

**ANNOUNCING A NEW SERVICE!** For most of our programs, **FULL PREVIEWS** are now available. It's simple! We email you the links to your requested programs (with descriptions and prices) and you can view at your leisure. You can also forward the email to your colleagues so they can view too. Questions? Please do not hesitate to contact us. Visit our website at [www.kineticvideo.com](http://www.kineticvideo.com). We very much look forward to being of service!!!

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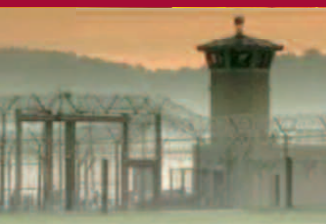


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# MENTAL HEALTH / THERAPY 2011 DVD Update



## IN THIS ISSUE...

- Programs to help Clients
- Programs for Professional Development
- More NEW TITLES Just Released!!!
- Stress and Anxiety

**IMPORTANT!!!** We encourage you to take advantage of our **FREE** preview prior to purchase policy. Please note that unless otherwise stated on your order, all orders are considered **FIRM**.

## A FEW VERY IMPORTANT NOTES

This newsletter contains short descriptions of only some of our DVDs on the subject of **MENTAL HEALTH AND THERAPY**. Also available on our website is a catalogue of **PSYCHOTHERAPY** and **MICROTRAINING** titles - the largest collection of DVDs focused on multicultural and competency-based **COUNSELOR** and **THERAPIST** education. For detailed descriptions of any of the programs in this newsletter or to search for additional titles and subject areas, please go to our website at [www.kineticvideo.com](http://www.kineticvideo.com) or email us at [info@kineticvideo.com](mailto:info@kineticvideo.com) or just call us at **1-800-263-6910** and we'd be very pleased to help.

*Thank you for doing business with KINETIC!!!*



## FOR CLIENTS

### THIS EMOTIONAL LIFE

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

**#13304/1725 Three programs in one case 2009 \$99.95**

### ANIMATED MINDS COLLECTION

This multi-award-winning collection of eight three-to-six-minute micro-documentaries attempts to communicate the subjective experience of abnormal psychological states by blending edgy animation with narration by people who live each day with debilitating mental conditions. Impressionistic, abstract, and even surreal, these dark cinematic gems are designed to help eliminate misconceptions about mental illness by promoting viewer empathy. Compelling; insightful; honest. Segments include: Schizophrenia, Bipolar Disorder, Agoraphobia and Panic Attacks, Eating Disorders, Obsessive-Compulsive Disorder, Asperger's Syndrome, and, Self-Harm.

**#14209/0635 37 minutes 2010 \$169.95**

### ALL ABOUT HAPPINESS

Everyone wants to be happy! Well almost everyone. Some people find contentment in being miserable but that's their problem. Viewers learn that finding happiness for oneself is a quest and like most quests there is effort involved and steps to be taken with great satisfaction in each stage closer to the goal.

**#12056/0635 39 minutes 2008 \$199.95**



### BE WELL NOW with Dr. Nancy Snyderman

Helps viewers discover the simple, everyday things that affect well-being and provides the information they need to revitalize their bodies, maintain their longevity, manage their care, and possibly even save their lives! Hosted by Dr. Nancy Snyderman.

**#12929/1725 53 minutes 2009 \$79.95**



### ANGER: Myths and Truths about the Emotion

Is venting one's rage really healthy? Do age, gender, and self-image have any connection with anger problems? Has our society become inherently angry? This ABC News program explores the psychology and sociology behind the most dangerous of emotions.

**#12459/0635 30 minutes 2007 \$119.95**

### CASE STUDIES IN CHILDHOOD OBSESSIVE-COMPULSIVE DISORDER

Over a million children in North America suffer some form of obsessive compulsive disorder. This edition of Primetime tracks the treatment of Bridget, Rocco, and Michelle as they attempt to reclaim their lives and overcome the stigma associated with the disorder.

**#14155/0635 38 minutes 2009 \$169.95**

### COPS DON'T CRY

Being a police officer is a well-respected, sought-after profession, but officers face a large amount of stress - stress that can severely impact their personal lives and relationships.

**#12342/0145 28 minutes 2004 \$169.95**

*\*Canadian Production*

### THE ANGER WORKSHOP SERIES

Dr. Joann Peterson, M.S.W., A.C.S.W., Dip. C., Ph.D. spent more than 40 years developing anger / violence interventions for children and adults and collaborated with professionals and agencies across the United States and Canada. What Dr. Peterson found is that

strategies to suppress anger often failed when people were under duress.

This series is based on Dr. Peterson's three-day workshop at The Haven Institute in B.C. The complete workshop includes thirteen DVD Programs, a 26-page Facilitator Guide and Exercise Book, and a copy of Dr. Peterson's Anger, Boundaries and Safety book. All programs are also available separately. Detailed descriptions of each are available on our website.

**#11810/0825 Thirteen programs 2007 \$159.95 each or any 5 for \$139.95 each or Series \$1,595.00 \*Canadian Production**

### ANGER BLUEPRINT

This program follows twelve participants as they discover the physiological roots of anger, how to separate anger from violence, communicate boundaries, and create safety in your relationships.

**#11807/0825 90 minutes 2007 \$189.95 \*Canadian Production**

### 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.

**#12816/1725 60 minutes 2009 \$99.95**



## **CURING DEPRESSION: Anxiety and Panic Disorder**

Is it possible to eliminate the need for antidepressant medications by using safe, natural, and effective treatment alternatives? Absolutely yes says this video! Side-effects, both mental and physical, resulting from anti-depressant medication can be eliminated while symptoms of depression and anxiety are alleviated.

**#13334/0145 120 minutes 2009 \$179.95**

## **DEPRESSION: Out of the Shadows**

One can be depressed about a particular issue or occurrence and such a feeling is quite normal. Then there is a state of mind where depression corrupts and drains all that is positive from a life, and not for any particular reason. Viewers learn about this second type that affects many and is a definite mental disorder that can and should be dealt with.

**#12612/1725 120 minutes 2008 \$99.95**

## **DEPRESSION: What YOU Can Do?**

There's no question that serious depression, self-mutilation, suicide attempts and deaths are increasing among middle school age youth. The earlier depression is identified and treated, the better the prognosis. Dispels misconceptions about the causes of depression and its treatment, as well as the negative effect of alcohol and drugs.

**#12212/0425 18 minutes 2008**

**Grades 7 to 12 \$79.95**

## **BIPOLAR DISORDER: Life Between Two Extremes**

This program examines the lives of people who have struggled for decades with bipolar disorder, once known as manic depression. Through case studies and discussions of recent research, the film shows how each patient has overcome the grip of debilitating despair and hyperactive euphoria, and how advances in psychology and neuroscience are helping such individuals lead better, more productive lives.

**#14448/0635 45 minutes 2010 \$189.95**

## **DIAGNOSIS BIPOLAR: Five Families Search for Answers**

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

**#13652/0635 49 minutes 2009 \$199.95**

## **DIGNITY 1: A Study of Schizophrenia**

Mentally ill people are too often outcast in society, instead of receiving compassion that a physically ill person would normally receive. Mentally ill people, like all of us, need dignity, which is the underlying theme of this eye-opening and much heralded documentary.

**#13696/0450 52 minutes 2009 \$209.95**



## **DOUBLE TROUBLE IN RECOVERY COLLECTION**

Since 1989, clients with severe co-occurring addiction and mental health disorders have found experience, strength, and hope through the Twelve Step group Double Trouble in Recovery (DTR). This new program helps you be an advocate for clients who wish to start and run a DTR self-help group. A fresh informative DVD takes professionals and peer leaders, step-by-step, through the process of starting and running a DTR group.

**#13292/0795 30 minutes 2010 \$269.95**

## **INTRODUCING CANNABIS: Risks, Laws and Habits**

It appears that some people can smoke a little dope and walk away completely unscathed while for others those weird images from REEFER MADNESS are anything but a joke! Viewers get the latest research results on some of the psychological consequences of indulging in marijuana.

**#11696/0545 27 minutes 2007 \$99.95**

## **MESSING WITH HEADS: Marijuana and Mental Illness**

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

**#4729/0635 46 minutes 2005 \$199.95**

## **MEN GET DEPRESSION**

Does depression affect adult males differently than it does their female counterparts? Do REAL MEN get depressed? Do they ignore it better or hide it better than women? This video examines some pretty powerful, high achieving, manly types to see how they relate to this often debilitating disorder.

**#12611/1725 60 minutes 2007 \$99.95**

## **MENTAL HEALTH CONCERNS: CHILDREN**

This Emmy Award-winning series provides parents and caregivers of children of all socio-economic levels with the knowledge and support needed to make well-informed decisions about children's health. Each program focuses on medical issues that include kids and parents and nationally recognized medical specialists. Includes four programs that deal with mental health concerns: CLINICAL DEPRESSION IN CHILDREN: How Can Parents Know; DEPRESSION AND ANTIDEPRESSANTS IN TEENS: The Experts' Advice; EATING DISORDERS: How to Recognize Them, What To Do About Them; and, RECOGNIZING BORDERLINE PERSONALITY DISORDER IN CHILDREN.

**#13490/0145 Four Programs 2002-2006  
\$169.95 each or Series \$519.95**

## **MENTAL HEALTH: The Individual and Society**

This program examines mental health at the personal level and in a social context. It discusses key processes for recovering and maintaining mental well-being; helpful information concerning depression and drug and alcohol abuse; and the importance of diet, exercise, meditation, social interaction, and community resources and structures.

**#13750/0545 28 minutes 2009 \$139.95**

## **POST TRAUMATIC STRESS DISORDER**

This program explains the causes of PTSD, an affliction that seems to be more common than was previously recognized, and outlines strategies for treatment.

**#12067/1420 17 minutes 2008 \$139.95**

## **POST TRAUMATIC STRESS DISORDER**

What happens in people's minds after they experience a natural catastrophe, assault, rape, other sorts of violence or a serious accident? This program explains what PTSD is, why it occurs, what the symptoms are and what kinds of treatment are currently being offered to help heal from it.

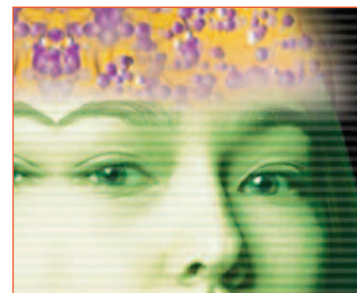
**#13688/2035 15 minutes 2008 \$379.95**

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

Originally thought to be situated at the "borderline" of psychosis, borderline personality disorder is a condition affecting emotion regulation. This program opens a window of understanding into the excruciating reality of life with BPD by examining the experiences of Rachael and Maria. Two women, two outcomes, and one question repeatedly faced: should I live, should I die?

**#13362/0405 52 minutes 2004**

**Grades 9 to A \$199.95**



## **THE SPIRIT OF RECOVERY**

Three mental health professionals, representing three different viewpoints, speak from the heart about recovery from serious mental illness. In an engaging conversation, Dr. Ed Knight, Sheila Le Gacy, and Dr. Nancy Kehoe share their personal and professional experiences about recovery and its many challenges.

**#11027/1345 91 minutes 2007 \$119.95**

## **ADOLESCENT ONSET SCHIZOPHRENIA: 1 in 100 Young People**

Adolescent-onset schizophrenia is frequently highly treatable. Viewers learn signs and symptoms to help them recognize this illness in its earliest stages and provides them with basic 'what to do next' information as every passing day without treatment can be critical in long term effect.

**#12030/0145 26 minutes 2008 \$169.95**

### **HAYWIRE: Children Living with Schizophrenia**

This ABC News program goes inside the homes of children living with severe mental illness, sharing the stories of three young girls whose schizophrenia commands them to harm themselves - or their younger siblings.

**#14237/0635 41 minutes 2010 \$199.95**



### **CHILDHOOD ONSET SCHIZOPHRENIA: A Life Interrupted**

In this program, you'll see what happened when one family's nine-year-old son began hearing voices, and having hallucinations - the classic signs of childhood-onset schizophrenia. Where does one turn? Is this a life sentence?

**#13384/0145 26 minutes 2008 \$179.95**

### **BOY INTERRUPTED**

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

**#12975/1753 92 minutes 2008 \$219.95**

## **P R O F E S S I O N A L   D E V E L O P M E N T**

### **CULTURAL IDENTITY THEORY: Definition, Present Status, and Research Findings**

William Cross's original work with racial identity theory has expanded and influenced all multicultural thought. In this new program, we see an expanded version of the theory. Cultural identity theory changed the way we think about therapy with all clients, regardless of color, gender, or sexual orientation.

**#13148/1410 90 minutes 2009 \$195.95**

### **ADLERIAN THERAPY with Jon Carlson, PsyD, EdD**

Watch Jon Carlson masterfully demonstrate Adlerian Therapy in an actual therapy session in this three-part video! Part of the "Psychotherapy with the Experts Series".

**#12749/1745 118 minutes 2009 \$189.95**



### **AFRICAN AMERICAN EDUCATION IN A HEGEMONIC SOCIETY: Confronting the Challenge of Westernity**

The author of over 65 books and 300 articles, Dr. Molefi Asante of Temple University is recognized as one of the most creative and important liberatory African American scholars. In this DVD, he argues that Eurocentric power structure prevents proper schooling of African American children.

**#12651/1410 54 minutes 2009 \$129.95**

### **ARCHETYPAL PSYCHOLOGY AND PSYCHOTHERAPY SERIES with James Hillman**

In these two interviews with James Hillman, the founder of Archetypal Psychology minces no words in critiquing current directions in psychotherapy, and shares his vision for a more creative, soulful, and imaginative approach. Hillman further probes deeply into the psyche and underbelly of modern society, and offers some unexpected insights.

**#13897/1745 129 minutes 2010 \$319.95**

### **AT THE CORNER OF ME AND MYSELF: Voices of Multiple Social Identities**

This program captures the creative expressions of five performers/artists giving voice to the realities they find in multicultural identities, sexual orientation, and other intersections of social identity and oppression. These powerful vignettes will help your students better understand oppression and its impact on people, as well as understand how social context defines an individual.

**#12715/1410 40 minutes 2009 \$129.95**

### **UNLOCKING THE WORLD OF AUTISM: Seven Keys to Becoming Miracle Minded**

This seven-part series is a practical guide to understanding autism and building relationships with autistic children. It progresses through seven integrated and sequential keys to accessing autism and making connections with children on the spectrum. This series offers the unique

methodology of Elaine Hall, also known as Coach E! in The Miracle Project, a musical theater and film program for children with autism and other special needs.

**#14150/0430 Seven Programs 2010 \$1,699.95**

### **AUTISM SPECTRUM DISORDERS**

This three-part series delves into the mysteries of autism exploring the causes of the disorder, the signs and symptoms seen, tests performed to make or confirm the diagnosis, and interventions used in its treatment. Each of the syndromes under the umbrella known as Autism Spectrum Disorders is also described in detail.

This series is an excellent resource for physicians, nurses, developmental specialists, therapists, and teachers.

**#11889/0430 Three programs 2008**

**\$399.95 each or Series \$989.95**

### **BASIC ATTENDING SKILLS (4th Edition)**

Aimed at professional development for aspiring counselors of ALL kinds, and designed for all courses focusing on skills, counseling theories, and multicultural issues, viewers learn to complete an entire session using only listening skills.

**#10682/1410 150 minutes 2007 \$349.95**

### **ART FOR TEENS: Breaking the Silence - The Power of Active Witnessing**

Packed with vignettes that showcase specific examples of direct and indirect oppression, this program is a must for all counselors who wish to teach teens to combat oppression. Young actors dramatically depict discrimination, prejudice, and harassment related to race, ethnic culture, gender, sexual orientation, socioeconomic status, appearance, ethnic accent, and age.

**#12719/1410 40 minutes 2009 \$199.95**

### **ASIAN AMERICANIST PSYCHOLOGY: Rediscovering Our Activist Roots**

The growth of Asian American psychology has resulted in multiple challenges not only in methodology but also in epistemology. Dr. Sumie Okazaki discusses Asian American psychology's activist roots in the late 1960s to early 1970s Civil Rights Era as a model that needs to be brought once again to the forefront.

**#12746/1410 51 minutes 2008 \$129.95**

### **BEARING WITNESS: Participatory Methods for Tracking the Veins of Injustice and Resistance**

"Bearing witness" - in our homes, in our research, and in our travels - can help us move towards social justice. Dr. Michelle Fine retells stories from her experiences as the child of immigrant Jews, travels through Palestine and Israel, and work in prisons. She leads us to understand how we need to place our work squarely inside all the mind and experiences of others if we are to understand oppression and be electrified into action.

**#12745/1410 33 minutes 2008 \$129.95**

### **BODY-ORIENTED TRAUMA THERAPY**

In this three-part series, researchers and clinicians share their perspectives on the nature of trauma, including recent research on heart rate variability and the role of the social engagement system. They describe trauma's impact on mind and body, and the most effective tools for helping clients heal. Presenters demonstrate a variety of somatic techniques in excerpts from model therapy sessions. Body-oriented practices such as yoga and Impact Model Mugging are discussed, and ways of working with at-risk children and survivors of war and natural disasters are shown.

**#12415/0290 Three programs 2008**

**\$149.95 each or Series \$349.95**



## BECOMING A THERAPIST: Inside the Learning Curve

Now you can help your students walk into their first session with confidence! They'll hear from new therapists what it's like to begin clinical work, which will answer troublesome questions, anxieties and provide for fruitful group discussion.

**#13568/1745 25 minutes 2010 \$149.95**

## BOWENIAN FAMILY THERAPY with Philip Guerin

In this video, Guerin skillfully demonstrates ways to engage a closed family system, while highlighting several key principles of Bowenian therapy, including: establishing therapeutic safety and connection with each family member; lowering anxiety; utilizing process questions; neutralizing dysfunctional triangles in the family system; and offering relationship experiments.

**#13893/1745 117 minutes 2010 \$179.95**

## CARL GUSTAVE JUNG (A Tribute to): Artist of the Soul

The Swiss psychiatrist Carl Gustav Jung (1875-1961) was one of the founding fathers of modern depth psychology. His most famous concept, the collective unconscious, had a deep influence not only on psychology but also on philosophy and the arts. Here, in his own words and writings, as well as with accounts of his closest relatives, we gain a personal insight into the life of the great psychoanalyst.

**#13486/0450 60 minutes 2007 \$209.95**

## COGNITIVE DISSONANCE

This program with Betsy Sparrow of Columbia University examines cognitive dissonance research and outlines the essential components. Also considers how cognitive dissonance motivates human behavior as well as introduces Daryl Bern's Social Perception theory as an alternative explanation to cognitive dissonance.

**#13518/0880 16 minutes 2008 \$259.95**

## COGNITIVE THERAPY FOR WEIGHT LOSS: A Coaching Session

In this video of an actual cognitive therapy session, Dr. Judith Beck works with Anne to develop practical skills that will enable her to lose weight and make enduring changes to her lifestyle.

**#13873/1745 75 minutes 2010 \$179.95**

## COGNITIVE-BEHAVIORAL THERAPY with John Krumboltz, PhD

John Krumboltz's learning approach to Cognitive Behavioral Therapy is an inspiration to all therapists, regardless of orientation. Watch him masterfully demonstrate an actual therapy session in this three-part video! Part of the "Psychotherapy with the Experts Series".

**#12751/1745 118 minutes 2009 \$189.95**



## COMMUNICATION SKILLS

Can there actually be an area of professional development for healthcare workers that is more important than the ability to communicate? In two directions? Both giving and receiving information. Viewers learn what it means to communicate effectively and meaningfully. This program is Volume 6 of the series COMMUNICATION SERIES FOR CAREGIVERS.

**#12519/1315 15 minutes 2008 \$159.95**

## THE CONFESSIONS

Why would four innocent men confess to a brutal crime they didn't commit? This is a study of police and prosecutorial misconduct and incompetence that leads in the directly opposite direction from justice being served. They didn't just confess; they were convicted based on those confessions! Unbelievable!

**#14067/1725 90 minutes 2010 \$129.95**

## CONFORMITY

Offering such examples of conformity as teenage fashion choices and the groupthink leading to the Space Shuttle Challenger disaster, this program with Betsy Sparrow of Columbia University examines the psychological concept of conformity.

**#13519/0880 19 minutes 2008 \$259.95**

## COPING WITH THE SUICIDE OF A LOVED ONE with Albert Ellis

Viewers learn the use of Rational Emotive Behavior Therapy by watching the originator of the method in a therapy session with Roseanne, whose husband committed suicide in front of her and her baby daughter ten years ago. She has been overwhelmed by guilt and grief ever since.

**#13156/1745 48 minutes 2009 \$189.95**

## COUNSELING ARAB AMERICANS: Diversity, Treatment Goals and Interventions

This two-part series featuring Sylvia Nassar McMillan, provides both content and practical knowledge, as well as demonstration counseling vignettes to illustrate diversity among Arab American clients and their issues, particularly in today's post 9-11 U.S. and global climate. Authors are leading scholars in the field, with roots in one of the largest Arab American communities in the country.

**#12720/1410 120 minutes 2009 \$289.95**

## COUNSELING MUSLIMS IN A WESTERN CONTEXT

Dr. Farah Ibrahim examines some of the tensions and family issues that are causing Muslims living in Western societies to seek out or require counseling. Those providing such counseling must be aware of and sensitive to these issues be they personal, spousal, parental, etc., in order

to offer any kind of meaningful help.

**#12645/1410 49 minutes 2009 \$189.95**

## COUPLES THERAPY WITH THE EXPERTS

Couples therapy is exceedingly difficult to master, and in-depth training and experience in individual therapy unfortunately does not prepare one for the rapid pace, potential pitfalls, and multifaceted nature of working with couples in crisis. This exceptional series will help you whether you are new to couples therapy, or are a seasoned practitioner wishing to expand your skills. Detailed descriptions of each title are available upon request:

**BEHAVIORAL COUPLES THERAPY** - Richard Stuart, DSW  
**EMOTIONALLY FOCUSED COUPLES THERAPY** -

Sue Johnson, EdD

**EXPERIENTIAL THERAPY** - Augustus Y. Napier, PhD

**IMAGO COUPLES THERAPY** - Pat Love, EdD

**INTERNAL FAMILY SYSTEMS THERAPY** -

Richard Schwartz, PhD

**STRATEGIC COUPLES THERAPY** - James Coyne, PhD

*\*Includes an Instructor's Manual which provides many valuable teaching aids.*

**#13885/1745 Six programs 2010 \$189.95 each or Series \$899.95**

## CREATING MORE SATISFYING LIVES: A Live Demonstration of Happenstance Career Theory

In a spontaneous and unrehearsed demonstration, Dr. Krumboltz applies Happenstance Learning Theory with a female Chinese-American graduate student contemplating career directions. Career counseling here goes far beyond achieving the so-called BEST job for the MOST money. It also is taken past strict career PLANNING in that spontaneity, luck and perhaps fate can all play parts in delivering true job satisfaction.

**#12647/1410 40 minutes 2009 \$179.95**

## CULTURALLY ALERT COUNSELING

Now, for the first time, counselors have access to a comprehensive set of DVDs on working with diverse clients. CULTURALLY ALERT COUNSELING: DEMONSTRATIONS OF KEY PRACTICES WITH AFRICAN AMERICAN, ASIAN, LATINO/LATINA, CONSERVATIVE RELIGIOUS, AND LESBIAN/GAY CLIENTS is now available in one boxed set. The DVDs are guided, explicit demonstrations of how to seamlessly infuse culture into counseling sessions.

**#13233/1883 Six programs 2009 \$679.95**

## DEATH, DYING AND GRIEF IN PSYCHOTHERAPY

Led by Milton Viederman, MD, therapists of all orientations will benefit from seeing how psychoanalytic and psychodynamic principles can be effectively adapted to short-term therapy with clients and patients facing issues of grief, death and dying. This series contains two volumes: A Brief Psychodynamic Approach and Hospital Consultation with Mentally Ill Patients.

**#13770/1745 Two programs 2010 \$329.95**



## THE GOOD SOLDIER

"War is about one thing only: it's about killing. You either learn to kill somebody else or you

get killed or wounded yourself." This film examines how soldiers grapple simultaneously with their duty and their own humanity as it tracks the perilous psychological journeys of four decorated combat veterans of World War II, the Vietnam War, and the Iraq War.

**#13654/0635 54 minutes 2009 \$199.95**



## COUNSELING VETERANS: Strategies for Working with Returning Soldiers

Veterans are members of a distinct cultural group, as are their families. Returning from war is an experience that few outside of this culture can ever hope to understand, but for counselors charged with helping vets with this transition getting a grip on that reality is critical. Viewers get essential information that will help them understand the distinct counseling issues they will face as they take on this responsibility.

**#12640/1410 63 minutes 2009 \$129.95**

## PTSD AND VETERANS: A Conversation with Dr. Frank Ochberg

How do we help our veterans who are returning from war with PTSD? This program provides an intimate conversation with Dr. Frank Ochberg, as he shares his experiences, seasoned insights and suggestions. Also provides excellent information for the mental health practitioner treating a variety of clients including those traumatized by abusive relationships, sexual assault, disasters, Sept 11, and violent crime.

**#12201/0755 58 minutes 2008 \$139.95**

## GUIDE FOR LIVING WITH PTSD: Perspectives for Professionals and Their Clients

Through compelling client testimonials and expert guidance from renowned researchers at the Dartmouth Psychiatric Research Center and the Department of Veterans Affairs National Center for PTSD, this video educates clinicians, clients, and families on the history, epidemiology, challenges, and treatment of post-traumatic stress disorder (PTSD).

**#13291/0795 56 minutes 2009 \$269.95**

## INVISIBLE CHILD ABUSE with Robert Firestone, PhD

Actual group participants discuss how despite their successes they continue to treat themselves the way they were treated as children, and continually struggle with the ghosts of their childhood. The damage that emotional child abuse can sustain has severe impact later in life on a person's self-esteem, relationships, and career.

**#12820/1745 55 minutes 2009 \$139.95**

## ENCOUNTER GROUPS FOR ADDICTIONS

Institutional demands including increased paperwork and funding cuts have recently threatened the livelihood of encounter groups. In this series, Rod Mullen creates a strong argument for how and why we need to keep the encounter group thriving. Illustrated with powerful and compelling vignettes from actual encounter groups, these videos explore how encounter groups have evolved, what we can do to improve groups and overcome pitfalls, and what the keys are to leading successful groups. There are three volumes in the series: **Volume I: EVOLUTION OF THE ENCOUNTER GROUP**; **Volume II: PITFALLS AND SOLUTIONS**; and, **Volume III: KEYS TO FOSTERING GROWTH**.

**#12824/1745 Three programs 2009**

**\$149.95 each or Series \$349.95**

## FEMINIST COUNSELING AND CULTURAL THERAPY: Two Demonstrations

Two dynamic and real interviews demonstrate key principles of Feminist Counseling and Cultural Therapy, their similarities and differences.

**#12716/1410 90 minutes 2009 \$199.95**

## FEMINIST THERAPY OVER TIME

In this program, Dr. Laura S. Brown demonstrates how this qualitative and phenomenological approach, which takes into account the meanings of gender and power in the client's social realities, empowers the client.

**#13693/0157 2009 \$459.95**

## INTEGRATIVE COUNSELING with Jeffrey Kottler, PhD

Jeffrey Kottler showcases his expert skills in integrating multiple therapy approaches in an actual counseling session in this three-part video. Part of the "Psychotherapy with the Experts Series".

**#12752/1745 105 minutes 1997/2009**

**\$189.95**

## INTEGRATIVE THERAPY with Allen Ivey, EdD

Watch Allen Ivey masterfully demonstrate Integrative Therapy in an actual counseling session in this three-part counseling video. What a treat to see this innovative therapist in action! Part of the "Psychotherapy with the Experts Series".

**#12753/1745 105 minutes 2009 \$189.95**

## I'D HEAR LAUGHTER: Finding Solutions for the Family

Insoo Kim Berg's unique style and unwavering optimism comes to life in this demonstration of Solution-Focused Family Therapy. Children and teenagers are all too often the scapegoat to a family's troubles and the impetus for a family to enter therapy. In this video, Insoo Kim Berg shows us how to help a family come together as a whole to build on their strengths and collaborate on solutions.

**#12748/1745 105 minutes 2009 \$179.95**



## JAMES BUGENTAL: Live Case Consultation

This video presents a rare and invaluable opportunity to view renowned existential - humanistic psychotherapist James Bugental demonstrate his unique group consultation style.

**#12487/1745 68 minutes \$199.95**

## LEADING GROUPS WITH ADOLESCENTS

This group work model is highly applicable to all school and agency work and a valuable training tool for all counselors working with teens. Activities focus on building self-esteem, managing anger, improving communication skills, and resolving irrational beliefs.

**#13091/1410 180 minutes 2009 \$289.95**

## LEGAL AND ETHICAL ISSUES FOR MENTAL HEALTH PROFESSIONALS VOLUME II: Dual Relationships, Boundaries, Standards of Care and Termination

A pragmatic, informative and entertaining video offering solutions to the common ethical dilemmas that mental health practitioners face. Ideal for classrooms, clinical trainings, and licensed clinicians completing their CE requirement.

**#13567/1745 191 minutes 2010 \$269.95**

## LOFTUS SPEAKS: The Malleability of Memory

What is 'false memory syndrome' and what sort of ramifications can its advocacy have both legally in courtroom testimony, and on family relationships? What measures can be taken by counselors and therapists to avoid inducing or encouraging any hint of this problematic syndrome? Elizabeth Loftus is widely recognized as an expert on the malleability of memory. Her research and opinions on this subject are very controversial.

**#13401/0405 79 minutes 2009**

**Grades 9 to A \$209.95**

## MEDICATION ISSUES IN MENTAL HEALTH

This two-program series covers:

### PREVENTING ADVERSE DRUG REACTIONS

Addresses the tragic and costly phenomenon of adverse drug reactions in the field of mental health treatment.

### UNDERSTANDING MOVEMENT DISORDERS

Describes in depth the various involuntary movement disorders that can occur with patients who take psychotropic medications.

**#13900/0430 Two programs 2008**

**\$329.95 each or Series \$749.95**

## MENTAL HEALTH NURSING

This series of five programs take you through the most common scenarios a mental health nurse may encounter when dealing with patients who suffer from one of these main mental health illnesses. To point out to students where the common error and small mistakes of a nursing student may be made, each program demonstrates how a novice nurse handles a situation and then contrasts that with the actions of an experienced nurse.

**#13380/0545 Five programs on one DVD 2003 \$399.95**



## LIPPINCOTT'S VIDEO GUIDE TO PSYCHIATRIC MENTAL HEALTH NURSING

This video offers nursing students an introduction to psychiatric health history taking and mental status examination, with a focus on effective communication, appropriate techniques, and expected findings. Organized into two major segments: approach to the health history interview and how to conduct a comprehensive mental status examination, including tests for appearance, behavior, speech and language, manner, mood, thoughts, and cognitive functions. Also depicts responses from patients that are representative of common psychiatric problems. Cultural, ethnic, and developmental diversity are reflected throughout the cast.

#14433/1293 50 minutes 2009  
\$649.95

## MIND-BODY THERAPY with Ernest Rossi, PhD

Advances in neuroscience confirm the importance of the mind-body connection. Watch pioneer Ernest Rossi demonstrate a Mind-Body approach in an actual therapy session in this three-part video! Part of the "Psychotherapy with the Experts Series".

#12754/1745 117 minutes 2009  
\$189.95

## MULTI-THEORETICAL COUNSELING AND PSYCHOTHERAPY: Key Strategies and Microskills (5 Programs) DVD

Counseling is an art as well as a science. Good counseling requires open-mindedness and creativity. Different clients will definitely respond to different approaches. Students of counseling are shown how to make use of and integrate a variety of different psychotherapeutic theories in order to deal with client needs most effectively.

#10695/1410 2004 \$679.95

## NARRATIVE THERAPY: A Process for a Postmodern World

Examines the basis of the Narrative Therapy approach to counseling. Dr. John Winslade demonstrates the method for respectfully and collaboratively examining the stories that inform and shape his client's experience while listening for the history and pattern of how those stories are constructed. After separating the stories that work from those non-preferred problematic stories, Winslade guides the client in authoring more satisfying, preferable stories of strength and hope.

#12604/1410 80 minutes 2009  
\$199.95



## MULTICULTURAL SUPERVISION

Dr. Anika K. Warren provides multicultural supervision at Teachers College, Columbia University using an integrative approach to counsel a Vietnamese-American gay male. Dr. Warren integrates experiential, multicultural, practical, and theoretical techniques.

#13622/1410 75 minutes  
2010 \$189.95

## NEUROSCIENCE AND COUNSELING: Implications for Microskills and Practice

Dr. Allen Ivey presents brain basics to a class of counselors and therapists. Those who teach the skills course will find this video's attention to microskill implications for neural plasticity and the impact of a positive approach on neurons and neurotransmitters. Social justice implications such as the poisoning of the brain from poverty and abuse are stressed. Counseling using the microskills wellness approach can actually help the client develop new neural networks.

#12717/1410 60 minutes 2009 \$169.95

## NEUROSCIENCE AND THE BRAIN: Implications for Counseling and Therapy

Aimed at mental health professionals, this video, hosted by Dr. John Ratey, M.D., of Harvard Medical School, examines the fundamentals of what is currently known about neuroscience and the brain.

#11491/1410 120 minutes 2007 \$219.95

## THE NEW ASYLUMS

*\*Emmy Nominated!*

There are nearly half a million mentally ill people serving time in prisons and jails. As sheriffs and prison wardens become the unexpected and ill-equipped gatekeepers of this burgeoning population, they raise a troubling new concern: are jails and prisons our new asylums? FRONTLINE goes inside the prison system to present a searing exploration of the complex and growing topic of mental health behind bars.

#12788/1725 60 minutes 2005 \$99.95

## THE RELEASED

In this follow up to the groundbreaking film "The New Asylums", Frontline examines what happens to the mentally ill when they leave prison and why they return at such alarming rates. The intimate stories of the released-along with interviews with parole officers, social workers, and psychiatrists-provide a rare look at the lives of the mentally ill as they struggle to stay out of prison and reintegrate into society.

#12789/1725 60 minutes 2009 \$99.95



## WORST OFFENDERS: Can They Change?

This program goes inside a pedophile's distorted thought patterns while showing how expert psychological treatment, combined with blunt feedback from fellow offenders, can help bring such criminals out of denial and curb their deviant behavior.

#13655/0635 47 minutes 2010 \$199.95

## A NEW DIRECTION: A Cognitive Behavioral Treatment Curriculum Revised

This package is the new edition of Hazelden's pioneering treatment program specifically for criminal justice professionals - now better than ever! A NEW DIRECTION is a comprehensive cognitive-behavioral therapy treatment program that trains chemically dependent offenders to challenge their thinking in order to change their criminal and addictive behavior patterns.

#14285/0795 2011 Grades to \$5,195.00

## ON THE ROAD TO PEACE OF MIND

Dr. Nancy Baron explains and demonstrates her applied approach to training trainers from developing countries who then return to their countries to train teams to do psychosocial and mental health interventions in developing countries.

#12646/1410 60 minutes 2009 \$229.95

## OTTO KERNBERG: Live Case Consultation

Take advantage of this rare opportunity to sit in on three fascinating consultation sessions with legendary psychoanalyst, Dr. Otto Kernberg. The clarity of his insights, and the direct and practical advice he gives, will certainly dispel many myths about contemporary psychoanalytic practice.

#13937/1745  
146 minutes 2010  
\$179.95

## OVERCOMING TRAUMA: Altruism Born of Suffering

Being a victim of violence can lead to severe psychological consequences, including Post Traumatic Stress, depression and anxiety. It can also lead

to violence against others. But there ARE alternatives to these negative reactions. Dr. Ervin Staub addresses the need to overcome trauma from a positive perspective - specifically - how victims of violence can become caring and helpful to others, and what happens when they do.

#12718/1410 60 minutes 2009 \$179.95

## PERSON-CENTERED EXPRESSIVE ARTS THERAPY with Natalie Rogers, PhD

Watch Natalie Rogers masterfully integrate expressive arts with a client-focused approach in an actual therapy session in this three-part video. Part of the "Psychotherapy with the Experts Series".

#12755/1745 119 minutes 2009 \$189.95

## PHYSICAL ACTIVITY AND MENTAL HEALTH

How are mental health and mental illness effected by physical activity or lack thereof? The four presentations from the Select Symposium at the 2010 American College of Sports Medicine annual meeting on the relationship between physical activity and mental health are offered on a single DVD.

**#14126/0463 122 minutes 2010 \$149.95**

## PSYCHOANALYTIC PSYCHOTHERAPY FOR PERSONALITY DISORDERS:

### An Interview with Otto Kernberg, MD

In this remarkable video, legendary psychoanalyst Dr. Otto Kernberg manages to distill the essential concepts of his lifetime's work with personality disorders into a single interview. He lays out the core principle of Object Relations theory, and his concept of the "borderline personality organization", walks viewers through the Structured Interview for Personality Organization, and goes on to describe his detailed, manualized, psychoanalytic treatment protocol.

**#13936/1745 96 minutes 2010 \$169.95**

## PSYCHOTHERAPY WITH GAY, LESBIAN, BISEXUAL CLIENTS

A comprehensive and groundbreaking series dealing with the multitude and complexity of factors that arise in psychotherapy with gay, lesbian and bisexual individuals, couples and families. Reflects the contributions of 27 of the most influential and respected scholars and practitioners in the field as well as over 30 gay, lesbian and bisexual individuals who share their stories and perspectives.

1. HISTORICAL PERSPECTIVES
2. INDIVIDUAL ASSESSMENT AND PSYCHOTHERAPY
3. RELATIONSHIPS, FAMILIES AND COUPLES COUNSELING
4. THE BISEXUAL EXPERIENCE
5. THE COMING OUT PROCESS
6. DIVERSITY AND MULTIPLE IDENTITIES
7. SEXUAL MINORITY ADOLESCENTS

**#13945/1745 Seven Programs 2005 \$169.95 each or Series \$859.95**

## LGBT COUNSELING IN SCHOOLS AND FAMILIES

Lively and entertaining with solid scholarship concerning sexual orientation and gender identity, these are the original DVD's showing specifics of LGBT counseling and therapy with Multiple Cultural Identities in schools and families.

**Volume 1: LGBT Youth Counseling: Awareness and Knowledge**

**Volume 2: LGBT Youth Counseling: Skill-Building Vignettes**

*\*Includes Transcripts and Leader's Guides for each program*

**#14305/1410 \$289.95**



## PSYCHOTHERAPY WITH THE EXPERTS SERIES

Each of these fifteen programs provides comprehensive explanations and demonstrations from highly regarded experts in the field. Excellent for professional development and students of psychotherapy.

*\*Includes Instructor's Manuals.*

**ADLERIAN THERAPY** with Jon Carlson, PsyD, EdD #12749

**COGNITIVE-BEHAVIORAL THERAPY** with John Krumboltz, PhD #12751

**EXISTENTIAL-HUMANISTIC PSYCHOTHERAPY** with James Bugental, PhD #12492

**FAMILY SYSTEMS THERAPY** with Kenneth V. Hardy, PhD #12491

**INTEGRATIVE COUNSELING** with Jeffrey Kottler, PhD #12752

**INTEGRATIVE THERAPY** with Allen Ivey, EdD #12753

**MIND-BODY THERAPY** with Ernest Rossi, PhD #12754

**MULTIMODAL THERAPY** with Arnold Lazarus, PhD #12495

**OBJECT RELATIONS THERAPY** with Jill Savege Scharff, MD #12489

**PERSON-CENTERED EXPRESSIVE ARTS THERAPY** with Natalie Rogers, PhD #12755

**SOLUTION-FOCUSED THERAPY** with Insoo Kim Berg, LCSW #12497

**TRANSACTIONAL ANALYSIS** with Mary Goulding, MSW #12756

**FEMINIST THERAPY** with Lenore Walker, EdD #12868

**REALITY THERAPY** with Robert E. Wubbolding, EdD #12869

**COGNITIVE-BEHAVIORAL THERAPY** with Donald Meichenbaum, PhD #12819

**#12730/1745 Fifteen Programs 2009**

**\$189.95 each or Series \$2,179.95**

## RATIONAL EMOTIVE BEHAVIOR THERAPY FOR ADDICTION with Albert Ellis

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

**#13154/1745 52 minutes 2009 \$189.95**

## REBT IN ACTION SERIES

Albert Ellis and his protege, Janet Wolfe, demonstrate the tools and techniques of Rational Emotive Behavior Therapy (REBT) in this gripping series. Deals with counseling issues involving addictions, trauma, depression, anger.

**RATIONAL EMOTIVE BEHAVIOR THERAPY FOR ADDICTIONS** by Albert Ellis

**REBT FOR ANGER MANAGEMENT** by Janet Wolfe

**MY KIDS DON'T APPRECIATE ME** by Janet Wolfe

**COPING WITH THE SUICIDE OF A LOVED ONE** by Albert Ellis

**#13877/1745 Four Programs 2010**

**\$179.95 each or Series \$579.95**

## RECOGNIZING DEPRESSION IN CHILDREN AND ADOLESCENTS

This video explains that yes, children and adolescents can be clinically depressed and that there are signs and symptoms that counselors, doctors, teachers and parents can recognize. Also examined are management methods.

**#13328/2035 30 minutes 2005 \$379.95**

## RESOLVING TRAUMA IN PSYCHOTHERAPY: A Somatic Approach

Watch a true master, Dr. Peter A. Levine, demonstrate a course of body-oriented trauma therapy in this extremely compelling and in-depth video with an Iraq Veteran diagnosed with severe PTSD. The therapeutic approach developed and utilized by Dr. Levine is called somatic experiencing.

**#13566/1745 200 minutes 2010 \$289.95**

## SATIR FAMILY THERAPY with Jean McLendon

Master therapist Jean McLendon demonstrates Satir Family Therapy in this very compelling and touching video. Watch

as McLendon, one of the foremost practitioners of Virginia Satir's approach to family therapy, in this touching live session with Janice, a single mother, and her eleven-year-old son, John. Learn the essence of the Satir method as McLendon elegantly demonstrates what she calls "a model for the brave and courageous and the big-hearted souls."

**#13896/1745 104 minutes 2010 \$179.95**



## SEVEN TRAINING VIDEOS by Derald Wing Sue

Professionals can learn to recognize and combat racism in the counseling process. Derald Wing Sue is Professor of Psychology and Education, Teachers College, Columbia University. These training DVDs by Derald Wing Sue cover multicultural counseling and therapy.

**DVD 1: EMOTIONAL ROADBLOCKS TO COUNSELING THE CULTURALLY DIVERSE:**

**DVD 2: CULTURAL COMPETENCE IN THE HELPING PROFESSIONS**

**DVD 3: RACIAL MICROAGGRESSIONS: Impact and Implications for Counseling Practice**

**DVD 4: OVERCOMING BARRIERS TO EFFECTIVE MULTICULTURAL COUNSELING / THERAPY**

**DVD 5: MULTICULTURAL COUNSELING / THERAPY: Culturally Appropriate Intervention Strategies**

**DVD 6: RACIAL / CULTURAL IDENTITY DEVELOPMENT: Implications for Counseling/Therapy**

**DVD 7: WHITE RACIAL IDENTITY DEVELOPMENT: Implications for Counseling/Therapy**

**#11805/1410 Seven 60-minute Programs 2007 \$129.95 each or Series \$769.95**



## SEX, LOVE AND INTIMATE RELATIONSHIPS with Robert Firestone, PhD

This compelling film explores three fundamental questions: "What is healthy sexuality?" "What is love?" and "Why do so many men and women find it difficult to sustain closeness, sexuality and love in their intimate relationships?" Introduces clinicians to Voice Therapy, a powerful approach that they can use to help clients challenge the voices that interfere with healthy sexual relating and sustain a relationship that combines true intimacy and sexuality.

#12822/1745 54 minutes 2009 \$139.95

## SOCIAL CLASS, ECONOMIC PRIVILEGE AND COUNSELING

The Social Class World View Model or SCVM and its effect on therapy and counseling is explained by its originator Dr. William Liu of the University of Iowa. Examines what social class is and how the SCVM applies to the counselor's practice working with diverse individuals or group varying in social class.

#12605/1410 50 minutes 2009 \$199.95

## SPIRITUALITY AND COUNSELING -

Spirituality permeates everything in life; it is part of who we are, and the counseling relationship is no exception. This DVD will teach viewers concepts and skills for integrating spirituality into the counseling process. Concerns about envy, meaning and identity are addressed in these interactions.

#13087/1410 48 minutes 2009 \$189.95

## STRESS MANAGEMENT: Treatment and Understanding

How do you counsel clients who present with stress? This DVD will provide information, techniques, and handouts viewers can immediately use with clients.

#11489/1410 59 minutes 2007 \$199.95

## STRUCTURAL FAMILY THERAPY with Harry Aponte

Adrian and Judy are skeptical about therapy. They have been to several therapists to try to understand their daughter Pam's anger, and are frustrated with the lack of improvement in Pam's behavior. Finally, in this session with Aponte, they are on their way to making positive changes in the family dynamic.

#13894/1745 114 minutes 2010 \$179.95

## SUICIDE AND SELF-HARM: Helping People at Risk with Linda Gask, MD

This comprehensive video from the University of Manchester walks through all the steps necessary to effectively intervene when a client threatens suicide or self-harm. You'll learn about assessment, crisis management, problem solving, and crisis prevention through a variety of realistic vignettes.

#12821/1745 91 minutes 2009 \$179.95



## VOICES OF SUICIDE:

### Learning From Those Who Lived

For mental health professionals, learn from three people that made highly lethal suicide attempts and survived, as they courageously share their stories of self-destructiveness, survival, and recovery. They reveal intimate details of their life histories that contributed to their attempts.

#12493/1745 62 minutes 2008 \$149.95

## SUICIDE ASSESSMENT AND PREVENTION

Professional counselors are often the first and last line of defense against suicide. Training them to recognize symptoms and signals indicating suicidal tendencies and then to effectively deal with their clients who exhibit such is the main focus of this comprehensive video.

#12603/1410 50 minutes 2008 \$199.95

## SWARMS:

### The Intelligence of the Masses

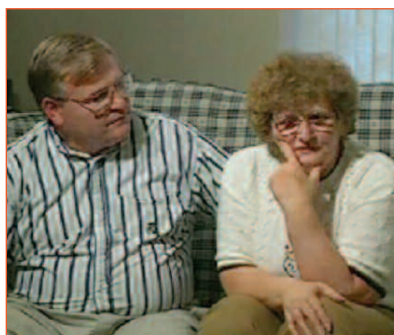
Scientists have long operated under the principle that intelligent behavior must be directed by a centralized consciousness. This program examines evidence that the act of swarming creates an altogether different form of intelligence: decentralized awareness, consciousness with no center.

#13938/0635 45 minutes 2009 \$199.95

## TELLING YOUR GRIEF STORY: Personal Growth Through Expressions of Love

Insightful and moving, this program will enable students of counseling to work with and understand both their own and others grief journey. Personal sharing of grief narratives and stories highlight this dramatic and highly useful professional presentation.

#12648/1410 60 minutes 2009 \$179.95



## THERAPEUTIC COMMUNITY SERIES

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

**Volume 1: THE THERAPEUTIC COMMUNITY PERSPECTIVE**  
**Volume II: COMMUNITY AS METHOD**  
**Volume III: COMPONENTS OF GENERIC THERAPEUTIC COMMUNITY**

#12825/1745 Three programs 2009  
\$149.95 each or Series \$349.95

## THERAPEUTIC COMMUNITIES IN PRISONS: A Research Perspective

This video is a must for all those working in and developing therapeutic communities in prisons! Dr. Harry Wexler walks through the past and current research developments on the efficacy of Therapeutic Communities in prisons.

#12833/1745 43 minutes 2009 \$139.95

## THREE APPROACHES TO COUNSELING ONE ADOLESCENT CLIENT

One client, three approaches to counseling! Your students will witness theory in action with solution-focused, reality therapy, and cognitive behavioral therapies demonstrated. The client is an adolescent female who describes problems with her parents, lack of control in her life, and stress.

#13088/1410 110 minutes 2009 \$199.95

## TRANSACTIONAL ANALYSIS with Mary Goulding, MSW

Watch Mary Goulding demonstrate Transactional Analysis and Redecision Therapy in this three-part video. You'll be impressed by how deeply this master takes her client in a single session! Part of the "Psychotherapy with the Experts Series".

#12756/1745 123 minutes 2009 \$189.95

## PLAY THERAPY SERIES with Renowned Expert Garry Landreth Ph.D.

These programs feature Dr. Landreth in a two-day workshop "Making Contact with Children Through Play Therapy". Engaging and insightful, these DVD's provide a detailed background for play therapy.

- THE PLAY THERAPIST'S LANGUAGE OF CHANGE
- THERAPEUTIC DIMENSIONS OF THE PLAY THERAPY RELATIONSHIP
- THERAPEUTIC LIMIT SETTING IN PLAY THERAPY: Purpose, Areas, and ACT Model
- TOYS AND MATERIALS FOR PLAY THERAPY

- UNDERSTANDING PLAY BEHAVIOR AND THEMES IN PLAY THERAPY

#13275/0413 Five Programs \$149.95 each or Series \$679.95

## TRAUMA AND DISSOCIATION IN CHILDREN: A Series for Child Protection Professionals

In this new video series, leaders in the field of trauma and dissociation come together with experts on interviewing children and prosecuting abuse cases to give child protection professionals a grounding in the psychological impacts of abuse, and provide them with better tools for working with traumatized children. The series includes recent research on children's recantation and inconsistent accounts.

**Volume 1 - BEHAVIORAL IMPACTS**

**Volume 2 - ISSUES FOR INTERVIEWERS**

**Volume 3 - GUIDELINES FOR PROSECUTORS**

#11360/0290 Three programs 2007  
\$119.95 each or Series \$289.95

## CHILDREN WITH DISRUPTED ATTACHMENT

A secure attachment system forms the foundation for a child's development. The often devastating impact of attachment disorder on children's sense of self, and on their capacity to form attachments with new caregivers, can pose major challenges for foster and adoptive parents, as well as for therapists and group home staff. In this four-video series, the presenters describe the impact of attachment disorder on the ways that children see themselves and interact with others, and how adults can respond most effectively.

**#10340/0290 Four programs 2007**  
**\$119.95 each or Series \$379.95**



## NARRATIVE THERAPY WITH CHILDREN

Watch expert Narrative therapist Stephen Madigan in an actual counseling session with a perfectionist ten-year old boy and his mother. Part of the series CHILD THERAPY WITH THE EXPERTS. "This is indeed an inspiring and informative look at the narrative approach, including both the pre and post session conversations with Madigan."

**#14103/1745 103 minutes 2009**  
**\$179.95**

## TRAUMA AND THE BODY: A Psychodramatic Approach and HEALING CHILDHOOD ABUSE THROUGH PSYCHODRAMA

In these extremely powerful live group sessions master clinician and psychodramatist Tian Dayton works with group participants to confront childhood abuse, and work through trauma that they are carrying in their bodies. Dayton addresses these delicate issues with directness and great care, employing innovative action-oriented techniques that you can use in your work with clients, whether you are trained in psychodrama or not.

**TRAUMA AND THE BODY**  
**#12904/1745 86 minutes 2009 \$189.95**

**HEALING CHILDHOOD ABUSE THROUGH PSYCHODRAMA**  
**#12903/1745 55 minutes 2009 \$189.95**

## TWENTY-FIVE YEARS AFTER "ROOTS OF SOUL": Contemporary Issues in Counseling Persons of Black African Ancestry

In 1982, Pasteur and Toldson published an intensive examination of Black expressive behavior in Roots of Soul. Themes introduced provide critical guidelines for counseling African Americans. Dr. Ivory Toldson emphasizes the challenges counselors face when working within traditional counseling settings.

**#12747/1410 41 minutes 2008**  
**\$129.95**

## TWENTY-FIVE YEARS LATER: How Big is the Circle of Inclusion?

The recipient of the Janet E. Helms award of mentoring and scholarship, Dr. Rosie Bingham passionately engages her audience with reflections of her life - growing up on a plantation as a young child to moving through her various stages of cultural and racial identity. She discusses the changes and trends in the

field of multicultural counseling and research and provides the latest demographic data on ethnic minorities.

**#12728/1410 39 minutes 2008**  
**\$129.95**

## TWENTY-FIVE YEARS OF CRITICAL CULTURAL ASSESSMENT: What's the Difference Now?

As the founder of the Winter Roundtable, Dr. Samuel D. Johnson reflects on his twenty five years since the first conference; he highlights significant outcomes in the field and contemplates the future of cross cultural counselor training.

**#12729/1410 29 minutes 2008**  
**\$129.95**

## VOICES ABOUT RELATIONSHIPS with Robert Firestone, PhD

What prevents most people from being able to sustain romantic, meaningful relationships that satisfy their needs and desires? In this film, actual group participants identify negative thoughts or voices toward themselves and others that seriously impair their capacity for intimate relating. Dr. Robert Firestone helps them identify and understand this negative thought process, and challenge the self-defeating behavior patterns through the powerful technique of Voice Therapy.

**#12823/1745 46 minutes 2009**  
**\$139.95**

## TRAUMA, VIOLENCE, AND HUMAN DIGNITY

All too often dignity is crushed by the terrible things people do to each other. These five therapists have a different story to tell about clients who have experienced violence, trauma, grief and loss. The human spirit is greater than the labels of "victim" or "survivor". These stories illustrate how resilience, growth and wisdom can arise in the face of suffering.

**#11115/2040 72 minutes 2007 \$209.95**



## WHAT WORKS IN PSYCHOTHERAPY with Randall C. Wyatt, PhD, Scott Miller, PhD

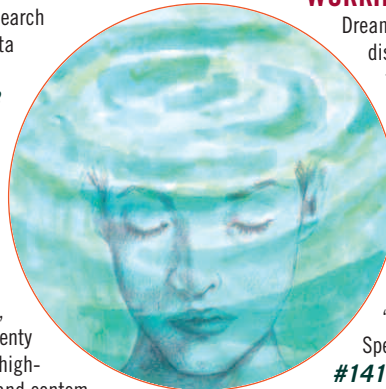
What works in psychotherapy? In this interview by Randall C. Wyatt, Miller shares everything he knows about psychotherapy outcomes. For starters, it's the therapeutic alliance that's one of the most important elements. And here's the real ticker - Miller has found that the therapist is the determining factor, not the treatment model.

**#12757/1745 58 minutes 2009 \$179.95**

## WORKING WITH DREAMS

Dreams frequently come up for discussion in the course of therapy, and the insights clients might gain from dreams can help the therapeutic process. Dr. Phyllis R. Koch-Sheras demonstrates her powerful approach to working with clients' dreams. From the Series "Specific Treatments for Specific Populations Series"

**#14158/0157 100 minutes**  
**2008 \$119.95**



## POSITIVE PSYCHOLOGY AND PSYCHOTHERAPY

The founder of Positive Psychology, Martin Seligman, PhD, introduces Positive Psychotherapy. He demonstrates a new set of rigorously tested interventions that lastingly increase happiness while decreasing depression.

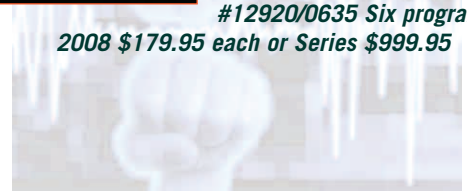
**#12496/1745 77 minutes 2008 \$179.85**

## UNDERSTANDING PSYCHOLOGY

This six-part series is designed to make some of psychology's more abstract theoretical and methodological issues accessible to students through case studies and examples that relate to everyday life experiences. Detailed descriptions of each program are available on our website.

- PSYCHOLOGY RESEARCH IN CONTEXT
- PERSPECTIVES ON PSYCHOLOGY MENTAL DISORDER
- EXPERIMENTAL RESEARCH METHODS IN PSYCHOLOGY
- NON-EXPERIMENTAL RESEARCH METHODS IN PSYCHOLOGY
- CLASSIC STUDIES IN PSYCHOLOGY

**#12920/0635 Six programs**  
**2008 \$179.95 each or Series \$999.95**





## More NEW TITLES Just Released!!!

### THE VOICES OF VIOLENCE SERIES

These two videos provide deep insights into one of society's most intractable issues, and in opposition to the punitive approach to violence prevention, make a compelling case for TREATING VIOLENT OFFENDERS with human dignity and responding to violence with psychological treatment and education. In "The Roots of Violence" ten experts elucidate the root causes of violent behavior. They offer a probing look into the unsettling childhood experiences of violent offenders, examining the disturbed parent-child attachment styles, destructive thought processes, and distorted social perceptions that underlie violence. "Effective Treatment of Violent Individuals" examines the critical components of effective treatment programs for violent individuals providing an environment of safety and respect, confronting the patriarchal beliefs, social misperceptions, and destructive thoughts that precipitate violent responses to real or perceived threats.

**#14470/1745 Two DVDs 2011 \$349.95**

**\*Includes Instructor's Manual**

### CREATIVE HEALING IN MENTAL HEALTH

**\*Featuring Judith Rubin, PhD and Eleanor Irwin, PhD**

Here is a rare opportunity to witness world-famous art and drama therapists working with clients from all walks of life on their journeys to healing, including an adolescent boy with Asperger's, families affected by cancer, an Alzheimer's patient, and combat veterans. See how these simple yet profound techniques support clients in uncovering unexpected parts of themselves as they process traumas, explore their fears, and tap into strengths they didn't know they had. From puppets to pastels, sand play to scribble drawings, you will see a myriad of creative methods masterfully demonstrated and learn how to begin implementing these transformative practices immediately.

**#14471/1745 50 minutes \$169.95 2011**

**\*Includes Instructor's Manual**

### THERAPEUTIC RELATIONSHIP, INDIVIDUALIZED TREATMENT AND OTHER KEYS TO SUCCESSFUL PSYCHOTHERAPY

In this compelling interview with one of the most prominent psychotherapy researchers of our time, Dr. John Norcross presents the results from fourteen meta-analyses that reveal the secrets to successful therapy. Challenging the predominant view that manualized treatment methods are the gold standard for effective psychotherapy, Norcross shares empirical research that leads him to argue for a "middle path" that says it is both the treatment method and the therapeutic relationship that make the difference.

**#14410/1745 81 minutes 2011 \$159.95**

**\*Includes Instructor's Manual**



### COACHING AND COUNSELING with Allen Ivey

Health coaching is now essential for a positive approach to physical and mental health. Coaching skills now need to be part of every counselor and therapist's work. Allen demonstrates the basic coaching model with a white female client. The issues focus on life goals and a five-step model of counseling/coaching is demonstrated. The model can be generalized for use in multiple situations. You will also find that the word coaching is more acceptable to some clients who may shy away from counseling and therapy.

**#14366/1410 25 minutes 2011 \$129.95**

### COUNSELING INTAKE PROCESS: Culturally Competent Demonstrations and Debriefings

**\*Features Brent Beam, with Karolyn Sentor and Craig Woodsmall, Washington University in St. Louis**

What is the counseling intake process and how can mental health practitioners make it successful for the client? In this program two distinctively different approaches to the intake session are demonstrated.

**#14367/1410 100 minutes 2010 \$199.95**

### CONFRONTING DEATH AND OTHER EXISTENTIAL ISSUES IN PSYCHOTHERAPY with

**Irvin Yalom, M.D.**

Here's a chance to have a front row seat as Dr. Irvin Yalom talks to a packed room of therapists about a topic rarely discussed in our field: death. Sharing ideas from his most recent book, "Staring at the Sun" Yalom shows us how to confront death in order to invigorate and enhance our own lives and the lives of our patients.

**#14405/1745 94 minutes 2011 \$159.95**

**\*Includes Instructor's Manual**

### ASSESSMENT AND PSYCHOLOGICAL TREATMENT OF BIPOLAR DISORDER

Watch Kay Redfield Jamison, bestselling author of "An Unquiet Mind" and international expert on bipolar disorder, in this informative and intriguing interview that presents essential information on assessment and treatment of bipolar disorder in psychotherapy.

**#14404/1745 53 minutes 2011 \$159.95**

**\*Includes Instructor's Manual**

### EMPOWERMENT FAMILY THERAPY

Do you want to be more effective at empowering your clients to make the changes in their lives that will get them what they really want? Dr. Frank Pittman is one of the most passionate therapists around when it comes to helping people take responsibility for their lives, as you'll see in this live couples therapy session.

**#14406/1745 114 minutes 2011 \$159.95**

**\*Includes Instructor's Manual**

### DEVELOPMENTAL ASPECTS OF GROUP COUNSELING

**\*Features Rex Stockton, Past President, ASGW**

Engaging and practical, this easy-to-teach series follows the life of a personal growth group for 16 weeks. Two beginning group leaders present basic competencies at each group stage as they gain in skill and confidence. Stockton is one of the ultimate teachers of group work. These programs work! Ideal for all group classes. Part 1 - Early Development, Part 2 - Transition/Working Stage, Part 3 - Working Stage/Termination.

**#14413/1410 135 minutes \$199.95**

### GROUP THERAPY: A Live Demonstration

**\*Features Irvin Yalom, MD and Modyn Leszcz, MD**

In this remarkable demonstration you will witness group therapy and Irvin Yalom's novel "The Schopenhauer Cure" come alive simultaneously in two unscripted group psychotherapy sessions. The result is a training video that is destined to become a classic for students of group therapy and Yalom fans alike. This video captures a historic presentation at the American Group Psychotherapy Association Annual Meeting - a must see for group therapists and fans of Irvin Yalom and Modyn Leszcz alike.

**#14407/1745 191 minutes 2011 \$229.95**

**\*Includes Instructor's Manual**

### EMOTIONALLY FOCUSED THERAPY IN ACTION

Dr. Sue Johnson has been hailed as "the most original contributor to couples therapy to come along in the last 30 years." Now you'll have the chance to watch her conduct an actual session with a challenging couple haunted by the "echoes of war". In a single session, she helps them conceptualize their conflicts in attachment terms, gain an understanding of their negative cycle, and begin to reveal some of the vulnerable feelings that underlie their explosive anger. Commentary before, during, and after the consultation and session provides insight into her approach.

**#14472/1745 50 minutes 2011 \$259.95**

**\*Includes Instructor's Manual**

### THE ANGRY COUPLE: Conflict Focused Treatment with Dr. Susan Heitler Ph.D DVD

This program dramatically recreates key moments in the six-month course of therapy with Judith and Richard, a distressed couple whose marriage is threatened by a cycle of explosive anger and silent withdrawal.

**#10866/1745 73minutes 2007 \$189.95**

**\*Includes Instructor's Manual**

**\*\*\* See also  
COUPLES THERAPY WITH THE  
EXPERTS on page 5**

# STRESS & ANXIETY

## STRESS MANAGEMENT:

### Treatment and Understanding

How do you counsel clients who present with stress? This DVD will provide information, techniques, and handouts viewers can immediately use with clients.

**#11489/1410 59 minutes 2007 \$199.95**

## ANXIETY DISORDERS SERIES

This series describes five anxiety disorders and provides professional level criteria as well as current treatment possibilities. Detailed descriptions of each program are available on our website.

**PANIC DISORDER AND AGORAPHOBIA**

**SPECIFIC AND SOCIAL PHOBIAS**

**OBSESSIVE-COMPULSIVE DISORDER**

**ACUTE AND POST-TRAUMATIC STRESS DISORDERS**

**GENERALIZED ANXIETY DISORDER**

**#12200/0430 Five programs 2002**

**\$389.95 each or Series \$1,179.95**

## THE BIOLOGICAL MIND SERIES

This three-part series combines case histories with expert commentary and 3-D animations to explore the mind/body connection as it relates to these illnesses and provides an accessible corridor into the complexities of psychological disorders. Detailed descriptions of each program are available on our website - SERIOUSLY STRESSED; DEEPLY DEPRESSED; and, ACUTELY ANXIOUS.

**#10784/0635 Three programs 2006**

**\$179.95 each or Series \$499.95 \*CC**

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

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

**\$12442/0795 83 minutes 2008 \$269.95 \*CC**

## THE CHALLENGE OF COUNSELING TEENS: Techniques for Engaging and Connecting with Reluctant Youth

*\*Features John Sommers-Flanagan, Counselor Education, University of Montana.*

John demonstrates specific engagement techniques showing how to manage resistance as he works with six different teenagers. He shows how counselors can connect with teenagers in ways that deepen the relationship and facilitate therapeutic work and presents strategies for giving direct and powerful feedback and interpretations, and the use of humor and self-disclosure. He works with particularly challenging issues such as anger and destructive social behaviors. This video presents clients with diverse cultural backgrounds and includes clips that illustrate the power of authenticity and spontaneity when counseling teens.

**#13701/1410 60 minutes 2004 \$179.95**

## CO-OCCURRING DISORDERS SERIES

This series is newly updated and reformatted - each collection provides you with integrated, diagnosis-specific treatment. Included with the DVD for each program is a CD-ROM with a facilitator guide, a patient workbook, video discussion questions, and the pamphlet "A Family Guide to Coping with Dual Disorders". Author Dennis Daley is nationally renowned for developing and managing treatment services for addiction and dual disorders. Detailed descriptions of each of the programs is available on our website.

- **UNDERSTANDING OBSESSIVE-COMPULSIVE DISORDER AND ADDICTION #14482**
- **UNDERSTANDING BIPOLAR DISORDER AND ADDICTION #1949**
- **UNDERSTANDING BORDERLINE PERSONALITY DISORDER AND ADDICTION #10714**
- **UNDERSTANDING DEPRESSION AND ADDICTION #10903**
- **UNDERSTANDING DISSOCIATIVE DISORDERS AND ADDICTION #10821**
- **UNDERSTANDING SUICIDE AND ADDICTION #10822**
- **UNDERSTANDING POST TRAUMATIC STRESS DISORDER AND ADDICTION #7873**
- **UNDERSTANDING MAJOR ANXIETY DISORDERS AND ADDICTION #10745**
- **UNDERSTANDING SCHIZOPHRENIA AND ADDICTION #10901**
- **UNDERSTANDING PERSONALITY PROBLEMS AND ADDICTION #7803**
- **PREVENTING RELAPSE #7006**

**#13880/0795 Eleven programs 2004**

**\$119.95 each or Series \$1,149.95 \*CC**

## STRESS, EMOTIONAL INTELLIGENCE AND OPTIMAL PERFORMANCE with Daniel Goleman, Ph.D.

This new series featuring Daniel Goleman, Ph.D. includes the following three programs:

**UNDERSTANDING EMOTIONAL INTELLIGENCE** - Learn three basic strategies for handling stress with emotional intelligence.

**DEMONSTRATING EMOTIONAL INTELLIGENCE**

- Learn the subtle art of reading facial expressions and understand how our emotions are passed

from one person to another almost like the common cold.

**EMOTIONAL INTELLIGENCE AND OPTIMAL PERFORMANCE**

- Most people don't understand that a certain amount of stress is necessary for optimal performance. Knowing the right amount for you is one of the five keys to staying highly motivated and engaged. Once you master the five simple steps outlined in this film, you will be able to get along better with others, handle stress better, communicate better, work more efficiently and be more productive.

**#14414/0185 Three programs 2011**

**\$354.95 each or series \$894.95**

*\*Includes PowerPoint & Leader's Guides*



## ALL ABOUT STRESS SERIES

This three-part series featuring Dr. David Katz, a medical consultant for ABC news, contains everything you need to put on a training program on stress. Includes a full PowerPoint presentation along with handouts as well as bonus materials. It will help employees, clients and patients learn how to effectively deal with stress in their daily lives. This set includes three 15-minute programs - **RECOGNIZING STRESS; MANAGING STRESS and RESILIENCE: MASTERING STRESS.**

**#12860/0185 Three programs 2009**

**\$219.95 each or Series \$569.95**



## SUCCESS WITH STRESS SERIES

If stress is ignored or poorly handled it builds up and over time can cause serious long-term problems. Helpful, thought-provoking, action-oriented questions and numerous positive coping strategies to successfully manage stress are woven throughout these six programs.

**Session 1: TAKE CHARGE OF YOUR LIFE!**

**Session 2: GET READY FOR CHANGE!**

**Session 3: BUILD HEALTHY RELATIONSHIPS!**

**Session 4: MANAGE A FAST-PACED LIFE!**

**Session 5: REPLACE SELF-DEFEATING BEHAVIORS!**

**Session 6: DEVELOP NEW STRESS SKILLS!**

*\*Each session includes a Leader Guide to help you plan your workshop and Reproducible Worksheets to help your audience assess their options and plan for change.*

**#11180/2160 Five programs**

**\$129.95 each or Series \$599.95**

## TEEN ANXIETY: Taking it Seriously

Some teens feel extreme, unreasonable anxiety about being judged harshly by others, or about behaving in a way that might cause them embarrassment. What can be done if it brings them to the point of a breakdown or to a state of constant depression? Parents and other involved adults learn to recognize and evaluate symptoms, and what they can do to help.

**#12576/0145 13 minutes 2008**

**\$169.95**