into a prescription for reversing the damage being done to people's health by today's industrially-driven Western diet. Pollan offers a clear answer to one of the most urgent questions of our time: What should I eat to be healthy? #16115/1725 120 minutes 2016 \$129.95 *CC

ADDED SUGARS: The Bitter Truth

Sugar is sweet, but its effect on your body can leave a bitter taste in your mouth. First step? Learn how added sugars differ from naturally-occurring sugars. This program shows how extra calories from sugar convert into fat molecules, and the dangers of having too much sugar in your bloodstream. Find out where in your diet all that extra sugar hides and how to easily reduce your daily intake. #15642/1120 17 minutes 2013 \$89.95 Grades 6 to A *CC *SA

***Best Seller! BREAKFAST BECAUSE! *Canada Food Guide**

Breakfast is super important for great physical and mental performance. So why is the message not getting through to teenagers? Probably because they had a bag of chips for breakfast! *This DVD contains two versions of the video - one featuring the **CANADA FOOD GUIDE** and the other the U.S. Food Pyramid.. #12206/1290 25 minutes 2009 \$119.95 *CC *SA



***New! FRUIT AND VEGETABLES: Color Power**

When it comes to fruits and vegetables, more is better. Fruits and veggies are filled with a host of health-promoting benefits, but often times we fall short on our daily servings. How can we get ourselves to eat and enjoy more fruits and veggies? Join food and health professionals discover the power of fruits and vegetables in short segments that discuss:

- *The importance of eating fruits and vegetables
 - *Daily requirements and what counts as a serving
 - *Ways to encourage eating more fruits and vegetables
 - *Selection and basic preparation methods
- #15835/1290 24 minutes 2014 \$89.95 *CC *SA

GET OFF THE SOFAS! Avoiding Solid Fats and Added Sugars

Teach your students why SOFAS don't belong in the kitchen! Viewers learn what SOLID Fats and Added Sugars have in common, and why new nutritional guidelines say to avoid these calorie nightmares. But are other fats and sugars really any different? They are! This program explains the why, what, and how of it all. *Includes Guide. #14495/1120 20 minutes 2012 \$149.95 *CC

NUTRIENT BASICS

Nutrients are the substances in food that work to keep our bodies healthy and eating a variety of foods from the food groups will give your body the nutrients it needs maintain good health. Registered Dietitian Melissa Halas-Liang and two students explore the functions, benefits and sources of the six types of nutrients, including: Fats, Protein, Carbohydrates, Vitamins, Minerals, and Water. #14994/1290 20 minutes 2012 \$69.95 *CC *SA

***New! NUTRITION STARTS HERE! Smart Eating on a Budget**

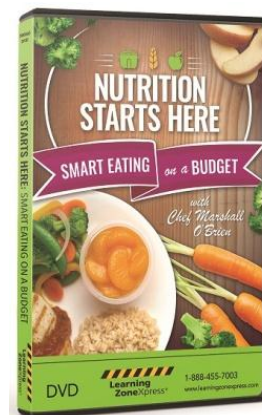
Develop healthy eating habits that will last a lifetime and join Chef Marshall O'Brien as he shares nutritious food choices and healthy eating strategies while demonstrating and explaining how cooking and eating healthy food can be both fun and delicious while saving money. #16053/1290 19 minutes 2015 \$99.95 *CC *SA

NUTRITION LABELS: Reading Between the Lines

USDA Guidelines are shifting all eyes to Nutrition Facts labels...where they should be! Whether you're explaining Trans Fat or how to balance calories, this video supports your efforts! Students learn the meaning of each item on the Nutrition Facts labels, how to use daily values, and how to interpret label health claims. #15301/1120 21 minutes 2012 \$125.95 *CC

THE SKINNY ON SOLID FATS

Explains the different types of fat and why solid fats are harmful to your health (and waistline!). Take a ride on an LDL and HDL raft to discover how fats affect your cholesterol. Find out where fats hide in your diet and ways to reduce the amount you consume. #15643/1120 17 minutes 2013 \$89.95 *CC *SA



NUTRITION (8 Modules)

Gets down to the fruits and nuts of the vitamins, minerals and water needed to make our bodies work. Teens will understand the importance of the choices they make to maintain a healthy, strong lifestyle and what makes up the perfect plate! This comprehensive and fun series consists of eight 26-minute programs:

1: INTRO: CELLS AND MACRONUTRIENTS - Provides the breakdown of the six main types of nutrients that a body needs to get fuelled everyday.

2: WHAT YOUR BODY DOES WITH FOOD – Explains Digestion, Metabolism, Metabolic Syndrome, Sugar Overload and Processed Foods, Calories and Nutrients, Hunger, and Appetite.

3: THE FOOD SPECTRUM - Covers what foods do for you and your body. Topics covered: Grains, Fruits and Veggies, Nuts, Seeds, Beans, Fish, Poultry, Eggs and Red Meat, Dairy and Calcium, Sugar, Salt, Oil and Alcohol, and Food Geometry.

4: MICRONUTRIENTS: VITAMINS, MINERALS, AND WATER - Without micronutrients, you wouldn't be able to access the energy the macronutrients provide.

5: PREVENTING NUTRITIONAL DISORDERS - Topics covered: What Are Nutritional Disorders, Exploring Nutritional Disorders, Exercise, Weight Management, and Weight Loss.

6: EATING IN CONTEXT - Humans come in all shapes and sizes. Students will deep dive into the factors that determine body composition, body type and our reactions to foods.

7: WHERE DOES YOUR FOOD COME FROM? Students will gain an understanding of what it means for a food to be organic and discusses fresh, local foods and their alternatives.

8: THE SAVVY EATER - Discusses practical tips for being an informed and savvy consumer in the grocery store and then delves into the harrowing world of food safety.

*Includes a CD-ROM with a Digital Workbook

#14465/1945 Eight 26-minute programs 2011 \$389.95 Grades 6 to 12 *CC *SA



GOOD ENOUGH TO EAT! Food Presentation and Service

If food looks good, we are more or less compelled to find out if it tastes good too! This program explores the way food is styled and presented and how those aesthetic decisions shape the overall experience of a meal - whether at home or in a restaurant. Taking into account the human body's five senses, the video demonstrates how we evaluate food and addresses the sense-related characteristics that people look for in a variety of meals. Interviews with a chef, a nutritionist, and a food stylist reveal the many ways in which food can be presented, from small parties to banquets. #14793/0545 20 minutes 2010 \$139.95 *CC *SA

*New! THINK BEFORE YOU DRINK: Sugar Shockers and Beverage Tips

What we choose to quench our thirst matters more than you might think!. Beverages are the single largest source of calories in the average diet and their contribution often goes largely unnoticed. Soft drinks, sweetened teas, specialty coffee drinks, sports drinks, fruit-flavored juices, and energy drinks are the sugary, empty-calorie culprits contributing to rising rates of obesity and other chronic diseases. Discover the best beverage bets and learn more about how to make healthy choices.

#15817/1290 25 minutes 2014 \$89.95 Grades 6 to A *CC *SA

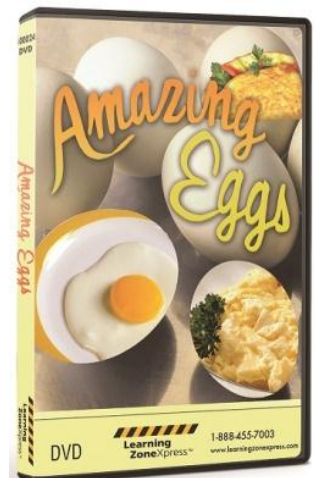
AMAZING EGGS Revised!

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

- * Scrambled eggs
- * Sunny side up egg, over easy egg, and basted egg
- * Poached egg
- * Hollandaise sauce
- * Omelet
- * Strata, frittata, and quiche

#12218/1290 21 minutes 2012 \$69.95 Grades 6 to A *CC *SA *Includes Teaching Materials

*** See also **THE AMAZING EGGS ACTIVITIES KIT** - five, two-hour lessons that explore one of our most versatile, nutritious, and culturally-rich foods: the egg! Students engage in hands-on activities that integrate science, math, art, reading, health, and life skills and follow simple recipes to create tasty egg dishes. Perfect for the classroom or after school programs. #12218-G \$39.95

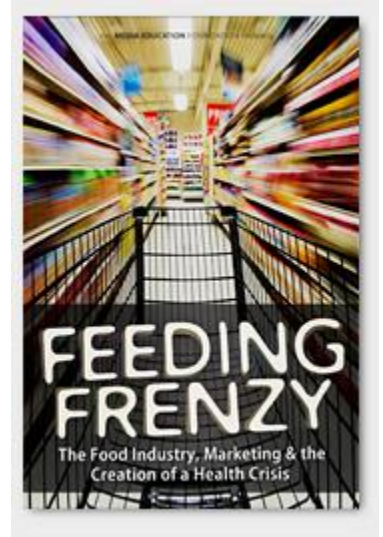


FEEDING FRENZY: The Food Industry, Marketing and the Creation of a Health Crisis

Over the past three decades, obesity rates have more than doubled for children and tripled for adolescents - and a startling 70% of adults are now obese or overweight. The result has been a widening epidemic of obesity-related health problems, including coronary heart disease, high blood pressure, stroke, and Type 2 diabetes. Discussions about this spiralling health crisis have tended to focus on the need for more exercise and individual responsibility.

FEEDING FRENZY trains its focus squarely on the responsibility of the processed food industry and the outmoded government policies it benefits from. It lays bare how taxpayer subsidies designed to feed the hungry during the Great Depression have enabled the food industry to flood the market with a rising tide of cheap, addictive, high calorie food products, and offers an engrossing look at the tactics of the multi billion-dollar marketing machine charged with making sure that every one of those surplus calories is consumed. Features industry analysts, health experts, and advertising scholars, including Marion Nestle, Kelly Brownell, Sut Jhally, Brian Wansink, and Michele Simon.

#15662/0685 57 minutes 2013 \$179.95 (Colleges & Universities \$309.95) *CC *SA



***Special Offer!** OUR DAILY POISON

"A superb blend of archival footage and documentation, as well as personal and expert interviews. Offers a fascinating and somewhat horrifying look at the production of food across the globe as it makes its way from farmers' fields to our plates. The cinematography and sound quality are excellent. OUR DAILY POISON would make a great addition to any library, public, academic, or classroom collection."

"HIGHLY RECOMMENDED" Educational Media Review

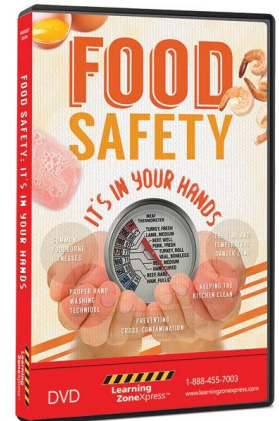
Cancers, autoimmune and reproductive disorders are all on the rise. Could the cause be the 100,000 novel molecules introduced into the environment over the last 70 years? OUR DAILY POISON is a hard-hitting, in-depth investigation into everyday products and the broken systems regulating them. #15947/0899 112 minutes 2011 ***SPECIAL OFFER \$439.95 less 50%!!! *CC

*** New!** FOOD SAFETY: It's In Your Hands!

Ever get sick from something you ate? An estimated one in six people contract a foodborne illness each year, so what can you do to stay safe? Discover the steps to keeping food safe from foodborne illness by joining a chef in the kitchen along with a microbiologist to learn what you need to know for clean and safe food storage and preparation. Features short video segments that breakdown food safety essentials, including:

- * Common foodborne illnesses (5:50)
- * Proper hand washing technique (5:44)
- * Preventing cross-contamination (1:36)
- * The time and temperature danger zone (3:45)
- * Keeping the kitchen clean (4:10)

#16021/1290 21 minutes 2015 \$89.95 Grades 7 to A *CC *SA



HEALTHY EATING: A Guide to Nutrition

In an age of fad diets, ultra-processed foods, body image issues, and rampant obesity, clichés like "You are what you eat" just aren't enough to educate teens about smart eating. This five-part series explores food-related issues with the energy, complexity, and engagement needed to reach today's young adults. Using eye-catching animation sequences and commentary from nutritionists, dieticians, and trainers, the series conveys detailed, real-world knowledge about basic nutrition, weight management, physical fitness, eating disorders, and food safety.

BASIC NUTRITION

NUTRITION AND WEIGHT MANAGEMENT

NUTRITION FOR SPORTS AND EXERCISE

NUTRITION AND EATING DISORDERS

FOOD SAFETY AND DISEASE PREVENTION

#14075/0635 Five 25-minute programs 2011 \$539.95 Grades 7 to A *CC



SPORTS DRINKS AND EXERCISE PERFORMANCE: Scientific Evidence

This program provides an overview of what constitutes a sports drink and the impact of each principle component in a sports drink on physiological function. Also details the purpose of having sodium in a sports drink. In addition, the DVD points out what individuals should do if they work in a hot environment, particularly with regard to replacing sweat losses. Also discusses the fact that beverages with more than 10-12% carbohydrate are not optimal during exercise in the heat.

#15065/0463 43 minutes 2012 \$129.95 *SA

***New! GET WISE TO PORTION SIZE!**

Over the past few decades there has been a steady growth in portion sizes we're served. While many of us have grown accustomed to oversized portions, these super-sized portions have brought rising rates of overweight and obesity. Learn more about why portion size matters and how to eat the right amount for you with short video segments that explain the portion size issue, including: Portion size: then and now; Why portion size matters; and, Tips for eating out and at home.

#15913/1290 20 minutes 2014 \$89.95 *CC *SA

***Brand New! SUPERFOODS OR SUPERMYTHS?**

Eat beetroot! Add kale! Stick to salmon and pomegranate and chard! These aren't just foods, they're (cue trumpets) superfoods! Trusted experts say they're so super-healthy, when you eat superfoods in super-quantities, you sleep right, feel strong, sound smarter, avoid cancer, and become unequivocally - .super! It seems logical: spinach is full of antioxidants; tomatoes are packed with lycopene. Your body needs these; therefore, foods with lots of it should be great for us. Right? Hyperbole alert! Whenever we see claims supporting extreme behavior - even the extreme intake of healthful foods, it's time to dig deeper. In this program, explore the facts and fascination, myths and messages surrounding so-called superfoods. Students learn to consider, interpret and analyze what's behind the news stories and magazine articles suggesting that an unbalanced diet is anything more than a spurious shortcut. While preying on the human desire for an easier, faster, more fabulous way to live forever, the media sells more magazines and mackerel manufacturers make more money, but do humans actually get any healthier? #16003/1120 19 minutes 2016 \$129.95 *CC *SA



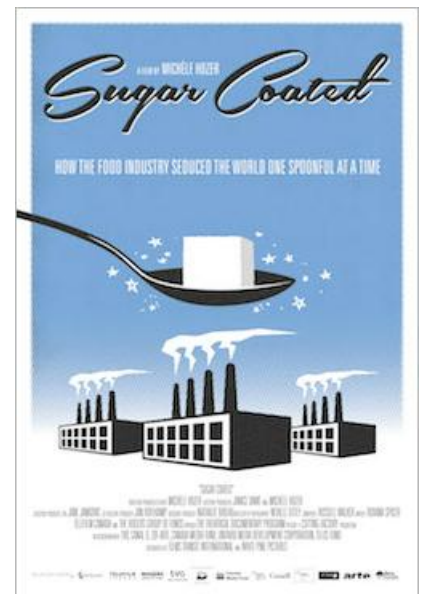
***Brand New! SUGAR COATED: How the Food Industry Seduced the World One Spoonful at a Time**

IS SUGAR THE NEW TOBACCO? How did the food industry get us to stop asking the question: IS SUGAR TOXIC? It all starts with a secret PR campaign dating back to the 1970s. For forty years, Big Sugar deflected all threats to its multi-billion dollar empire, while sweetening the world's food supply. As obesity, diabetes, and heart disease rates skyrocket, doctors are now treating the first generation of children suffering from fatty liver disease. The sugar industry is once again under siege. They dodged the bullet once. Will they do it again? This documentary investigates the history of the food industry's use of sugar, its health impact on society and the politics of the "new tobacco". It's dangerous, it's everywhere, it's PR-protected. But has the sugar industry finally met its match?

***The DVD includes the 91-minute feature length documentary, as well as a 60-minute abridged version shortened for use in the classroom. Includes English sub-titles.

(*Special price for K-12 schools and non-profit \$99.95 - Public Libraries \$49.95)

#16168/2153 2015 \$199.95 *CC *SA



***Brand New! THE TRUTH ABOUT FAT**

Fat has a reputation as public health enemy number one. We've spent decades trying to eat less of it—yet today we're healthier than ever. This engaging film sees a group of health service workers undergo a series of eating trials - including a bold experiment to investigate the effects of giving up fat altogether. Monitoring the effects of their drastic diet, the program demonstrates how, for healthy people, low-fat diets are bad news. Discover how a portion of steamed salmon has more fat than a pizza, learn how the fat from a greasy meal turns up in your blood within a matter of hours, and find out why fat may even help with weight loss. Stuffed full to bursting with more astonishing facts and surprising experiments, this program reveals how a little bit of what we like can be good for us. A BBC Production. #16189/0635 55 minutes 2016 \$189.95

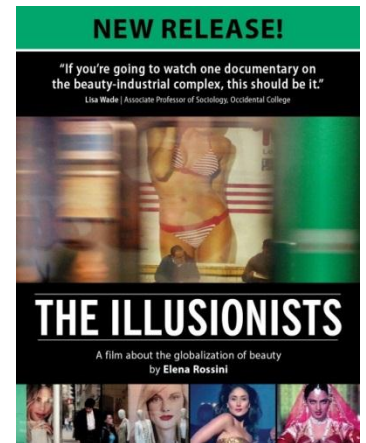
DEFINING OURSELVES - BODY IMAGE

***New!** ILLUSIONISTS (THE) : Definition of Beauty

THE ILLUSIONISTS examines how global advertising firms, mass media conglomerates, and the beauty, fashion, and cosmetic surgery industries are changing the way people around the world define beauty and see themselves. Taking us from Harvard University to the halls of the Louvre Museum, from a cosmetic surgeon's office in Beirut to the heart of Tokyo's Electric Town, the film explores how these industries saturate our lives with narrow, Westernized, consumer-driven images of beauty that show little to no respect for biological realities or cultural differences. Features prominent sociologists, politicians, magazine editors, scientists, artists, and activists in North America, Europe, the Middle East, and Asia. Interviews include: Susie Orbach, Jean Kilbourne, Gail Dines, Susan Linn, Laura Mulvey, Harrison Pope, Nadine Moawad, Ruchi Anand, Paola Audrey Ndengue, Tetsuya Ando, and Jason Karlin.

#16073/0685 54 minutes 2015 \$189.95 (Colleges & Universities \$359.95)

*NOTE – this DVD includes both the full-length education version (54 minutes) and an abridged version (43 minutes -- edited for language and content for younger viewers).



***New!** VULVA 3.0 ***WINNER OF MANY AWARDS including *Berlinale 2014 and *Doxa DocFestival

"Amusing and horrifying by turns, but consistently fascinating throughout." The Hollywood Reporter

"A wonderful start to a conversation about a socially taboo subject, deserving of more thorough exploration."

Verite Film Magazine

We live in hyper-sexualized times. The press, advertisements and TV are constantly putting naked women and their genitalia on display. But many women are still deeply prudish when it comes to the relationship with their own body. In public we see airbrushed, de-individualized anatomies which conform to the standards of attractiveness used by the porn industry. The ideal image of the smooth, perfectly shaped vulva with symmetrical labia has little to do with the actual shape of most female genitalia. The resultant insecurity many women feel about their own bodies has proven to be a goldmine for cosmetic genital surgery which promises to manufacture the perfect vagina via the surgeon's scalpel. With their comprehensive and unflustered research into the history of this particular aspect of the female anatomy in the 21st century, the directors shed light on every facet of the matter in hand, from sex education to censorship, from the airbrushing of 'misshapen' labia in pornographic images to the work of activists against female genital mutilation - and in doing so celebrate the diversity of the female body.

#15948/0899 78 minutes 2014 \$449.95 *CC

*** A SPECIAL 50% DISCOUNT PRICE OFFER IS AVAILABLE ON THIS TITLE

***Brand New!** THE SOULS OF BLACK GIRLS

This award-winning documentary explores how media images of beauty undercut the self-esteem of African-American women. Filmmaker Daphne Valerius surveys the dominant white, light-skinned, and thin ideals of beauty that circulate in the culture, from fashion magazines to film and music video, and talks with African-American girls and women about how these images affect the way they see themselves. The film also features powerful commentary from rapper and activist Chuck D, actresses Regina King and Jada Pinkett Smith, PBS news anchor Gwen Ifill, cultural critic Michaela Angela Davis, and others.

#16173/0685 52 minutes 2008 \$189.95 (Colleges & Universities \$389.95)



BEAUTY IN THE EYES OF THE BEHELD

***Multiple Award-Winner!!!**

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

#13244/0635 55 minutes 2008 \$199.95

EATING DISORDERS

NUTRITION AND EATING DISORDERS

Whether they're viewed from a behavioral standpoint or from a profound psychological perspective, one thing is clear - eating disorders stress the body's systems and put individuals at increased risk for disease, infertility, organ failure, and death. This video pinpoints the dangers of anorexia, bulimia, binge eating, and other eating disorders, exploring their possible causes as well as ways to overcome them.

#14076/0635 30 minutes 2011 \$129.95



RECOVERING: Anorexia Nervosa and Bulimia Nervosa

Eating disorders anorexia nervosa and bulimia nervosa afflict people of all ages and race, especially young women, and are serious medical conditions that can be deadly if left untreated. Join documentary filmmaker and host Larkin McPhee (Dying to Be Thin) as she uncovers the challenges of coping with an eating disorder. Meet some experts and people in recovery who offer an honest appraisal of their struggles to overcome their eating disorders. Topics and themes discussed include: Who is at risk? What sustains an eating disorder? Why are eating disorders dangerous? And How are eating disorders treated?

#14992/1290 27 minutes 2012 \$89.95 *CC *SA

MENTAL ILLNESS & MENTAL HEALTH

***Brand New!** MEMORY HACKERS

Discover how researchers on the cutting edge of mind-control can implant, change, and even erase memories. On this thought-provoking journey into the mind, an investigation into the mysterious nature of how we remember.

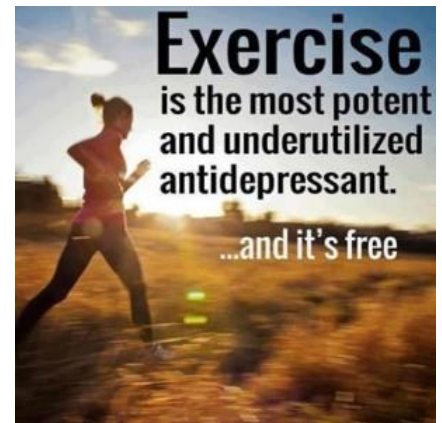
#16111/1725 60 minutes 2016 \$139.95 *CC

EXERCISE AND MENTAL HEALTH: The Mind-Body Connection

A growing body of research has looked at the mind-body connection. The results of these investigative effects have found that exercise has a positive impact in a number of mental-health related areas, including reducing anxiety, helping balance the challenges of ADHD, decreasing the negative effects of depression, and helping to effectively manage stress. This DVD reviews how exercise balances neurotransmitters and brain chemicals to keep the brain and the body functioning in harmony. **Among the topics covered:**

*Brain regions *Stress defined *Brain on stress *Defining anxiety
*Exercise for anxiety reduction *Defining depression
*Exploring ADHD/ADD *Exercise increases levels of key neurotransmitters and neurotrophic factors
Includes 30 minutes of moderate-to-vigorous aerobic activity as it relates to brain health

#15581/0463 83 minutes 2013 \$89.95 *SA



***Best-seller & Canadian!** THE CHOICES SERIES

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

Our lives are full of changes that constantly demand for our attention. We can better cope with these demands by seeing where we can influence the changes for a healthier outcome. By understanding how to make healthier choices in difficult situations, we can often enjoy a better quality of life and reduce the stress of living. Hosted by Dr. Gordon Hasick, these programs gather a variety of insightful and experienced teachers, authors, prisoners, healers, corporate managers, councilors and ministers, to help you discover how you can consciously shape your life. The guide helps you investigate your habits, beliefs and fears and it shows you how you can make difficult choices easier.

Part One helps you in "Discovering Choices" in your life and just how much influence you have.

Part Two looks at "Developing Choices" and what tools are needed to expand your ability to choose.

Part Three investigates "Making Choices" and how fear often gets in the way of your progress.

#10332/0310 Three 26-minute programs with 40-page Guide \$229.95



FALSE MEMORIES: Skepticism, Susceptibility, and the Impact on Psychotherapy

The early 1990s saw a dramatic rise in the use - or misuse - of repressed memory as a psychoanalytic tool. While more and more therapists were encouraging their adult patients to revive supposedly long-buried recollections of childhood sexual abuse, a small minority of experts began to question that methodology - chief among them a cognitive psychologist named Elizabeth Loftus. This film shows how Dr. Loftus challenged the trend of memory "recovery" even as she expanded and enriched the study of human memory in contemporary psychology. Interviews with Loftus are combined with fascinating accounts of her role as an expert witness in the trial of George Thomas Franklin as well as her groundbreaking studies in imagination inflation, the uncertainty of eyewitness testimony, and the positive use of invented memory in palliative and nutritional medicine. #15691/0635 23 minutes 2013 \$149.95 *CC

THE DARK SIDE OF A PILL: Anti-depressants

THE DARK SIDE OF A PILL is an exclusive, case-driven investigation into the one of the medical success stories of our time. One in ten adults in the Western world is on antidepressants. With global sales of approximately 20 billion dollars, these prescription drugs are among the most lucrative products of the medical industry. But the wonder drug has a dark side...

In the U.S. David had never had a record of violence nor problems with the police, until suddenly he committed a terrible crime just days after taking antidepressants: he stabbed and killed his twin daughters.

In Canada, a grieving mother is distraught that her son's killer was released from prison after a short 14-month sentence. The judge ruled that Prozac was to blame for her son's death.

In Germany a wife and loving mother committed suicide just weeks after beginning to take Prozac. Her husband is convinced that there a link between suicide and antidepressants. Is he right?

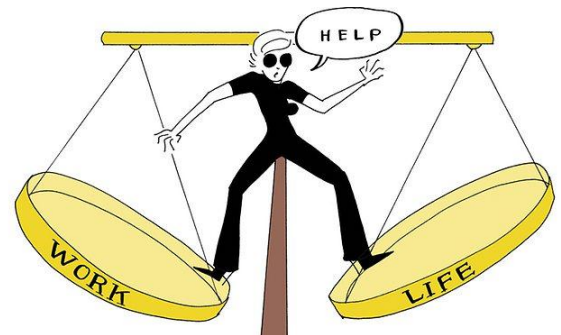
In Holland an extraordinary court case could change the way that Europe sees antidepressants. The case is considering the possibility that a murderer be acquitted for his crime because he was involuntary intoxicated by antidepressants. Could there actually be a connection between antidepressants and violence? Is it possible that this connection has long been known, even before the pills were approved?

***This is not a film that is for or against antidepressants. 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 \$349.95



*New! WORK-LIFE BALANCE: Success and Happiness in an Always-Connected World

Not so long ago, people used to go to school or work, then had the rest of the day to enjoy their personal lives. But in today's always-connected world, work life and home life are blending. This video looks at the phenomenon with an eye for keeping a proper balance that leads to happiness, health and success both at home and at work. It presents strategies for coping with stress, taking responsibility, being organized, managing time and maintaining focus with interviews with experts, professionals, seasoned telecommuters and students. #16081/0635 31 minutes 2015 \$199.95 *CC



ARTS AND THE MIND: Strengthening Our Minds Across a Lifetime

This documentary reveals the crucial impact of the arts on the human brain across our lifetimes and explores its particularly vital role in human development during youth and older age. The series shares stories of how music, dance, painting, poetry and theater markedly improve well-being at both ends of life, and reveals the cutting-edge science that explains the powerful, positive impact of the arts on our brains. Alleviating symptoms of PTSD and Alzheimers through art and dance therapies are discussed. #15313/1725 Two 60-minute parts 2012 \$129.95 *CC

FACELESS: Inside a Psychiatric Ward

Since Maria was found dancing on a line of train tracks, it's a good bet that confinement in a mental ward saved her life. Still, she says, she prefers freedom to the "freedom" of the medicated world she now resides in. Many of her fellow patients are equally ambivalent about being institutionalized. One admits that his fear of being irradiated by electrical outlets may be due to the faulty wiring in his own mind. Another actually longs for more electrical shock treatments since they bring a sensation of "complete peace". And then there's the man who's discharged even though he's still hearing voices - they're not telling him to kill himself today, so what's the harm of re-entering society? Following Maria through this claustrophobic landscape of uncertainty and anguish, viewers are allowed to explore the darkest catacombs of the psyche as well as the ever-present human tendency to search for a way out.

#15385/0635 52 minutes 2012 \$189.95 *CC



MAKING PEACE WITH CHRONIC PTSD: Maria's Story

Marla Handy has nothing to hide - anymore. She is a college teacher, a professional consultant and a happily married, resilient woman. But she was terribly mistreated as a child, sexually assaulted as a young adult, and haunted by chronic PTSD for decades. In an intimate conversation with trauma expert Frank Ochberg, MD, she explains how she manages her complex trauma and chronic PTSD symptoms. #14526/0755 54 minutes 2011 \$129.95 *SA

HOW VIDEO GAMES CAN IMPROVE BRAIN FUNCTIONING AND TREAT MENTAL ILLNESSES

"Do you suffer from schizophrenia? Do you hear distressing voices? There's an app for that." The claim of the latest "web-tutor" might sound like a scam, but it actually introduces us to an entirely new approach in treating mental illnesses. While the causes of schizophrenia depend on a still obscure combination of genetic, environmental and developmental factors, a big step towards curing its symptoms has recently been accomplished by a research team at the University of California, San Francisco. The symptoms of schizophrenia, beyond delusions and hallucinations, include a range of cognitive and social deficits which affect memory, decision-making, attention, and social cognition. These problems are not helped by current antipsychotic drugs, and psychotherapeutic measures are only of limited benefit. For the past 10 years, Sophia Vinogradov has focused on the design, implementation, and evaluation of neuroscience-informed computerized exercises to improve these undervalued symptoms - with life-changing implications for patients. As a 2012 study was able to demonstrate that "a serious behavioral deficit in schizophrenia, and its underlying neural dysfunction, can be improved by well-designed computer cognitive training, resulting in a better quality of life." #16026/1690 16 minutes 2013 \$169.95 *CC

MENTAL HEALTH: The Basics

A person's overall mental health can be difficult to define. How we feel and the factors influencing our emotions and moods are explored in this upbeat, animation-driven program. Viewers will be introduced to the causes and symptoms of mental health issues, such as depression and anxiety, and the many ways in which people cope with these challenges. The concept of stigma is examined, including how we might change perspectives on those suffering from mental illness. This excellent program offers a perfect introduction to this complex area of personal well-being. #15058/0545 19 minutes 2012 \$129.95 *CC *SA

DEPRESSION

Some experts estimate that more than 10% suffer from mild to severe depression. In this program, a Methodist minister and a Lutheran campus pastor tell of their own bouts with the disease, while a medical doctor relates how his oldest son ultimately committed suicide after suffering from severe depression. Whether dealing with depression or with anxiety, this program provides spiritual guidance to help those suffering develop the skills to cope through sound spiritual insight. A psychiatrist also shares some of the promising treatments available. #16041/2003 21 minutes 2013 \$89.95

STRUGGLING WITH MENTAL ILLNESS

Millions of people struggle with mental illness and against the stigma brought upon them. For the great majority of families watching their loved ones suffer and often suffering themselves, the struggle can be endless. Mental illness can take many forms and is often difficult for family and friends to understand. Faith has become an integral part of treatment for those who are struggling with overwhelming emotional and spiritual burdens. It is through their Christian faith that many have learned that they can still live happy and fulfilling lives.

#16042/2003 21 minutes 2013 \$89.95

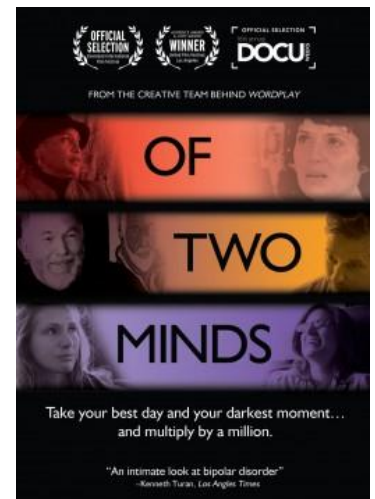
OF TWO MINDS: Coping with Bipolar Disorder

*****Grand Jury Award and Audience Award, Los Angeles United Film Festival
Official Qualification, Best Documentary Feature Academy Awards, 2013**

An award-winning documentary that explores the extraordinary lives, struggles, and successes of three individuals living with bipolar disorder. The harrowing events they undergo, the medical mazes they find themselves lost in, the discrimination they face, and the effects of social stigma merge to provide a compelling look at a generation coming out of the "bipolar closet." OF TWO MINDS portrays bright lively people who feel the necessity to "play sane" but are nonetheless fully candid about their thoughts and experiences. The film puts an authentic human face on bipolar disorder, providing an intimate, sometimes painful, and funny look at those who live in its shadows. #15578/0605 90 minutes 2012 \$269.95



Painting by student of Bishop
Ryan Catholic Secondary School



ADOLESCENT SUICIDE PREVENTION

SUICIDAL SIGNS: Depression, Self-Mutilation, RAD

Young people with mental health problems such as anxiety, depression, bipolar disorder, self mutilation, reactive attachment disorder are at higher risk for suicidal thoughts. Raising teenagers with mental health issues can be a difficult and very challenging experience. This reflective program focuses on parents and teenagers who tell their stories of struggle as they learn how some families cope with parenting a mentally ill teen. When parents have to deal with a mentally ill teen they face many unique challenges. Through personal stories and discussions, you'll learn some of the reasons for mental illness and some of the solutions and resources for dealing with and available to help support families. #15329/2003 21 minutes 2013 \$89.95

THERE'S ALWAYS HELP: Suicide Prevention

At some point everyone goes through very stressful and anxious situations. Those experiences can be very hard to cope with and lead to feelings of extreme sadness, anger and depression. Sometimes teens may feel like their situations are hopeless and think that one way to get relief from the bad feelings is to escape through suicide. What are the warning signs of suicide? Is there anything we can do to help prevent it?

#14717/0433 30 minutes 2012 \$99.95 *Includes Guide Grades 9 to 12 *SA

A CRY FOR HELP

This primetime special features first-person stories from adolescents who are confronting depression, anxiety and mental illness. From depressed, suicidal teens to parents unaware of what may be troubling their own children to those on the front lines of prevention and care, CRY FOR HELP provides a rare and important look at mental illness among young adults. **NOTE** - This program contains frank discussions of suicide and violence. Viewer discretion is advised. #12816/1725 60 minutes 2009 \$129.95 *CC



THESE DAYS: Youth Suicide

THESE DAYS explores the aftermath of a youth suicide (Malik) on his friends, family and school community. Targeted firmly at teenagers in language and tone with a very honest look at teenage life today. The narrative focuses on Malik's friend Chloe as she struggles with the grief and depression that follow this tragedy. Provides an opportunity for viewers to reflect on warning signs, positive and negative coping strategies, and ultimately the importance of resilience and a strong support network. **THIS ENTIRE PACKAGE INCLUDES:** - These Days: A Short Film on Youth Suicide - These Days: A Short Film on Youth Suicide (Censored Version) - These Days: A Short Film on Youth Suicide (with Extended Commentary) - Understanding Youth Suicide: A Guide for Teachers #15976/0545 62 minutes 2013 \$129.95 Grades 10 to A *CC *SA

ADULT SUICIDE PREVENTION

TOWARD DAYLIGHT

***Best Documentary Short, Directors Circle of Shorts**

Suicide crosses all human boundaries and alters the lives of everyone involved. While the help of a friend may be a phone call away, people in deep isolation have difficulty reaching out, often because they feel guilty and ashamed of their situation. TOWARD DAYLIGHT kindles the hope necessary for the living to face, and move on from, the pain and loss of suicide. Combines the stories of five individuals struggling to cope with a variety of suicidal incidents. Some are finding hope after being abandoned in the most tragic way, while others have lived through their own attempt and are rebuilding a healthier life. Their stories are unique, but each person faces the difficulty of achieving a full recovery because of the anger, guilt, and stigma surrounding suicide. #15896/0899 18 minutes 2012 \$219.95 *CC



A LIFE WORTH LIVING: Suicide among First Nations

This program looks at the suicide issue amongst First Nations from a historical and cultural perspective and presents positive examples of native-run prevention programs.

#11699/0735 28 minutes 2006 \$159.95 *SA

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