

## **KINETIC presents MICROTRAINING & PSYCHOTHERAPY 2012**

Since 1976, KINETIC has presented instructional media programs on multicultural and competency-based counselor and therapist education, and now has the largest collection in these areas available anywhere. KINETIC also sells for THE AMERICAN PSYCHOLOGICAL ASSOCIATION (APA), CAVALCADE PRODUCTIONS, INSIGHT MEDIA, FILMS MEDIA GROUP, CENGAGE/DELMAR, among others.

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## Coaching, Motivational Interviewing & Stress

Coaching has become an important new model for health-oriented counseling and psychology. We are pleased to introduce two new Coaching and Counseling videos featuring Kay Richardson, Marriage and Family Therapist and Certified Life Coach.



### **New! Life Coaching: Tools for Counselors**

The Life Coaching model believes the client is the expert on his/her life, and that each client is creative, resourceful, and whole. In this video, Kay Richardson coaches two women. One is grappling with issues about her future; whether she should stay in graduate school, embark on international travel, and whether to stay with her longtime partner. The other client faces the stress of an upcoming wedding and some of the long-standing challenges with her sister. By dialoguing with their future selves and connecting with their inner wisdom, Kay helps them find clarity and their unique way forward. (70 min.) \$189.95 978-1-4631-1171-7

### **New! Career Coaching**

Kay works with a Latino male client, who is in graduate school, to help him find clarity with his career options.

Kay demonstrates the four aspects of the collaborative process of coaching:

1. Discover, clarify and align with what the client wants to achieve;
2. Encourage client self-discovery;
3. Elicit client-generated solutions and strategies;
4. Hold the client responsible and accountable to himself.

Following the client's lead, Kay invites the client to fill out the picture of his ideal vision for his career.

In doing so, he rediscovers his long-term passion for connecting fathers and sons from all ethnic backgrounds. By following his heart, we see how easy it is for him to take his next important steps to realizing his career goals. (40 min.) \$169.95 978-1-4631-1172-4



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511 Bloor West, Toronto, Ontario M5S 1Y4 Phone (416) 538-6613 Toll-Free (800) 263-6910 Fax (416) 538-9984

## **Motivational Interviewing: Three Demonstrations**

James "Diego" Rogers, San Diego State University, Ian Schere, Clinical Psychologist, San Diego Youth and Community Services

Motivational Interviewing is a collaborative, person-centered conversation to elicit and strengthen motivation for change while addressing issues of ambivalence to change. Motivational Interviewing is an evidence-based practice with a high rate of positive effect. This video reviews the "spirit of MI," MI Principles, OARS, Rolling with Resistance, and Eliciting Change Talk. This video guides you through each aspect of MI with clinical demonstrations throughout. The authors work with Connor, an adolescent male trying to quit smoking; Ray, a Latino adult male struggling with a major life decision; and Rochelle, an African American young woman mandated to treatment after a DUI. (60 min.) \$189.95. 978-1-4631-1173-1

## **Stress: Things Your Doctor May Not Tell You. Guidelines for those in the Helping Professions**

Harold Shinitzky, PsyD and Chris Cortman, PsyD

In today's fast pace society, we experience pressure and stress in every aspect of our lives. Drs. Cortman and Shinitzky cover the most helpful steps to address and resolve life's stress. This entertaining and educational presentation will focus not only on understanding the causes and impact of chronic stress but also place a strong emphasis on prevention and healthy coping skills. The speakers cover the latest evidence-based research along with decades of clinical experience and examples. A must-have video for counselors and others in the helping professions working with populations experiencing stress.

(1 hr 40 min.) \$149.95 978-1-4631-1310-0

## **FIT/Marriage & Family**

### **Feedback Informed Treatment**

Scott D. Miller and Julie Tilsen, International Center for Clinical Excellence

Feedback-Informed Treatment (FIT) is a pantheoretical approach for evaluating and improving the quality and effectiveness of counseling services. FIT involves routinely and formally soliciting feedback from clients regarding the therapeutic alliance and outcome of care and using the resulting information to inform and tailor service delivery. FIT is not only consistent with but operationalizes the American Psychological Association's (APA) definition of evidence-based practice. In this video, Drs. Miller and Tilsen describe and demonstrate how clinicians can integrate the principles and practices of FIT into their work regardless of theoretical orientation or professional discipline. They provide an overview discussion of FIT and then demonstrate how to use it with three different clients; a client with SPMI (Serious and Persistent Mental Illness); mandated client and a mother/daughter duo seeking help with relationship issues.

(2 hrs.) \$189.95 978-1-4631-1168-7



### **Collaborative Helping: A Practice Framework for Family-Centered Services**

William Madsen, Family Institute of Cambridge

Individual practitioners as well as community and state agencies are searching for effective approaches to helping efforts that support strength-based, collaborative partnerships that are accountable to people served. This video introduces Collaborative Helping, an integrated practice framework that draws from cutting edge ideas and practices in family therapy, community/organizational development, and postmodern thinking while applying them in a concrete and accessible fashion. It offers a flexible map to help practitioners operationalize family-centered principles in the everyday "messiness" of practice in order to assist individuals and families envision desired lives, address long-standing problems and develop proactive coping strategies in the context of their local communities. The video outlines the fundamentals of Collaborative Helping and then illustrates its use in both a clinical situation and in a supervisory situation with live consultations. In Part One, Dr. Madsen demonstrates the Collaborative Helping approach working with Frank and Amour, an African American father and adolescent son, who struggle with multiple stressors after the sudden death of their wife/mother. In Part Two, Yolanda, a family counselor, meets with Dr. Madsen for supervision regarding, Vivian a West Indian/Haitian adolescent client, who struggles to balance issues of culture, drug addiction, sexual identity, and poverty. (2 hrs.) \$189.95 978-1-4631-1169-4

### **He Just Doesn't Get It (or Does He?): Internalized Other Interviewing with Men in Heterosexual Relationships**

Lyra Barrera and Rob Santos, Private Practice, Larchmont Associates

Men often enter couples' therapy saddled with isolating reputations. They are oftentimes described — and describe themselves — as not understanding the experience of their partners, as not interested in talking, and as not connected. Internalized Other Interviewing is a way to facilitate more relational ways of understanding, and to help clients cultivate their awareness of the experience of others. The authors first discuss the history and theory behind Internalized Other Interviewing, specifically as it relates to men in couples. Mr. Santos then demonstrates the practice with a heterosexual couple in a step-by-step process. Finally, Dr. Barrera demonstrates the practice in its complete form in a full individual session.

(70 min.) \$189.95 978-1-4631-1170-0

**\*\*\* See also...**

### **Gender and Communication: How Men and Women Communicate Differently**

Discussing communication differences between males and females, this program examines the ways in which male-male communication interactions, male-female interactions, and female-female interactions differ. #12876/0880 21 minutes, 2007 \$259.95 \*Closed Captioned

# Narrative Therapy

## ***Narrative Therapy: Practice Exercises for Developing Counseling Skills***

John Winslade, Cal State Bernardino and Lorraine Hedtke, private practice

In this two-part series, Dr. John Winslade and Dr. Lorraine Hedtke demonstrate aspects of counseling conversations, so that students can learn and improve their counseling skills.

**Part I: Developing Curiosity:** In three engaging vignettes, the authors start each conversation with a simple word – “breakfast,” “favorite pet,” and “something you were pleased about.” Viewers will be fascinated with how these seemingly simple acts of curiosity build a generative conversation that connects with a person’s cherished identity story. All give way to a rich conversation about identity stories and about preferred ways of living.

**Part II: Externalizing and Decision-Making:**

Externalizing, an essential component to Narrative Therapy, is founded on the belief that “the person is not the problem; the problem is the problem.” In the externalizing conversation, Donna struggles with tardiness. In the decision-making conversation, Lorena wants to make a decision about whether to choose her girlfriend over her loving yet disapproving mother and family.

(2 hrs.) \$219.95 978-1-4631-1279-0

## ***A Totalizing Conversation: Re-storying a Totalizing Description of Race***

John Winslade and Lorraine Hedtke demonstrate aspects of counseling conversations, so that students can learn and improve their counseling skills. In this powerful video, John and Lorraine discuss the definition of a “totalizing description” and the damage it can inflict upon a person. Following that conversation, John interviews an African American client who has experienced being totalized on the basis of her dark skin color. A deconstructive conversation about the particular effects of racist assumptions ensues. The interview is followed by a reflective team of listeners, moderated by Lorraine, in which the team reflects on and responds to the client’s words. Afterwards, the client is interviewed about the meanings she made of the listeners’ responses and the impact these have on her. A powerful video that exemplifies John and Lorraine and their masterful work as narrative therapists, and a poignant story of racism. (70 min.) \$189.95 978-1-4631-1284-4

## ***“Re-membering Conversations”: A Postmodern Approach to Death/Grief***

John Winslade and Lorraine Hedtke

“Re-membering conversations” (the hyphen signals the deliberate reproduction of membership), can be useful in counseling someone who is grieving but can also be used to regenerate the thoughts of the contributions made by those who are no longer living. Such contributions are resources for identity growth and for problem solving. In this moving counseling session, the client recalls the importance her mother played in her life and the many ways in which her mother’s legacy continues to be a vibrant part of who she is. Her mother is “brought to life” through the rich stories told in the counseling conversation, even though she died many years previously.

(60 min.) \$189.95 978-1-4631-1285-1

## Columbia University Winter Roundtable

***Columbia University Winter Roundtable on Cultural Psychology 2011 Conference:  
“Privileging Indigenous Voices: Hearing the Wisdom of Generations”***

### ***Native Implosion of a Racial/Cultural Identity Development Model***

Rockey Robbins, University of Oklahoma and Jill Hill, Teachers College, Columbia University

Having interviewed a Native American Sun dancer four times about his racial/cultural identity development, Robbins and Hill analyze the resulting data in its relation to existing racial/cultural models. Upon seeing incongruities between the stages set forth by existing models and the stages that the participant discussed, the researchers use his stories to implode previously proposed stages. A Native American Developmental new model is created based on the data derived from the study. Though it is somewhat limited at this point, values that Native Americans value in general, such as circularity, humor, and perseverance become the basis for future work on this model.

(60 min.) \$129.95 978-1-4631-1223-3

[www.kineticvideo.com](http://www.kineticvideo.com)

### ***Use of Documentation with a Native American Child to Support the Construction of Tribal Identity***

Rockey Robbins, University of Oklahoma

This presentation documents the planning and implementation of a project that ends in the naming ceremony of a Choctaw boy. It delineates a community-based program involving collaboration with Choctaw elders. The intent of the program is to foster the participant’s understanding of themselves as well as to nourish the vitality of traditional meanings and tribal/social practices among Choctaw people. Specifically, its purpose is to investigate the possible value of a Choctaw naming ceremony as a way of promoting tribal identity for an eleven year old Choctaw boy and in promoting family connectedness between him, his mother and uncle, as well as Choctaw people in general. The presentation offers a step-by-step guide on how a core project team was put together as well as participant enactments that led up to the naming. (60 min.) \$129.95 978-1-4631-1224-0



## ***The Future of Social Justice in Psychology: Recollections and Social-Historical Contexts***

Dr. Bertha G. Holliday, Ph.D. discusses the intersections of race/ethnicity, diversity and social justice, and includes an overview of psychology's social justice efforts. Assessment of the impact of these and similar efforts suggests that future such efforts might be guided less by legal concepts/remedies (e.g., equal opportunity, equity) and more by principles of diversity (e.g., empowerment, inclusiveness, systems behavioral change) that are more responsive to issues of privilege, power, and context. Diversity is defined relative to its similarities with and differences from other related concepts. Major elements and intended outcomes of diversity are identified and critical types of diversity efforts and challenges described. It is noted that diversity can be a major tool for reducing both violence to individuals and organizations, and risks of community/organization implosion. (60 min.) \$129.05 978-1-4631-1225-7

## ***Indigenous Voices: Witnessing the Wisdom of our "Elders"***

Jean Chin, Teresa LaFromboise, Thomas Parham, Joe Trimble, Melba Vasquez

Powerful and inspiring, these pioneers paved the way for others with their tireless work to advance the field of multicultural counseling and psychology. Their stories of their upbringing, their work in counseling psychology, and their words of wisdom will inspire us all!

(90 min.) \$129.95 978-1-4631-1226-4

## ***Mentoring Ethnic Minority Students to Succeed in a White Graduate Program: Don't Get Bucked Off!***

Carolyn Barcus, Utah State University

This presentation highlights the life journey of the author from her reservation home to her current position of elder and mentor to ethnic minority graduate students. Carolyn shares her lessons learned in twenty six years of training and mentoring American Indian and other ethnic minority graduate students to become psychologists. Those who return to serve ethnic minority communities are encouraged to focus on "being" rather than "doing." (60 min.) \$129.95 978-1-4631-1227-1

## ***Naamitapiikoan: Blackfoot Influences on Abraham Maslow's Developmental and Organizational Psychology***

Narcisse Blood, Iitskinai (Horns Elder)/ Akainaimsskaa (Thunder Pipe Elder), Red Crow College, Canada and Ryan Heavy Head, Iiyaohkiimi (Beaver Bundle Caretaker), Red Crow College, Canada

Blood and Heavy Head tell the story of how psychologist Abraham Maslow's strongest contribution to motivational theory, normative human psychology, and organizational psychology were all crucially influenced by the Blackfoot way of life that Maslow observed at Siksika in 1938. A fascinating account of Maslow's life and influences. (60 min.) \$129.95 978-1-4631-1228-8

## **Narrative/Social Construction**

### ***Narrative Mediation with Couples: Two Sessions***

Gerald Monk, San Diego State University

A divorcing couple come to Dr. Monk to negotiate a custody arrangement for their 5 year old son. The mother is concerned with the father's parenting skills given his recent affair and drug experimentation, and lacks trust that he will be a responsible parent. Dr. Monk skillfully uses Narrative Mediation in their mediation session by understanding the problem-saturated story, externalizing, mapping the effects, scaling questions, scaffolding the alternative story and more. (2 hrs.) \$189.95 978-1-4631-1182-3

### ***Narrative Mediation in the Workplace: Two Sessions***

John Winslade, Cal State Bernardino

Two women working at a facility for developmentally-challenged people come to mediation to work out differences of opinion on several workplace issues. Dr. Winslade helps the women re-author their relationship story and address the issues that are producing differences between them. The conflict is externalized, its effects explored, and several counter stories emerge that promise an improved working relationship. (1 ½ hrs.) \$139.95 978-1-4631-1183-0

## ***Purity vs. Promiscuity in Therapeutic Practice: If Rembrandt met Picasso, How Would Their Conversation Go?***

Family Therapy has continually confronted choices between polarized positions—for example, structural, strategic, solution-focused, narrative – each one taken up with zeal because it solved an old dilemma but eventually encountered its own limitations. In this dynamic presentation, Sheila McNamee suggest that we have evolved to a point where, instead of deciding which is better, we can focus on how to use theories, models, and techniques as fluid and flexible resources for action in the therapeutic conversation. Doing so focuses our attention on how we can move in and out of various positions including those that simplify issues and those that embrace complexity. (1 hr.) \$129.95 978-1-4631-1184-7

## ***Therapy as Social Construction: Introduction, Clinical Consultation Affiliations and Reflecting Team***

Sheila McNamee, interviewed by Julie Tilsen, discusses the generative potential of therapy as social construction. As a philosophical stance, social construction positions us to view therapy as a conversational process not defined by nor limited to the specifications of particular models or the use of fixed techniques. This is followed by a consultation with Jeff, a therapist feeling "stuck" with a client. Sheila works to open up possibilities for Jeff and his client by engaging in a fluid conversation fueled by curiosity and propelled by the generative and reflexive commentary of a reflecting team. (1 hr. ) \$189.95 978-1-4631-1185-4

# Cultural Identity Theory, Race/Ethnicity and Social Justice

## **Counseling Filipino Americans**

Kevin Nadal, John Jay College of Criminal Justice

*This three-part series presents real-life examples of Filipino American clients who are attending psychotherapy for the first time. Because of unique histories of colonization, Filipino Americans may have an array of cultural values and experiences that differ from other Asian Americans. Dr. Nadal facilitates culturally competent counseling techniques, ranging from here-and-now processing to strength-based counseling.*

**Part 1:** A Filipina American college student struggles with balancing her academic responsibilities and personal life. Dr. Nadal explores how social, cultural, and familial factors may impact an individual's presenting problems in both conscious and unconscious ways.

**Part 2:** A Filipino American middle-aged man discusses stressors at work, particularly issues of discrimination. Dr. Nadal encourages the client to explore repressed emotions, instead of rationalizing or intellectualizing his feelings (a common defense mechanism in Filipino Americans).

**Part 3:** A biracial Filipino/Dominican young man shares his anxiety about career choices and family pressures, including a strained relationship with his father.

(1 ½ hrs.) \$189.95 978-1-4631-1286-8

## **Counselors without Borders: Making Change for a Better World**

Fred Bemak and Rita Chi-Ying Chung, George Mason University

Counselors Without Borders (CWB) is an organization started in 2005 to provide culturally responsive post-disaster counseling. In this video, Drs. Bemak and Chung discuss how CWB was founded and, with three other members of the CWB team, provide examples of their post-disaster work with Hurricane Katrina, the San Diego wildfires, and the Haiti earthquake. They review the guiding principles of their work, including their Disaster Cross-Cultural Counseling Model, and share inspiring stories of their time in these communities. The video is supported by many powerful photographic images of their outreach efforts in the field, post-disaster. (41 min.) \$149.95 ISBN 978-1-4631-1311-7

## **Training Social Justice Counselors - Walking the Talk**

Fred Bemak and Rita Chi-Ying Chung, George Mason University

How do we prepare the next generation of mental health professionals to effectively work with culturally diverse populations and the social issues impacting them? The George Mason University Counseling and Development Program has taken a leadership role in developing state-of-the-art training for multicultural social justice counselors. The video describes the Programs infusion of social justice and multicultural training throughout the curriculum as well as innovative training practices, field experiences, and out of classroom opportunities for graduate Master's and Doctoral students. Graduates, students, and faculty discuss the impact, challenges, and recommendations for ground-breaking multicultural social justice training. (70 min.) \$169.95 978-1-4631-1289-9

## **Multicultural Counseling: Intake and Follow-up**

Kevin Nadal, John Jay College of Criminal Justice

This two-part series presents a real-life example of how a counselor can use multiculturally competent techniques in working with clients with specific disorders. The client is a Latina woman who has a history of mood disorders and substance abuse problems. Dr. Nadal explores the cultural elements that impact the clients' problems, while using traditional methods like strength-based counseling, cognitive reframing, and here-and-now processing. The first session is an intake and assessment. The client leaves the session with an action plan. The second session explores the client's action plan, what has worked, and what needs to be improved. (70 min.) \$189.95 978-1-4631-1287-5

## Best-Selling Basic Counseling Skills Text & Video Series

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*Designed for all courses focusing on skills, students will be able to complete an entire session using only listening skills. Live demonstrations of real issues with many subtitles enable students to recognize interview behavior, practice skills in small groups, and then generalize skills to the actual interview. Multicultural issues are infused throughout.*

The BASIC ATTENDING SKILLS DVD includes:

1. Attending behavior and positive asset search
2. Questions
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5. Reflection of feeling
6. Summarization
7. Conducting a full interview using only listening skills

DVD (2 hrs.) \$349.95 978-1-4631-1313-1 TEXT ISBN 978-0-917276-07-1 \$24.95





## **Basic Influencing Skills**

By Allen E. Ivey, Norma G. Packard, Mary Bradford Ivey, Kent Butler, and Carlos P. Zalaquett

This is a completely new series with relevant and important options for your classroom. Students will observe the specifics of influencing skills in reality-based demonstrations with many subscripts and discussion questions. Includes:

1. Listening skills
2. Client change scale: Assessing client change in the interview
3. Confrontation
4. Focusing
5. Reflection of meaning/the community genogram
6. Reframing/interpretation
7. Feedback/self disclosure
8. Logical consequences
9. Directives/psychoeducation
10. Integration of skills

(2 1/2 hrs.) \$349.95 978-1-4631-1278-3  
(includes DVD, textbook, leader guide )

## **Basic Stress Management**

Allen E. Ivey, Norma G. Packard, Mary Bradford Ivey, Kent Butler & Carlos P. Zalaquett, Carlos Zalaquett, University of South Florida

Every professional needs an array of strategies to deal with stress. This series, based on CBT, provides live demonstrations of specific stress management treatments. Students will see experts demonstrating the specific skills that they can practice and then use in daily sessions.

*Skills demonstrated include:*

1. Directives/psychoeducation
  2. 6-step mindfulness meditation
  3. Group meditation
  4. Spiritual imagery
  5. CBT & thought stopping
  6. CBT and automatic thoughts
  7. Gestalt from a CBT frame of reference
  8. Psychoeducation
  9. Free Association
- (2 hrs.) \$189.95 978-1-4631-1280-6

## **Coaching and Counseling with Allen E. Ivey**

Coaching skills are an important 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.

(25 min.) \$129.95 978-1-4631-1277-6

## **Conference DVDs**

### **National Multicultural Conference and Summit 2011**

#### **Is Psychological Science A-cultural?**

Joe Gone, University of Michigan

The history of psychological science, as it has intersected with ethnoracial, cultural, and other marginalized domains of group difference, is replete with disinterest, dismissal, or denigration of these diverse forms of psychological experience. This has led some to wonder whether psychological science is a-cultural, or even anti-cultural, in orientation. Assessment of this provocative proposition first requires exploration of three composite questions: (1) What is culture? (2) What is science? (3) What is psychological science? Dr. Gone argues that psychological science is not, has never been, and indeed cannot in principle be a-cultural. Instead, like all forms of knowing, psychological science emerges at particular historical moments to achieve particular goals that are motivated by particular interests.

(60 min.) \$129.95 978-1-4631-1235-6



#### **Implicit Bias: New Forms of the American Dilemma and the New Science of Discrimination**

Anthony Greenwald, University of Washington

Although overt race discrimination has greatly declined in America, recent research has revealed that various biases exist in "implicit" forms that operate outside of awareness. Many earnestly egalitarian Americans remain unaware that any dilemma still exists. It is therefore not surprising that many assume America is "post-racial." Yet, implicit biases have been found based on ethnicity, religion, sexual orientation, gender, and age. In addition to describing the basic findings that underlie this new science of discrimination, Dr. Greenwald demonstrates the Implicit Association Test (IAT).

(60 min.) \$129.95 978-1-4631-1236-3

#### **Is Multicultural Psychology Ascientific? Ana Mari Cauce, University of Washington**

As research psychologists have yearned for the status and respect more often accorded to those in disciplines characterized by precise measurements and tight methodological controls, certain ways of knowing have come to be viewed as more or less "scientific." This has resulted in a privileging of the methods of science over the goals of science. That is, we have too often cared more over "how" we study individuals than "why" we study them. Multicultural psychology has, in large part, emerged out of a desire to re-focus our attentions back to the original goals of scientific psychology – which include not only control, but also description, understanding, and prediction. In this sense, multicultural psychology does not so much reject science as it embraces it more fully than the narrow "scientism" that came to dominate the field in the late twentieth century. For multicultural psychology to emerge as a mature field, we don't need less science, but more science. (60 min.) \$129.95 978-1-4631-1234-9

# *North Atlantic Region Association for Counselor Education and Supervision (NARACES) Conference 2010*

## ***Social Justice Counselors in Action: Walking the Talk***

*Rita Chi-Ying Chung, George Mason University*

In her inspiring keynote address, Dr. Chung encourages counselors and others in the helping profession to move beyond the walls of their institution and make real change in their community through social justice action efforts. Dr. Chung discusses her social justice work internationally, the earthquake in Haiti, the tsunami in Thailand, and her efforts to abolish child trafficking in Burma and globally. She also speaks about her national post-disaster work after Hurricane Katrina and the San Diego wildfires. Dr. Chung shows how we can all make a difference in making change in our world. Her keynote address is a call to action for all in the helping professions. (60 min.) \$129.95 978-1-4631-1237-0

## ***School Counselors Closing Achievement and College Access Gaps***

*Cheryl Holcomb-McCoy, Johns Hopkins University*

Dr. Holcomb-McCoy is a nationally recognized expert in school counseling. In her keynote address, she shares social justice work in school and college counseling settings as well as ground breaking research on college access counseling in urban high schools. (60 min.) \$129.95 978-1-4631-1309-4

## ***Counseling, Therapy and Neuroscience***

*Keep your students on the cutting edge. Neuroscience research not only validates what we are doing in counseling and therapy, it also helps us select appropriate interventions. These DVD's enhance student understanding of empathy and relationship and demonstrate how skills and theories can be best applied in the interview.*



## ***Neuroscience& the Brain: Implications for Counseling & Therapy***

*John J. Ratey, M.D. Harvard Medical School*

Designated one of America's Best Physicians for seven years, Dr. Ratey takes us through the basics of neuroscience and the brain. You will learn how clients can learn new thoughts, feelings, and behaviors due to brain plasticity and development of neural networks. Ratey describes the "social brain" that is deeply impacted by harmful environments. He presents specifics for improving the brain functioning of our clients. (2 hrs.) \$229.95 978-1-4631-1188-5

## ***Alzheimer's Basics for Counselors/Therapists: Definition, Assessment, and Counseling***

*Alizreza Atri, M.D., Ph.D., Harvard Medical School, Mass. General Hospital*

Dr. Atri explains the counselor's role in Alzheimer's assessment and referral. Counselors will understand their centrality in helping the patient and the family. Students will not only learn key facts, but they will also be able to do informal AD assessments. Special attention is paid to the progression of this disease and specifics for referral and action. A brilliant researcher, practitioner, and award-winning faculty member, Dr. Atri gives students a fascinating and involving presentation, with useful handouts included to facilitate follow-up. (2 hrs.) \$189.95 978-1-4631-1290-5

## ***Counseling and Neuroscience: Implications for Microskills and Practice***

*Allen Ivey, EdD, ABPP, Distinguished Univ. Professor (Emeritus), U. of Massachusetts, Amherst*

Dr. 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. (60 min.) \$169.95 978-1-4631-1291-2 Includes Leader Guide

## ***Stress Management: Understanding and Treatment***

*Dr. Edna Brinkley, The Brinkley Center, Austin, Texas*

Uncontrolled stress floods the brain with cortisol and can even destroy memories in the hippocampus. We now know that stress management is a central strategy for mental health and personal growth. In four client interviews, Dr. Brinkley helps her clients "take home" new learning they can start using immediately. In this video, we learn how chronic stress affects the body, how to identify client stressors, and how to teach clients lifestyle practices for stress reduction. Students can immediately apply what they observe in each section of this video. (90 min.) \$189.95 978-1-4631-1292-9 (DVD with included CDROM provides PowerPoints™ and LeaderGuide

### ***Queer Theory in Action: Theoretical Resources for Therapeutic Conversations***

*Julie Tilsen and David Nylund, Private Practice*

Drs. Tilsen and Nylund illustrate the clinical application of queer theory. Queer theory, a set of ideas that challenge notions of fixed identity categories, can be useful in helping clients unpack taken-for-granted ideas about sex and gender. Dr. Nylund uses a queer theory-informed practice to aid Gwen, a transgender female, appreciate her journey of gender transition, the obstacles she has faced, and the skills and courage it has taken to express her non-normative gender identity. Dr. Tilsen works with Tighearnan, a transgender male, to help him navigate his relationship with his mother in a way that does not compromise his gender identity. (2 hrs.) \$189.95 978-1-4631-1186-1

### ***Counseling Gay & Lesbian People of Color: Multiple Identities***

*Kevin Nadal, John Jay College of Criminal Justice*

Through exploring these clients' presenting problems, Dr. Nadal is able to examine how their racial, ethnic, gender and sexual identities may influence their lives, as well as their coping skills. Dr. Nadal uses culturally sensitive skills in assessing client concerns and helps them move towards becoming healthier and happier individuals. Part 1: Dr. Nadal counsels Filipina-American lesbian woman who moved to the U.S. when she was a teenager. Issues of acculturation, coming-out, and identity are explored. Part 2: Dr. Nadal counsels a Latino gay male who shares his anxieties about his family, lack of support system, and desire for a long-term relationship. He encourages the client to talk about repressed feelings regarding his identity development, as well as the cultural influences of the client's coming-out processes. (70 min.) \$189.95 978-1-4631-1187-8

### ***Four Approaches to Counseling One Client: Medical, Intrapsychic, Multicultural, and Social Justice Counseling Models***

*Manivong J. Ratts, Ph.D., Seattle University; President, Counselors for Social Justice, A Division of the American Counseling Association*

Four counselors work with the same client who brings a multiplicity of identities and issues to the session. The helping models demonstrated are: (1) medical (bio), (2) intrapsychic (bio-psycho), (3) multicultural (bio-psycho-social) and (4) social justice (bio-psycho-social-advocacy). An analysis of each model is provided along with its strengths and limitations. Dr. Ratts also provides a description of the social justice counseling model, which explores how biological, psychological, and sociological factors influence client problems and the relevance of advocacy in counseling.

(2 hrs.) \$189.95 978-1-4631-1188-5

### ***Working with Gay & Lesbian Youth: A Multi-ethnic Demonstration***

*Garrett McAuliffe, Old Dominion University*

"I wish I had this inspiring and practical guide in my own counselor training. . . Our heads are in the sand and young people are dying." This Director of a Counseling Center experienced two gay youth suicides in the previous year. This DVD offers clear guidelines for multifaceted training and includes testimonials from four lesbian and gay individuals. Action specifics are presented in vignettes illustrating strategies for working with Persons in the Identity Confusion or Coming Out phase of gay identity. (2 hrs.) \$219.95 978-1-4631-1188-5



\*\*\*Visit our website to view all of Garrett McAuliffe's "Culturally Alert Counseling" series, including:

*Culturally Alert Counseling: A Demonstration of Key Practices; Working with Religious Clients; Working with African American Clients; Working with Latino/a Clients; and Working with Asian American Clients.*

\*\*\* See also...

### ***GAY, LESBIAN & BISEXUAL CLIENTS***

Dr. Ruperto M. Perez demonstrates and discusses his approach to working with lesbian, gay, or bisexual individuals. Therapy and counseling with this population is similar in many ways to working with members of the heterosexual population, except that the therapist must keep in mind issues of homophobia, the coming out process, and the multiple social roles that lesbian, gay, or bisexual clients may play. In this session, Dr. Perez illustrates his affirmative approach to therapy with a client named Denise, a woman who in the past year has divorced her husband of 26 years, come out to friends and family as a lesbian, and entered a new relationship with a woman. Dr. Perez works with Denise on the complications of having a fuller relationship with her partner while acknowledging the needs of her children as well as her fears of coming out at work and in the broader community. #14504/0157 100 minutes 2004 \$169.95



## Conference DVDs

### *Australia Counselling Association and New Zealand Association of Counsellors Conference 2010* *“Nations coming together as whanau/family in the great ANZAC tradition”*

#### **Australian Aboriginal “Sorry Business” and Culturally Appropriate Counselling**

*Robina Otrupcek, counselor*

The grief suffered across generations of Indigenous Australians over the last 200 years is often the source of the current discontent that has led to many mental health issues. This presentation looks at important aspects of Aboriginal cultures to enable useful assistance in this grief. An attempt to understand and accept these differences will generate the respect needed to improve the success rate in therapeutic approaches.

(30 min.) \$129.95 978-1-4631-1229-5

#### **The Mirror Cracked: Attachment and the Therapeutic Relationship**

*Judith Morgan, play therapist*

The therapeutic relationship has been widely regarded as important, even central, to the work of psychotherapy. However, the role of the attachment in the therapeutic process is something which is almost never discussed. Yet when a child is referred for therapy it is common to discover that the child has experienced disruption to a significant attachment relationship that has impacted the child in serious ways. This presentation draws upon a number of actual cases, and explores experiential techniques. (90 min.) \$149.95 978-1-4631-1230-1

#### **Introduction to Structured Relapse Prevention: An Integrative Approach to Working with Alcohol and other Drug Problems**

*Jason Dixon, private practice*

Wellness is a way of life oriented to optimal health and living fully within the human community. Clients struggling with alcohol and other drug problems are seeking an improved quality of life. Structured Relapse Prevention (SRP) is a program of integrated counselling strategies that includes Motivational Interviewing, cognitive-behavioural treatments, and a variety of coping skills strategies that are organized to meet clients' different needs and treatment goals. Clients are met where they are in their current substance use, and autonomy for change remains with the client. This presentation is an introductory overview for Counsellors who wish to expand their skills repertoire for working with clients presenting with alcohol and other drug problems.

(90 min.) \$149.95 ISBN 978-1-4631-1312-4



#### **Therapy and the Brain**

*Richard Hill, private practice*

Information about the brain is presented in a simple, understandable language that provides a foundation for those who wish to include an understanding of the brain and mind in their counseling and clinical practice. Topics presented include neurobiological processes of stress and anxiety and their effect on behaviour; the social brain; mirror neurons and interpersonal neurobiology; and behaviours such as ADHD, Alexithymia, Compulsive Disorders, and Learning Difficulties. (90 min.) \$149.95 978-1-4631-1232-5

#### **Undercover Teams: Re-storying the Bully Relationship**

*Mike Williams, school counselor*

Traditional responses to bullying and harassment in schools usually focus on either punishment or exclusion of the person or persons who are bullying or by attempts to change the behaviour of the victim. Undercover Teams, by contrast, use a relationally transformative and deeply respectful approach based on the principles of narrative mediation. Those responsible for the bullying are recruited into a select team who make it their mission to interrupt bullying behaviours. This workshop uses real-life stories at one New Zealand secondary school to describe how the Undercover Team Approach is used in a strategic way to disrupt a story of bullying relations and rewrite an alternative story of support for the victim. It describes the creation of the team and its tracked progress and finally a new story of peaceful relations in the classroom. (90 min.) \$149.95 978-1-4631-1233-2

#### **Out of Our Comfort Zone: Holistic Counselling in a Multicultural school**

*Claire Ferguson, school counselor*

The counselor plays a critical role in developing and maintaining the pastoral network, linking many “players” in the school, community, and key agencies. In developing pastoral services, a school needs to be guided by the vision, values, and principles of the New Zealand curriculum. This presentation describes the philosophy behind the implementation of pastoral services that embrace all aspects of student well-being and development, the counselor’s role in the process, and aspects of safe practice in a challenging environment.

(30 min.) \$129.95 978-1-4631-1231-8

## Difficult Clients/Student Athletes/Neurofeedback/Mentoring

### **Difficult Clients, Challenging Situations**

Kevin Nadal, John Jay College of Criminal Justice

While counseling programs train their students to enter the world of counseling, sometimes these beginning counselors find themselves in difficult and uncomfortable situations.

This video addresses some of those challenging moments in session, where a counselor has to think quickly and respond appropriately.

The vignettes address the following issues:

1. The client who wants the counselor to make all decisions for her.
2. The client who picks up his phone in the middle of session.
3. The client who makes unintentional racist/homophobic/sexist remarks in session.
4. The client who nervously talks non-stop, without giving the counselor a chance to interject.
5. The client with inappropriate space boundaries.
6. The mandated client who won't talk in a session.

For each vignette shown, there are multiple responses offered, allowing the viewer to decide which one might work best.

This is a must-have training video for the new counselor – and can even offer helpful advice for the experienced counselor!

(30 min.) \$169.95 978-1-4631-1189-2



### **Counseling the Student-Athlete** Adam Zagelbaum, Sonoma State University

Recent developments in the world of athletics and academics are impacting the perceptions and demands being placed on student-athletes to succeed both on and off the field. This video shows how the school counselor can be particularly helpful in providing resources and support to student athletes and their families as they prepare for and navigate this demanding maze of expectations and important decisions. Scenarios depict a male and female student-athlete at different points in their student-athletic academic, career, and personal/social development, and involve work with teachers, coaches, parents, and school counselors. Following the scenarios, a discussion with a parent, teaching professionals, coach/athletic director, and school counseling professionals and trainees depicts the reasons why student athletes may or may not seek counseling services, ideas for how these services can best be provided to student athletes and their families, and other contemporary topics that counseling professionals can best address when encountering student athletes who are in need. (90 min.) \$189.95 978-1-4631-1190-8

### **Using Neurofeedback in the Counseling & Treatment Process**

Lori Russell-Chapin, Bradley University and Ted Chapin, Private Practice

In this video, Drs. Chapin and Russell-Chapin provide an overview of neurofeedback – its definition and uses in the treatment process. They then show how the process works with a client who has entered therapy with a diagnosis of bipolar disorder and symptoms of anxiety, poor concentration, and forgetfulness. This is an excellent overview and demonstration of an increasingly popular form of treatment. (60 min.) \$189.95 978-1-4631-1191-5

### **The Power of Mentoring: Strategies to Bring Out the Best in Anyone & Make a Difference**

Anne Chan, Ph.D., Author of *Inspire, Empower, Connect: Reaching Across Cultural Differences to Make a Real Difference*.

What do Oprah Winfrey, Mozart, Lance Armstrong, Abraham Maslow, and Cesar Chavez have in common? Besides their accomplishments, they have all been coached to greatness by their mentors. Mentoring is rarely taught at school, yet it's an essential piece of professional and personal development. This video will teach you how to be an outstanding mentor through engaging roleplays, interspersed with inspiring stories and concrete tips from actual mentors and mentees with a combined 120-year experience in mentoring. You will be given research-based, practical strategies for how to connect effectively with culturally different mentees. The strategies presented are geared for counselors, educators, supervisors, and mentors in all types of settings. You will be shown exactly what you can do to make a difference and be a better and more inspired teacher, advisor, and mentor! (60 min.) \$189.95 978-1-4631-1192-2

\*\*\* See also...

### **Theory and Practice of Family Therapy and Counseling**

This program demonstrates key techniques and family therapy theories in action. Includes up-to-date counseling examples, as well as counseling theories demonstrated in ten segments. This allows you to show clips in class easily or assign the viewing of individual clips for homework.

CHAPTERS/SEGMENTS:

Multigenerational- 17:53

Alderian- 20:28

Parenting- 15:39

Human Validation Process Model- 15: 26

#14739/0430 178 minutes 2009 \$169.95

Symbolic Experiential 21:39

Structural- 16:22

Strategic- 17:08

Solution- Focused/ Solution-Orientated-

16:58

Feminist-17:17

Cognitive- Behavioral-20:30

## Best-Selling DVDs

### ***Crisis Counseling: The ABC Model***

*Kristi Kanel, California State University, Fullerton*

Effective approaches to crisis are addressed in this DVD. Dr. Kanel provides crisis counseling for two clients; one, a rape survivor, the other, a newly discharged Iraq veteran. Dr. Kanel uses the ABC model of crisis counseling to:

- "A" Develop and maintain rapport including use of basic attending skills.
  - "B" Identify the nature of crisis and alter cognitions.
  - "C" Provide coping skills including resolution, referral, and support.
- Dr. Kanel reviews crisis counseling history and background of crisis theory.

(70 min.) \$189.95 ISBN 978-1-4631-1204-2 Includes Leader Guide



### ***Three Approaches to Counseling One Adolescent Client: Solution-Focused, Reality Therapy, and Cognitive-Behavioral***

*Edward Hamann, William McFarland, and Carrie Alexander-Albritton, Western Illinois University*

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. See how three different therapists take the same client and work from three different theoretical perspectives. This is an excellent DVD for use in counseling theory courses. Students will understand the "how" and "why" of these different theoretical approaches.

(1 hr. 50 min.) \$189.95 ISBN 978-1-4631-1193-9 Includes Leader Guide

### ***Empathy Training for Ethnic and Cultural Awareness***

*Max Parker and Chun-Chung Choi, University of Florida, Gainesville*

What could be a better way to enhance our empathy toward the culturally different than capturing their daily experiences on campus? This DVD features 36 vignettes developed and role-played by college students based on their own experiences of feeling marginalized. African American, Asian/Asian American, Caribbean, Gay and Lesbian, Hispanic, American Indian, and international students are featured. Audiences not only will gain insight into the experiences that challenge culturally different students, but will examine their own assumptions, feelings and attitudes toward them. (60 min.) \$189.95 ISBN 978-1-4631-1195-3 Includes Leader Guide

### ***Anti-discrimination Response Training (A.R.T.)***

*Ishu Ishiyama, University of British Columbia*

A.R.T. provides materials for teaching specifics of social justice and action. Active witnessing shows us how to respond on-the-spot to incidents of discrimination. Participants will be able to:

- Identify forms of direct and indirect oppression in terms of race, gender, sexual orientation, and other key issues.
- Practice and develop skills of active responding to the all-too-frequent behaviors of discrimination.
- Teach others in schools, places of worship, and communities how to combat oppression.

23 vignettes present discrimination and oppression that we may encounter on the street, at the grocery store, in the classroom, and in our own homes. Participants view the incidents, discuss effective responses, and then practice specifics of how to act effectively to produce change.

(40 min.) \$189.95 978-1-4631-1205-9 plus CDROM

### ***Brief Counseling: The Basic Skills***

*John Littrell, Counseling and Career Development, Colorado State University*

John shows us how we can teach brief counseling from a microskills framework. Students will learn how to search out positives and solutions early in the session. They will also learn how to structure a five-stage brief interview, ask questions that make a difference, and discover how to manage difficult clients.

(50 min.) \$169.95 978-1-4631-1215-8 Includes leader guide

### ***Behavioral Counseling and Psychotherapy***

*Jeff E. Harris, Texas Woman's University; Jill Oliveira-Berry, Tripler Army Medical Center, Department of Psychology, Behavioral Medicine Program*

Fourteen key strategies demonstrated; Interviews focus on a lonely international student and a woman in an abusive relationship.

(60 min.) \$169.95 978-1-4631-1304-9 Includes leader guide

### ***Career Counseling with Children: Live Demonstrations***

*Adam Zagelbaum, Sonoma State University*

Dr. Zagelbaum skillfully and sensitively counsels two preteen children in individual counseling sessions. Students will learn that children can understand and work with basic career constructs if age-appropriate methods are used. Children are being asked to consider career matters at an increasingly younger age and effective counseling here can help them stay in school. Students will be able to master the Creative Career Constellation approach and see how it relates to cross-cultural, age, gender, and other sociocultural issues. (50 min.) \$169.95 978-1-4631-1207-3 Includes leader guide

## **Cognitive Counseling and Psychotherapy**

Jeff E. Harris, Texas Woman's University; Jill Oliveira-Berry, Tripler Army Medical Center, Department of Psychology, Behavioral Medicine Program

Students will master 12 cognitive strategies. Two case demonstration include a woman in an abusive relationship and a man trying to develop a positive gay identity. (50 min.) \$169.95 978-1-4631-1303-2 Includes leader guide

## **Counseling and Privilege Series**

Lewis Schlosser, Seton Hall University with Julie Ancis, Georgia State University; Kathy Biesheke, Penn State University; Jane Dewey, Seton Hall University; Pamela Foley, Seton Hall University; and Will Liu, University of Iowa

How do mental health professionals work toward multicultural competence? One place to start is to begin the process of self-awareness, particularly in the area of socially privileged identities. In this ground-breaking series, Lew Schlosser interviews psychologists with expertise in six key areas of privilege: White, Heterosexual, Christian, Ability, Male, and Social Class. In addition to learning how to personally connect with one's own socially privileged identities, students and professionals of all ethnicities and races will learn how privilege manifests itself in everyday life, how it affects the therapeutic process, and how we can take steps to dismantle privilege. Thought-provoking and insightful, this DVD is sure to spark discussion and debate in class. This DVD brings the power of often-missed multicultural issues to the center of our practice. Six DVD Set (180 min.) \$189.95 978-1-4631-1302-5



## **Counseling Children: Brief Strategies**

Mary Bradford Ivey (Mary's school counseling program was named one of the top ten in the U.S. at the Christa MacAuliffe Conference)

This best-selling DVD shows how to conduct a five-stage interview with elementary students. Mary demonstrates how to use the community genogram and family tree to obtain cultural and contextual strengths of children. DVD subtitles highlight the key skills and strategies Mary uses in her positive approach to counseling children. Spirituality is demonstrated as an important strength for children.

Brief counseling methods are also important in these energetic and spontaneous short sessions. Mary shows how to help children achieve results in a time frame children understand. (60 min.) \$169.95 978-1-4631-1216-5 \* Includes handout

## **Counseling Immigrants**

Adam Zagelbaum with Vanna Som, Maria Avina, and Miguel Loeza, Sonoma State University

As our demographics change, mental health practitioners, counselors, and psychologists all need to be aware of the specific needs of immigrants. In this first-ever video on this topic, two scenarios are presented: school-counseling as well as community-based scenarios that touch upon language, culture, family, education, and work-related concerns that impact the well-being and needs of immigrant clients. Following the scenarios, three immigrants (Mexican and Asian) – all of whom are in the counseling profession – discuss their reasons for immigrating, seeking counseling services, and moving toward a career in counseling – with specific attention focused on how to work with and advocate for immigrant clients so that emotional needs and social resources are met. (75 min.) \$189.95 978-1-4631-1200-4

## **Counseling Latina/o Children & Adolescents: Cross-Cultural Issues**

Enedina Vázquez and Luis Vázquez, New Mexico State University, and Mary Bradford Ivey

How can non-Latina/o's work effectively cross-culturally? The first demonstration shows Mary working with a child who has been racially harassed. We see an ineffective model followed by a culturally sensitive approach, including parental feedback on the session. Enedina shows how to work with acculturation issues and helping the child build on cultural strengths. Luis's demonstration focuses on the acting-out child, listening, and then working with cultural strengths for problem resolution. Special attention is given to working with families and providing effective translation for non-English speaking clients. (60 min.) \$169.95 978-1-4631-1217-2 Includes leader guide

## **Counseling the Antisocial Client: Working with Resistance and Denial**

Norma Gluckstern Packard, Former Warden, Patuxent Prison, Maryland

How can we counsel a court-referred client who places little value on reflective thinking and sees counseling as a way to avoid prison? Dr. Packard uses traditional communication skills to hear the client's point of view and provide consistent support. On this base, she can challenge and confront the antisocial client. The DVD presents portions of early and late sessions and will be valuable for anyone working with difficult clients. (60 min.) \$169.95 978-1-4631-1296-7

## **Counseling Veterans**

Herbert Exum and Amy Menna, University of South Florida, Tampa

The counseling profession has not given sufficient attention to returning military. Only with the Iraq and Gulf Wars do we begin to understand the needs and our responsibility. Veterans are actually members of a distinct cultural group and this DVD explains the culture and vets' special needs. Students will learn about post-traumatic stress, specific treatment issues, and the critical importance of working with military families. (60 min.) \$129.95 978-1-4631-1201-1



## ***Creating More Satisfying Lives: A Live Demonstration of Happenstance Career Theory***

*John Krumboltz, Stanford University*

In a spontaneous and unrehearsed demonstration, Dr. Krumboltz applies Happenstance Learning Theory with a female Chinese-American graduate student contemplating career directions. Concepts that will enrich your students understanding of career counseling include:

- Unexpected events almost inevitably play a role in everyone's career
- Clients can create opportunities by taking appropriate actions
- Counselors can encourage new experiences and allow mistakes

Dr. Krumboltz is then interviewed by a Japan Career Development Assoc. member to clarify theory and application. Many subtitles highlight key points.

(50 min.) \$169.95 978-1-4631-1206-6

## ***Crisis Counseling: The ABC Model***

*Kristi Kanel, California State University, Fullerton*

Effective approaches to crisis are addressed in this DVD. Dr. Kanel provides crisis counseling for two clients; one, a rape survivor, the other, a newly discharged Iraq veteran. Dr. Kanel uses the ABC model of crisis counseling to:

"A" Develop and maintain rapport including use of basic attending skills.

"B" Identify the nature of crisis and alter cognitions.

"C" Provide coping skills including resolution, referral, and support.

Dr. Kanel reviews crisis counseling history and background of crisis theory.

(70 min.) \$189.95 978-1-4631-1204-2 Includes leader guide

## ***Cultural Competence in the Helping Professions***

*Derald Wing Sue, Teachers College, Columbia University*

What is cultural competence? What is multicultural counseling and therapy? Is there any difference between counseling a White client as opposed to a Black one? What do we mean by multiculturalism? Does it include gender, sexual orientation, class, religion, and other sociodemographic groups? This DVD answers these questions and more—students will learn key basics for practice and the deeper meanings of identity development.

(60 min.) \$129.95 978-1-4631-1298-1

## ***Empathy Training for Ethnic and Cultural Awareness***

*Max Parker and Chun-Chung Choi, University of Florida, Gainesville*

What could be a better way to enhance our empathy toward the culturally different than capturing their daily experiences on campus? This DVD features 36 vignettes developed and role-played by college students based on their own experiences of feeling marginalized. African American, Asian/Asian American, Caribbean, Gay and Lesbian, Hispanic, American Indian, and international students are featured. Audiences not only will gain insight into the experiences that challenge culturally different students, but will examine their own assumptions, feelings, and attitudes toward them. (60 min.) \$189.95 978-1-4631-1195-3 Includes leader guide

## ***Experiential Counseling and Psychotherapy***

*Jeff E. Harris, Texas Woman's University; Jill Oliveira-Berry, Tripler Army Medical Center, Department of Psychology, Behavioral Medicine Program*

17 strategies enable an African-American woman to change her relationship patterns and a White man to finding meaning in his father's death.

(60 min.) \$169.95 978-1-4631-1305-6 Includes leader guide

## ***Equity-Focused School Counseling: Ensuring Career & College Readiness for Every Student***

*Stuart Chen-Hayes, Lehman College of the City University of New York; Ketrin Saud Maxwell, Fairleigh Dickinson University; Deryl Bailey, University of Georgia*

Today's school counselors need to be change agents for equity. As collaborators, advocates, and culturally competent counselors, they need to help close achievement and opportunity gaps in K–12 schools through their school counseling programs. This DVD demonstrates transformative school counseling by providing:

- A comprehensive understanding of the history of school counseling from the 1930's to present-day, including the latest equity-based new vision school counseling models that incorporate TACKLE skills as well as the ACCESS competencies.
- 12 skill-building vignettes that feature a culturally and linguistically diverse range of K–12 students, school counselors, parents, teachers, and principals. The vignettes demonstrate key skills and competencies and show how to perform new vision school counseling skills.

Developed from the work of the National Center for Transforming School Counseling. (2½ hrs.) \$189.95 978-1-4631-1202-8 Includes leader guide

## ***Crisis Stabilization for Children: Disaster Mental Health***

*Jennifer Baggerly, University of North Texas, International Trauma Consultant*

How can we help children recover from trauma after disasters? Dr. Baggerly worked with children in Louisiana following Hurricane Katrina and with children in Sri Lanka after the tsunami. This DVD presents the guiding principles for responding to children after a disaster.

- The "big 5" impacts—physiological, cognitive, emotional, behavioral, and spiritual
- Key disaster mental health and cognitive-behavioral concepts for work with children
- Basic grounding and containment skills during and following a disaster
- Initial individual disaster mental health interventions
- Group disaster interventions.

(60 min.) \$189.95 978-1-4631-1306-3 Includes leader guide





## ***Feminist Counseling and Cultural Therapy: Two Demonstrations***

Mary Ballou, Northeastern University; Charity Tabol, Northeastern University; Martin J. La Roche, Harvard Medical School at the Children's Hospital

Two dynamic interviews demonstrate key principles of Feminist Counseling and Cultural Therapy, their similarities, and differences. A male cultural counselor and then a female feminist therapist meet with a male Japanese client to discuss stress management of work and educational demands on the client. The demonstration of these two progressive contemporary developments in counseling and therapy showcase how gender, culture, and power are among the many dynamics to consider. In keeping with collaborative and egalitarian relationships of this new force, the concluding discussion includes the client and a skilled moderator. (90 min.) \$189.95 978-1-4631-1308-7 Includes leader guide

## ***Group Counseling with Children***

Sheri Bauman, University of Arizona and Sam Steen, George Washington University

Two experienced counselors lead a six-part group counseling session with a diverse group of 5th grade students. The goal of the group is to increase members' appreciation of cultural diversity. Viewers will see members' developmental level, the leaders' choice of activities and processing strategies, and issues surrounding the concept of "culture" within the group. (3 hrs.) \$289.95 978-1-4631-1219-6 Includes leader guide

## ***Leading Groups with Adolescents***

Janice DeLucia-Waack, University of Buffalo; Allen Segrist; Purdue University (Emeritus); Andy Horne, University of Georgia

Nationally known group experts work with high school students in an actual psychoeducational group. The initial stage, goal setting, working activities, and termination are all explored. Activities focus on building self-esteem, managing anger, improving communication skills, and resolving irrational beliefs. (3 hrs.) \$289.95 978-1-4631-1220-2

## ***Solution-Focused Brief Counseling: Two Actual Interviews with a Child***

Initial and follow-up interviews show a real case—Kelly, age 10, is doing poorly in school due to difficulty concentrating following recent accidents and health problems in his family. We see Gerald's five-step process of setting goals, posing the hypothetical miracle question, rating problem level, identifying successes in handling the problem, and preparing a message to help overcome obstacles to success. The second interview identifies behavior changes and reinforces improvements. Teachers and family report amazing changes in a short time. Gerald's book *An Ideal DVD and system to teach brief counseling*. Gerald Sklare, University of Louisville (60 min.) \$189.95 978-1-4631-1211-0

## ***What Does it Mean to be White? The Invisible***

***Whiteness of Being***, Derald Wing Sue, Columbia University

Based upon a series of interviews with White folks and People of Color, Dr. Sue asks a very straightforward question: "What Does It Mean to be White"? The variety of reactions are both provocative and powerful as they reveal how unaware and uncomfortable they are in answering the question. Why would many Whites rather not think about their whiteness? Why are they uncomfortable with the question? Why do they deny its importance in affecting their lives? (60 min.) \$129.95 978-1-4631-1297-4

## ***Multicultural Counseling and Psychotherapy***

Jeff E. Harris and Winter Hamada, Ph.D., Tripler Army Medical Center

Fourteen strategies make multicultural work clear and doable.

A Latina woman is depressed as her husband has been deployed to Iraq. An Asian-Pacific grad student deals with discrimination and anxiety. (60 Min.) \$169.95 978-1-4631-1301-8

## ***Multicultural Supervision***

Anika K. Warren and Melissa Corpus, Teachers College, Columbia University

Dr. Warren provides multicultural supervision to Melissa Corpus, an advanced doctoral student in Counseling Psychology at Teachers College, Columbia University. In the first segment, Melissa uses an integrative approach to counsel a Vietnamese-American gay male who completed an intake with Dr. Warren a few years prior. In the second segment, the client provides an overview of his counseling experience and describes his perceptions of effective counseling. In the third segment, Dr. Warren integrates experiential, multicultural, practical, and theoretical techniques to provide supervision to Melissa. The final segment consists of closing comments and analysis from Melissa and Dr. Warren. The client is not an actor. He is a person who agreed to share his personal and professional experiences while reflecting on his future. (75 min.) \$189.95 978-1-4631-1295-0

## ***Persons with Disabilities: Seeking Truth, Busting Myths, and Being an Advocate***

In a series of small group discussions taped in a studio setting, three people with disabilities speak passionately from their own personal experiences. Robbin Miller, LMHC

### **DVD 1: 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.

### **DVD 2: Perceptions, Mythologies, and Stereotypes**

Society often perceives people with disabilities as asexual and non-social. Is this really true? This DVD reviews various perceptions, mythologies, and stereotypes describing persons with disabilities and teaches new ways of learning positive images of persons with disabilities.

### **DVD 3: Sexuality and Disability Part I-Psychosocial Aspects**

Sonya Perdata, RN, draws from her personal experiences as well as those as a nurse to show how society perceives persons with disabilities as asexual and unattractive. She provides an excellent overview of sexual development and sexual expression of people with disabilities.

### **DVD 4: Sexuality and Disability Part II-Physical Aspects**

Sonya Perdata discusses how persons with disabilities can engage in sexual expression with their significant others.

(30 min.) \$99.95 each or Series \$289.95 978-1-4631-1307-0



## **Play Therapy: Basics for Beginning Students**

*Jennifer Baggerly, Univ. of North Texas & International Child Trauma Consultant*

This DVD is the place to begin instruction in play therapy—it is upbeat and entertaining with great visuals, but also includes the critical basics for students with many live demonstrations. Jennifer uses puppets to help communicate the rationale, principles, and basic skills of play therapy. Each skill is demonstrated through DVD clips of play therapy sessions with culturally diverse children. Demonstrated skills include tracking play behavior, reflecting feelings, returning responsibility, encouragement, facilitating understanding, and setting therapeutic limits. (60 min.) \$169.95 978-1-4631-1197-7 Includes leader guide

## **Spirituality and Counseling**

*Samuel Gladding, Past-President ACA; Michele Kielty Briggs, Past-President ASERVIC*

This DVD will teach your students concepts and skills for integrating spirituality into the counseling process. Several professors of religion are briefly interviewed to explain the breadth and depth of spirituality, including its similarities to and differences from religion. Then, Dr. Briggs provides information on the historically significant figures in counseling and spirituality and an overview of the spiritual competencies in counseling. The DVD ends with 2 vignettes – one with Samuel Gladding and one with Michele Kielty Briggs. The viewer observes the implementation of spirituality within the counseling relationship. Concerns about envy, meaning, and identity are addressed in these interactions. Each session ends with a moderator's help to process the sessions and explore the impact and meaning of these therapeutic encounters for the client and clinician alike. (50 min.) \$189.95 978-1-4631-1198-4

## **Suicide Assessment and Prevention**

*John Westefeld, Past-President, Division 17 APA, University of Iowa*

Dr. Westefeld brings us his lifetime work and research on suicide prevention. He shows students information key to their counseling and clinical practice, including:

- latest data on suicide and prevention
- how to access suicide risk
- how to conduct a suicide intervention, including suicide prevention education, counseling a suicidal person, and major components of suicide post-intervention.
- View a therapist working with a suicidal client assessing risk in conjunction with developing a "no-harm" contract.

(50 min.) \$189.95 978-1-4631-1199-1 Includes leader guide & handouts



## **Psychodynamic Counseling and Psychotherapy**

*Jeff E. Harris, Texas Woman's University; Jill Oliveira-Berry, Tripler Army Medical Center, Department of Psychology, Behavioral Medicine Program*

16 strategies demonstrated. We see how this approach can be combined with cognitive/behavior with a woman in an abusive relationship. An African American woman examines her clinging male relationships. (90 min.) \$169.95 978-1-4631-1300-1 Includes leader guide

## **The Challenge of Counseling Teens: Techniques for Engaging & Connecting with Reluctant Youth**

*John Sommers-Flanagan, University of Montana*

John demonstrates specific engagement techniques as he works with six resistant teenagers. John presents strategies such as teen-friendly goal-setting procedures and homework assignments, methods 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 DVD presents clients with diverse cultural backgrounds and includes clips that illustrate the power of authenticity and spontaneity when counseling teens.

(60 min.) \$169.95 978-1-4631-1218-9 Includes leader guide

## **Three Approaches to Counseling One Adolescent Client: Solution-Focused, Reality Therapy, & Cognitive-Behavioral**

*Edward Hamann, William McFarland, and Carrie Alexander-Albritton, Western Illinois University*

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. See how three different therapists take the same client and work from three different theoretical perspectives. This is an excellent DVD for use in counseling theory courses. Students will understand the "how" and "why" of these different theoretical approaches.

(1 hr. 50 min.) \$189.95 978-1-4631-1193-9 \*Includes leader guide

## **The Counseling Intake Process: Culturally Competent Demonstrations and Debriefings**

*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? Two distinctively different approaches to the intake session are demonstrated. In the first one, Brent Beam works with a Trinidadian female who is experiencing sleep issues and feelings of discontent in her work and romantic relationship. In the second demonstration, Karolyn Sentor conducts an intake session with an Asian American male who has recently relocated to a new city and is grappling with issues of loneliness and loss of connection with family. The DVD begins with a brief lecture on the intake process by Dr. Beam, followed by the two intake demonstrations. It wraps up with a debriefing session led by a clinical supervisor and the therapists and clients. Diversity and cross-cultural counseling issues are emphasized. (100 min.) \$189.95 978-1-4631-1194-6

# More Best-Selling DVDs

- Adlerian Early Recollections**, Tom Sweeny and Jane Myers \$129.95  
**Affirmative Psychotherapy for American Jews**, Lewis Schlosser \$129.95  
**African-American Counseling and Psychotherapy**, Thomas Parham \$129.95  
**Afrocentric Approaches to Group Work**, Sherlon Pack-Brown \$169.95  
**Anti-Discrimination Response Training for Teens**, Ishu Ishiyama \$189.95  
**At the Corner of Me and Myself: Voices of Multiple Social Identities**, Mary Fukuyama \$129.95  
**Becoming a Creative Counselor**, Sam Gladding \$169.95  
**Boundaries and Solidarity: The Importance of Being Real**, Suzette Speight \$129.95  
**Brief Counseling: Children and Adolescents**, John Litrell and Kirk Zinck \$169.95  
**Brief Counseling: Solutions for Life**, John Littrell \$169.95  
**Brief Integrative Adlerian Couples Therapy**, Jon Carlson \$169.95  
**Brief Therapy in Action**, Art Freeman \$169.95  
**Building and Maintaining Good Working Relationships in Indigenous Communities**, Lisa Rey, et al \$129.95  
**Career Counseling: Multi-ethnic Demonstrations, 2 video series**, Anika K. Warren \$289.95  
**Carl Rogers and the Person-Centered Approach** \$169.95  
**Christianity and Multiculturalism**, Kellie Kirksey \$129.95  
**Cognitive Counseling**, Jan Holden \$169.95  
**Columbia University Teachers College Winter Roundtable on Cultural Psychology from 2006, 2007, 2008, 2009, and 2010** \$129.95 each  
**Confronting Racial and Gender Differences**, Michael D'Andrea \$189.95  
**Conversations on Racial and Ethnic Identity Research: Where Do We Go From Here?** Bill Cross et al \$129.95  
**Counseling and Therapy with Native American Indians**, T. LaFromboise \$129.95  
**Counseling Arab Americans**, Sylvia Nassar-McMillan and Julie Hakim-Larson \$169.95  
**Counseling Elders: Facing Our Future: 5-part series**, Thomas Sweeny and Jane Myers \$349.95  
**Counseling Muslims**, Farah Ibrahim \$169.95  
**Counseling the Multiracial Population**, Kelley Kenney and Mark Kenney \$169.95  
**Crisis Stabilization Training**, Nancy Baron \$169.95  
**Cultural Competency in Treatment of African American Couples**, A.J. Franklin and N. Boyd-Franklin \$129.95  
**Cultural Identity Theory**, Bill Cross \$169.95  
**Cultural Identity vs. Acculturation**, Manuel Ramirez \$129.95  
**Culturally Competent Counseling and Therapy: Five Demonstrations** \$549.95  
**Culturally-Alert Counseling Series**, Garrett McAuliffe \$659.99  
**Culture and Standardized Tests: Native American Issues**, Carlon Ami \$129.95  
**Derald Wing Sue's Videos on Multicultural Counseling and Racism**  
**Developmental Aspects of Group Counseling**, Rex Stockton \$189.95  
**Developmental Counseling and Therapy**, Allen Ivey \$289.95  
**Disability-Affirmative Therapy**, Rhoda Olkin \$169.95
- Dream Analysis and Counseling: Live Demonstration**, John Marszalek \$169.95  
**Family and Community Genograms**, Allen Ivey \$189.95  
**Feminist Counseling & Cultural Therapy**, Mary Ballou and Martin La Roche \$189.95  
**Five Approaches to Supervision**, L. Russell-Chapin \$189.95
- Group Microskills, Encountering Diversity**, Allen Ivey \$189.95  
**Group Work: Leading in the Here and Now**, Marguerite Carroll \$189.95  
**Integrating Diversity Guidelines for Practice Competency**, Marie Miville, Changming Duan, Roberta Nutt and Carole Pistole \$129.95  
**Latina/Latino Counseling and Psychotherapy**, Patricia Arredondo \$129.95  
**LGBT Counseling in Schools & with Families**, S. Chen-Hayes and L. Banez \$169.95  
**Liberation Psychology: An On-Going Practice in American Indian Country**, E. Duran \$129.95  
**Life-Span DVD's of the Multicultural Experts: Joe White, George Albee, Art McDonald, Patricia Arredondo, Luis Vazquez, Janet E. Helms, Derald Wing Sue, Allen Ivey** \$119.95 each  
**Men and Masculinity**, Ron Levant \$129.95  
**Multicultural Competence: Awareness, Knowledge, & Skill**, Paul Pedersen \$129.95  
**Overcoming Trauma: Altruism Born of Suffering**, Ervin Staub \$169.95  
**Pedersen's Triad Training Model**, Paul Pedersen \$129.95  
**Personal Journeys, Professional Paths: Navigating the Crossroads of a Research Center**, S. Manson \$129.95  
**Race and Assessment: Measurement and Implications**, W. Sedlacek \$129.95  
**Race, Gender and Sexual Orientation**, Oliva Espin \$129.95  
**Race-Based Traumatic Stress: Recognition and Assessment**, Robert Carter \$129.95  
**Reality Therapy Series**, Robert Wubbolding \$179.95  
**Research Findings on Culture and Mental Health in Ethnic Minority Communities**, Jackson et al \$129.95  
**Sex and Aging: Overcoming Obstacles to Maintaining a Vital Sex Life**, Lori Russell-Chapin \$169.95  
**Sexual Orientations in Perspective**, Linda Garnets \$129.95  
**Social Class, Economic Privilege and Counseling**, Will Liu \$189.95  
**Solving the Mystery of Racial Bias in Testing**, Janet E. Helms \$129.95  
**Task and Psycho-educational Groups**, Robert Conyne and E. Robert Wilson \$189.95  
**Telling Your Grief Story**, Lori Russell-Chapin \$169.95  
**The Challenge and Conflict Among Allies**, Melba Vasquez \$129.95  
**The Criterion Problem in the Measurement of Cross-Cultural Competencies**, Fred Leong et al \$129.95  
**The Daily Battle with Oppression: Empowerment through Inclusion**, Rosie Bingham \$129.95  
**The Healing Road: The Native American Tradition**, Robert Ryan \$189.95  
**The Psychology of Men and Masculinity**, Ron Levant et al \$129.95  
**The Psychology of Working: Expanding our Vision to Affirm Race and Culture**, David Blustein \$129.95  
**Vignettes of Culturally Different Counseling**, Don Pope Davis \$169.95  
**White Identity Theory**, Rita Hardiman \$169.95

## Another all-time Best-seller! THIS EMOTIONAL LIFE

Ordinary people and famous celebrities share a basic human problem - how to handle one's emotions, relationships, and negative experiences. Yet why are some more successful than others? Best-selling author and Harvard professor Daniel Gilbert weaves together accounts of ordinary individuals and celebrities including Chevy Chase, John McEnroe, Alanis Morissette, and Richard Gere. Topics examined in the series include the importance of early attachment, post-traumatic stress disorder, depression, grief, and other challenges. #13304/1725 Three programs total 360 minutes on 3 discs 2009 \$129.95

## ►►► ***And now from the experts at PSYCHOTHERAPY!!!***



### ***New! VOICES OF VIOLENCE SERIES***

Effective therapy with criminals has the power to significantly reduce violence in our communities, yet forensic populations can be volatile and especially intimidating to work with. These 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. It will likewise challenge the viewer to see the humanity within violent individuals and inspire new ways to think about how to reduce violence in our communities.

#### **THE ROOTS OF VIOLENCE**

In this program 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. In addition to the expert commentary, riveting interviews with both incarcerated and rehabilitated offenders offer direct insight into the thinking that led to violent crimes.

#### **EFFECTIVE TREATMENT OF VIOLENT INDIVIDUALS**

Part Two examines the critical components of effective treatment programs for violent individuals by focusing on prison programs in California and the U.K. Beyond the creation of an environment of safety and respect, these therapists confront the patriarchal beliefs, social misperceptions, and destructive thoughts that precipitate violent responses to real or perceived threats. Vignettes of actual therapy sessions, along with interviews with incarcerated men, display the remarkable insight these individuals can achieve through treatment. Their chilling accounts of violence will challenge the empathy of even seasoned therapists, yet many of their stories are ultimately redemptive, as they learn to make use of their violent pasts by working to prevent violence in their communities. This video demonstrates vividly that conventional assumptions about crime and punishment fail to endure close scrutiny.

*#14470/1745 Two programs 2011 \$179.95 each or Series \$349.95*

### ***THE ABUSED WOMAN: A Survivor Therapy Approach***

Dr. Lenore Walker, EdD has worked with physically, psychologically, and sexually abused women for more than 30 years and has developed an approach to their treatment called Survivor Therapy. In this dramatic recreation of key moments in the two-year course of therapy with Sarah, a 36-year-old battered woman with a history of childhood sexual abuse, Walker (the recipient of the American Psychological Association's Distinguished Contribution to Women's Health Award) illustrates the basic principles of her approach. Combining scenes from numerous therapy sessions with commentary by Dr. Walker, this video is a valuable teaching tool for practitioners of all orientations and experience levels.

*#10867/1745 60 minutes \$189.95 \*Includes Instructor's Manual*

### ***ALZHEIMER'S BASICS FOR COUNSELORS/THERAPISTS: Definition, Assessment, and Counseling***

Dr. Alireza Atri, Harvard Medical School, explains the counselor's role in Alzheimer's assessment and referral. Counselors will understand their centrality in helping the patient and the family. Students will not only learn key facts, but they will be able to do informal AD assessments. Special attention is paid to the progression of this disease and specifics for referral and action. Millions of patients and their families are affected. Brilliant researcher, practitioner, and award-winning faculty member, Dr. Atri gives students a fascinating and involving presentation. Useful handouts are included to facilitate follow-up. *#12600/1745 120 minutes 2009 \$199.95 \*Includes Instructor's Manual*

### ***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. This means that therapists can learn, grow and be more effective with their clients by systematically monitoring therapy outcomes, inviting negative feedback, and asking the simple question that so often seems too difficult for therapists to ask: "How is this working for you?" Miller warns against manualized systems that require therapists to narrowly work in a particular model, citing research that shows that therapists are the most effective when they are allowed to practice what they believe and are confident in. This means you don't need to change your modality to be more effective, and, in fact, can have a meaningful evidence-based practice by adapting some of Miller's simple tools to invite client feedback. *#12757/1745 58 minutes 2009 \$179.95 \*Includes Instructor's Manual*



## **New! ART THERAPY HAS MANY FACES by Judith Aron Rubin, PhD**

This video provides an introductory glimpse into the exciting and dynamic world of art therapy. With footage from art therapy sessions conducted all over the world and spanning several decades, you'll see the diversity of the field and the many benefits to incorporating an art therapy approach into your practice. The practice of art as healing is a growing discipline that has been effective in helping those suffering schizophrenia, cancer, depression, trauma, grief, autism, physical or mental disability, AIDS and neurological disorders, among others. Further, art therapy can be used with children, families, the elderly, couples and groups. In this video, you will be introduced to two major branches of art therapy: the use of art as a healing method unto itself, and the use of art as a tool in the psychotherapy process. In either approach, art therapy provides a way for clients to tell without talking, and a new way for therapists to listen. #13955/1745 51 minutes \$119.95



## **New! 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.

Over the past fifty years, art therapy has become a recognized strategy for working successfully with diverse populations. Especially with clients who have difficulty expressing themselves verbally, art and drama therapy techniques offer exciting ways for therapists to make contact, connect, and begin a meaningful therapeutic dialogue. 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 2011 \$169.95 \*Includes Instructor's Manual

## **BOWENIAN FAMILY THERAPY**

Watch Dr. Philip Guerin masterfully conducting a live family therapy session, followed by an illuminating discussion about his innovative and sophisticated approach to Bowenian Family Therapy. Pam is a 32-year-old woman who lives at home with her parents, Adrian and Judy, and doesn't have many friends. She clearly has some sort of developmental disability, but Adrian and Judy don't understand why Pam is so angry and uncommunicative. In fact, Pam says she doesn't even understand why she behaves the way she does. In this live family therapy session, Dr. Guerin helps this befuddled family gain more understanding and clarity, while shining a light on the underlying anger, fear, and sadness that reside beneath the surface not only in Pam, but in her parents as well. In this video, Philip 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 \*Includes Instructor's Manual

## **New! 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. Pittman begins by laying the foundation for his light-hearted, playful approach to the serious endeavor of helping families in crisis. Then you'll observe him work with Susan and Tom, a married couple, who disagree about how to parent Tom's ten-year-old daughter. As Pittman offers practical solutions to the various problems the couple presents, he uncovers the layers of resistance to change, including Tom's lack of role-modeling for how to be an effective and involved parent and husband. With optimism and humor, Pittman helps Tom recognize the power he has to make positive changes so that he can be the father and partner he longs to be. Concluding with a lively discussion with an audience of therapists, Pittman shares what he has learned over his forty years working with couples and families in every imaginable crisis. A great role-model for making therapy fun, Pittman shows therapists how to maintain a sense of hopefulness with even the most distressed families.

#14406/1745 114 minutes 2011 \$159.95 \*Includes Instructor's Manual

## **New! CHILD THERAPY CASE CONSULTATION**

In this live consultation, you will get a tangible sense of how eminent child therapist Dr. Violet Oaklander works with a variety of children, while gaining practical skills to bring back to your own clients immediately. Combining Gestalt and expressive arts therapies, Oaklander has been training therapists from around the world in her unique approach for several decades. With a warm and supportive presence, Oaklander offers guidance to three therapists, each struggling with difficult cases. From an 11-year-old boy who was expelled from school soon after his parents separated, to a 6-year-old girl who has been shuffled around to five foster homes in three years, to a boy entering puberty who was molested when he was four, Oaklander shares her wisdom and expertise on child development, trauma, and the nuts and bolts of exploring children's inner worlds. Additionally, she offers detailed advice about engaging with parents and building a child's sense of self. Sprinkling in Gestalt themes such as the importance of contact and following the aliveness, Oaklander also demonstrates the specifics of using art therapy techniques to explore each child's emotional landscape. By sitting in on this consultation session, you will receive a wealth of concrete, practical strategies, and walk away feeling more confident in your ability to bring child therapy to life. #14623/1745 106 minutes 2011 \$179.95 \*Includes Instructor's Manual



## **New! CELEBRATING CULTURAL DIVERSITY: A Group for Fifth Graders**

How do you introduce the topic of cultural diversity to children, when so often it is the "elephant in the room"? What are age-appropriate ways to talk about such complex concepts as discrimination and culture? Watch as group counseling experts, Drs. Sheri Bauman and Sam Steen, demonstrate the answers to these and other thought-provoking questions in this complete recording of six live, unscripted counseling sessions with a group of fifth graders. Then go behind the scenes with the co-leaders as they process each session, providing the viewer with rich insights into their thinking processes. As you get to know the leaders through their revealing conversations, you will learn what works and what mistakes to avoid, while gaining a deeper understanding of the benefits and challenges of co-leading groups. Chock-full of tips on everything from participant screening to self-disclosure to termination, this uncut video is an exceptionally valuable learning tool for professionals who want to improve their group facilitation skills, no matter the topic or population. *By watching this video, you will:*

- \* Learn how to create a therapeutic environment to increase children's awareness and appreciation of multiculturalism.
- \* Increase your skills in leading and co-leading groups.
- \* Understand how to facilitate developmentally appropriate activities and discussions that foster reflection.

#14774/1745 4 hours 46 minutes 2012 \$229.95

## **CHILD THERAPY WITH THE EXPERTS SERIES**

See many of the world's leading experts in child therapy and counseling conduct actual sessions. This one-of-a-kind series allows you to compare the theories and techniques of a wide range of approaches, including CBT, Gestalt, Narrative, Object Relations, and others. Child therapy is decidedly more of an art than a science. We hear over and over again (and the latest research bears this out) that it is the relationship that counts - and this is especially true when providing counseling with children and adolescents. Establishing rapport is the first task at hand, and it is not always an easy one! Improve your skills in working with this population by watching these master therapists quickly find a way to form a connection, and demonstrate a wide variety of tools and techniques to make the therapeutic encounter come alive and address areas of concern in a single session.

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

ADLERIAN PARENT CONSULTATION

ADLERIAN PLAY THERAPY

ADOLESCENT FAMILY THERAPY

COGNITIVE-BEHAVIORAL CHILD THERAPY

GESTALT THERAPY WITH CHILDREN

NARRATIVE THERAPY WITH CHILDREN

OBJECT RELATIONS CHILD THERAPY

PERSON-CENTERED CHILD THERAPY

PSYCHOTHERAPY WITH MEDICALLY ILL CHILDREN

REALITY THERAPY WITH CHILDREN

SOLUTION-FOCUSED CHILD THERAPY

\*These programs are all in the same format - they start with a discussion of the approach with the featured therapist; the discussion is led by John Carson and co-host Don Keat. Following the discussion there is an actual therapy session shown in its entirety (45 to 50 minutes in length). Then there is a discussion of the therapy session, including how well the therapist felt they were able to integrate their theory and approach. Finally the audience of therapists and students ask the featured therapists questions relating to the approach in general, and the therapy session in specific.

\*Each program includes an INSTRUCTOR'S MANUAL which includes a full transcript of the child therapy session, discussion questions, role play ideas, a reaction paper assignment, and related reading and web resources.

#13940/1745 Eleven programs \$189.95 each or Series \$1,649.95



## **PERSON CENTERED CHILD THERAPY**

Watch person-centered child therapist Anin Utigaard in an actual counseling session with a shy eight-year-old girl as she masterfully teaches us to pay attention to all of the ways we communicate with children in therapy. Watch as she enters the child's world through her speech, body language and play, and carefully attends to the child's need to please. In this video, Utigaard connects with a little girl's shyness and fear of doing something wrong. Interacting with her through play and art, Utigaard builds safety and trust, and sparks the girl's sense of initiative. Jon Carlson and Don Keat introduce Ms. Utigaard, and facilitate an in-depth discussion of the further impact and uses of this approach. From watching this video you will: Develop an understanding of the key concepts of person-centered child therapy including utilizing empathy, unconditional positive regard, congruence, and attention to children's need to please; Gain insight into Anin Utigaard's therapy style and how she mirrors children's feelings and expresses her own honestly through speech, body language and play; and, Learn how to apply Utigaard's person-centered techniques to your own therapeutic work with children. \*Part of the 11-DVD Series: CHILD THERAPY WITH THE EXPERTS. #13952/1745 111 minutes \$179.95 \*Includes Instructor's Manual

## **SOLUTION FOCUSED CHILD THERAPY**

Watch solution-focused child therapist John J. Murphy in an actual counseling session with two boys and their mother. We know that children need lots of positive strokes, but all too often therapists focus on problems. In this compelling demonstration, see John Murphy encourage a family to recognize successes and focus on small changes for the future. The two boys, ages eight and ten, are struggling with fighting and turning in homework, leaving their single mother overwhelmed and discouraged. Watch as Dr. Murphy transforms this family's discouragement into encouragement, building on their strengths and validating their successes. Jon Carlson and Don Keat introduce Dr. Murphy, and facilitate an in-depth discussion of the further impact and uses of the model. \*Part of the 11-DVD Series: CHILD THERAPY WITH THE EXPERTS.

#13951/1745 116 minutes \$179.95 \*Includes Instructor's Manual

## **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. Children can feel overtaken by family problems and allow those problems to define who they are. In this video, Stephen Madigan presents a refreshing approach that allows family members to separate themselves from their problems and retell their stories. By asking a series of compassionate questions, Madigan quickly gets to the heart of this family's frustration - a pattern of competitive taunting among the six children in the house. Madigan then helps them uncover skills, strengths and solutions to take home in order to break the family pattern. Jon Carlson and Don Keat introduce Dr. Madigan, and facilitate an in-depth discussion of the further impact and uses of the model. \*Part of the series CHILD THERAPY WITH THE EXPERTS

#14103/1745 103 minutes 2009 \$179.95

## **ERVING POLSTER ON GESTALT THERAPY**

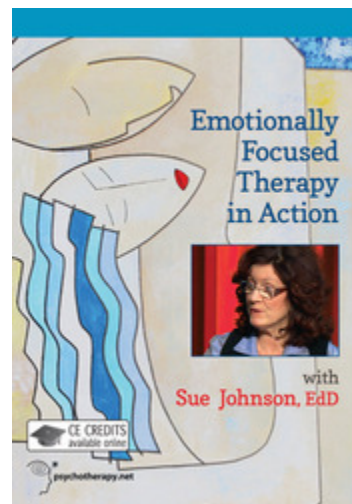
In this in-depth interview, you'll get to know Polster's unique take on Gestalt therapy, and see for yourself how he boldly elevates ordinary conversations into life-affirming encounters. In the psychotherapy profession, there are many experts, but few true masters, and Erving Polster is certainly one of the latter. Weaving together stories from his formative experiences with Fritz and Laura Perls, and significant lessons from his five decades as a psychotherapist, Polster offers in this interview timeless wisdom for new and seasoned therapists alike. Join Polster in this intimate conversation as he explores fundamental Gestalt principles such as the paradoxical theory of change and the importance of the therapeutic relationship, while learning the pitfalls of being a new therapist, such as the dangers of imitating the masters. Enjoy the spontaneous role-play, which highlights Polster's exceptional skill in bringing freshness and aliveness to a session with a highly self-critical client. With surprising revelations such as, "I don't concentrate on the here and now", "I'm not interested in changing anything", and, "I am there to create conflicts", viewers will gain insight into the nuanced perspective of a brilliant, innovative, and free-thinking therapist, while getting a clear understanding of the essence of Gestalt therapy. Most importantly, you'll get a sense of Erv Polster, the person - fully vital in his eighties - and how he brings his full self into his therapeutic work.

#14622/1745 59 minutes 2011 \$159.95 \*Includes Instructor's Manual

## **New! 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". Matt and Rhea are dispirited from their frequent fights, and their couples therapist is struggling to contain their heated conflict and help them reconnect with positive feelings. After serving in Iraq as a helicopter pilot, Matt has returned with a PTSD diagnosis and finds himself shutting down emotionally, leaving Rhea feeling hurt, abandoned, and more like an employee than a partner. But her desperate longing to be seen and appreciated comes out as escalating anger, leaving Matt feeling overwhelmed and wanting to withdraw further. Johnson first consults with Matt and Rhea's couples therapist, aided by video clips from prior sessions. Then you'll see Johnson work with this couple in a brilliant demonstration of the subtlety and efficacy of EFT. 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 Two DVDs and Instructor's Manual 50 minutes 2011 \$259.95



## **THE GIFT OF THERAPY: A Conversation with Irvin Yalom, MD**

In this hour-long interview by Randall Wyatt, PhD - Dr. Yalom discusses the central themes of his life's work as a psychotherapist and writer. Yalom masterfully addresses the core issues facing therapists:

\* Working in the Here-and-Now

\*Therapist Self-Disclosure

\*Keeping Therapy Alive in the Era of Managed Care

\*Avoiding Burnout by Staying Curious

\*Existential and Group Psychotherapy

\*The Therapist Role and Fellow Travelers

\*Challenges and Tips for the Next Generation of Therapists

He elucidates these topics as always with engaging stories from his work with patients, and his own personal life experiences. This DVD will be valuable for personal and professional learning for therapists and students, patients, and anyone interested in the process of human growth and self-understanding. #13949/1745 60 minutes \$169.95

## **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. Students training to be therapists often don't know what to expect going into their first sessions with clients. This can ignite a quickly growing list of fears inside their heads: What if my client doesn't like me? What if I come off as inexperienced? What if I don't know what to say? Likewise, seasoned therapists all remember the first time they met with a client - the anxiety and self-doubt were palpable. In this video, you'll hear from several therapists that have just made it through their first internships. Specifically, you'll learn: How it felt to meet with a client for the first time: what they were worried about before the session, what it was like in the room, and how it felt afterwards; What was particularly helpful during their first internship; What challenges they faced and how they overcame them; How they developed their clinical confidence; What advice they received that was most helpful during this challenging year in their career; and, how it feels now to be a therapist compared to when they first began. \*With English Subtitles for hearing-impaired viewers.

#13568/1745 25 minutes 2010 \$149.95 \*Includes Instructor's Manual

## **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! John Krumboltz sees himself as a teacher and emotional coach. He doesn't think psychotherapy needs to be a mysterious process, and instead works with clients to figure out ways to improve behaviors and prevent problems from recurring in the future. In this video, Krumboltz helps his client Robin give up on struggling for her mother-in-law's approval. Through a role-play telephone conversation, she learns to shift the locus of control so she can take better care of herself in that difficult relationship - and leaves with plans to have this conversation in real life. Hosts Jon Carlson and Diane Kjos introduce Dr. Krumboltz and facilitate an enlightening discussion on the approach. \*A detailed description of this program is available on our website.

#12751/1745 Three parts 118 minutes 2009 \$189.95 \*Includes Instructor's Manual

## **New! DEATH, DYING AND GRIEF IN PSYCHOTHERAPY**

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.

### **VOLUME ONE: A Brief Psychodynamic Approach**

Over the course of four actual sessions, Milton Viederman, MD demonstrates a psychoanalytic approach to working with grief. Paying detailed attention to the subtle nuances of the therapeutic relationship, Viederman adapts the principles of psychoanalysis to a course of brief therapy. Pat is the primary caregiver for her dying husband and is experiencing the grief and fear around his impending death. Forming an interpretation of Pat's core conflict and elaborating this theme throughout the sessions, Viederman helps Pat explore the early life experiences that give meaning to her current emotional responses. He builds rapport and trust with this open and engaging client, offering her a supportive environment in which true insight is produced. In a poignant follow-up session, Pat reveals that the therapy was instrumental in helping her be at peace with her husband's death.

### **VOLUME TWO: Hospital Consultation with Medically Ill Patients**

In this program, Viederman brings his psychoanalytic orientation to actual hospital consultations with cancer patients. While many of us feel comfortable meeting clients on our own turf, we are often less certain how to navigate the therapeutic relationship in a hospital setting with visibly ill patients. Working quickly to assess the conscious and unconscious coping mechanisms that affect the patient's experience of illness and treatment, Viederman's main objective is to create a supportive relationship and relieve patient distress. Interspersed with illuminating commentary, Viederman skillfully demonstrates when to probe defensive structures and when to leave them alone so as not to increase the patient's anxiety.

\*See three reviews of these programs on our website!

#13770/1745 Two Volumes 2010 \$329.95 \*Includes Instructor's Manuals

## **New! 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. Yalom shows us how to confront death in order to invigorate and enhance our own lives and the lives of our patients.

Weaving together fascinating tales from his own clinical practice with wisdom from the great philosophers, Yalom illuminates the existential perspective and how it can be skillfully utilized to enliven the psychotherapeutic encounter. Starting with the premise that "therapy is a synergy of powerful ideas and a powerful, intimate connection" he shares those ideas that he has found most useful in his life and work, as well as ways to leverage the therapeutic relationship for maximum growth. If you want to take your clinical work to a deeper level and help your patients come to terms with the ultimate concerns of human existence, there's no better guide in navigating this terrain than Irvin Yalom. #14405/1745 94 minutes 2011 \$539.95 \*Includes Instructor's Manual



## **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. While Beck bases her approach on the core principles of Cognitive Therapy, the tools and techniques demonstrated in this video can be integrated with many types of therapeutic styles and will be useful to any therapist working with clients with weight issues. Clients with weight issues frequently become caught in a vicious cycle of losing weight and gaining it back, impairing their ability to enjoy their lives fully. At the same time, many therapists struggle with how to be helpful to these clients. This video will help therapists develop the skills required to fully utilize CBT in these cases. \*A detailed description of this program is available on our website

#13873/1745 75 minutes 2010 \$179.95 \*Includes Instructor's Manual

## **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. What he has noticed in his vast training in multiple theoretical perspectives is that all kinds of therapy work. Good therapy is when the therapist engages the client and combines certain core ingredients including a combination of insight and action, and cognition and affect. In this video, Kottler engages with a client who is struggling with two losses: the ending of a romantic relationship and her children moving out. You'll be impressed by how quickly he makes a connection with her and uses this alliance to allow his interventions to take root. Creatively pulling techniques from a variety of approaches, and even using humor, he helps her develop a new focus on how she can bridge her loneliness by reaching out to people in new ways. Jon Carlson and Diane Kjos introduce Kottler and facilitate a discussion on the approach. #12752/1745 105 minutes 1997/2009 \$189.95 \*Includes Instructor's Manual

## **IRRECONCILABLE DIFFERENCES: A Solution-Focused Approach to Marital Therapy**

When couples come to therapy they are often combative, quick to point the finger, and about to give up on the relationship. In this video, Insoo Kim Berg's unique style and unwavering optimism comes to life as she demonstrates her approach with one such couple, and in two sessions shows how effective it can be to focus a couple on their strengths and resources, moving them away from fighting and towards collaboration and bring their mutual commitment to the relationship and family to the forefront. #12494/1745 92 minutes 2009 \$189.95 \*Includes Instructor's Manual

## **THE ANGRY COUPLE: Conflict Focused Treatment with Dr. Susan Heitler**

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. Dr. Heitler quickly reins in their anger, cuts through the impasses that have prolonged their conflict, and uncovers the core issues that have blocked intimacy from flourishing. Watch Dr. Heitler in action, and you'll learn how to:

- \* Gain control in the first session, and keep subsequent sessions safe
- \* Defuse anger in the therapy office, without taking sides
- \* Teach techniques for preventing anger escalations at home
- \* Convert inflammatory interactions to cooperative dialogue
- \* Help couples develop positive communication skills, so core issues are addressed and resolved.

THE ANGRY COUPLE offers a solid framework for students, fresh perspectives for seasoned therapists, and engaging learning for couples looking to enhance their relationship.

#10866/1745 75 minutes \$189.95 \*Includes Instructor's Manual



## **MAKING DIVORCE WORK: A Clinical Approach to the Binuclear Family**

In this compelling video, renowned therapist Constance Ahrons demonstrates her groundbreaking approach to working with divorced families, with an emphasis on helping ex-spouses and new spouses effectively manage their shared parenting obligations. In a time when fifty percent of American marriages end in divorce, therapists frequently encounter families struggling with the aftermath. This video depicts a series of productive and poignant therapy sessions with an entire binuclear family: the divorced mother and father, their two sons, and the new wife of the children's father. Dr. Ahrons aptly demonstrates how, over time, she brings these reluctant family members together to begin forging a more agreeable, cooperative approach to parenting.

By watching this video, you'll learn how to:

- \* Assist divorced couples in overcoming their resistance to meeting together to address their children's problems.
- \* Help binuclear families break out of unproductive patterns and explore new territory in cooperative relationships.
- \* Foster constructive, non-blaming conversations between ex-partners about joint child rearing issues.
- \* Help ex-spouses develop a long-term view in which they retain a sense of kinship in fulfilling their joint roles as parents

#13948/1745 45 minutes \$179.95 \*Includes Instructor's Manual

## **New! 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. It is especially compelling to view these leading experts translate theory into practice; although their underlying assumptions and techniques vary widely, each manages to find unique way to engage with the couple and begin to help them sort out the areas where they are stuck or in conflict. This unique series showcases six leading couples therapist conducting live sessions and then discussing their work. By viewing these practitioners actually doing couples therapy, students and therapists-in-training will get a better sense of what couples therapy is really like, and can have different styles to emulate.

\* Detailed descriptions of each program in this series 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

## **New! EMOTIONALLY FOCUSED COUPLES THERAPY**

Sue Johnson demonstrates in an actual couples therapy session. Watch this master therapist and learn how to emotionally engage couples within a structured, manualized therapy format. In this video, Johnson works with a couple on the brink of divorce. Johnson's persistent and gentle coaching helps them to take risks and begin to connect in ways they've never experienced before, providing a spark of hope that they can reverse their downward spiral. By watching this video, you will:

- \* Learn how to help couples deescalate their negative emotional interactions and create new, healthy patterns and cycles of engagement.
- \* Gain an understanding of the research that backs the Emotionally Focused Couples Therapy approach.
- \* Develop new ways of working with couples that allow you to facilitate visible change within the therapy session.

#13947/1745 115 minutes 2010 \$179.95 \*Includes Instructor's Guide



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

Although sexuality is one of the greatest pleasures in life and an opportunity for gratification and fulfillment, it can be complex, difficult, and sometimes even traumatic. Men and women are often confused about themselves as sexual beings and are vulnerable to distorted self-perceptions and destructive internal voices that have been incorporated during their developmental years. 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?" Dr. Robert Firestone describes early childhood experiences and societal influences that impact an individual's emerging sexuality. These concepts are vividly brought to life as actual couples explore their sexual and relational dynamics, and identify destructive thoughts and critical voices that often occur before, during or after a sexual experience. Finally, the film 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 \*Includes Instructor's Manual

## **COMING OUT: Voices of Gay and Lesbian Teens and Their Families**

For gay and lesbian teens, coming out can be a complicated and difficult process. They may be isolated, alienated from their family and peers, and feel the dangerous threat of homophobia in their community. In this video, you will watch real interviews with gay and lesbian teenagers and their parents as they share their experiences of coming out. You will also hear expert commentary by Dr. Wendy Rosen on the special issues these teenagers face at home and at school, as well as the different stages and processes they and their families go through in order to fully embrace their sexuality. This video helps pave the way for acceptance and community.

#14083/1745 40 minutes 1993 \$119.95



## **New! 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**

The history of mental health practice with gay, lesbian and bisexual people is both complex and constantly evolving. This introductory program to the series focuses on some of the most important historical developments from ancient times to the present, including: early attempts to pathologize and change homosexuality; the influences that led to the depathologizing of homosexuality; the contemporary bias in psychotherapy, illustrated by a poignant account of therapy abuse by Robert Gentry, the nation's first openly gay mayor; "conversion therapies" to repathologize homosexuality and modern attempts to change sexual orientation; recent affirmative mental health approaches; the current APA guidelines for working with GLB clients; and, real testimony of affirmative psychotherapy from a client after years of negative therapy experiences. Archival film clips and interviews with the experts are used throughout to illustrate this history of treatment approaches and mental health attitudes towards the GLB community.

### **2. INDIVIDUAL ASSESSMENT AND PSYCHOTHERAPY**

Gay, lesbian, and bisexual people utilize mental health services at a rate considerably higher than heterosexuals, and over 95 percent of psychotherapists treat GLB clients in their practice. This program focuses on some of the most salient assessment and treatment issues that clinicians should know. This video will teach you about: the effectiveness of cognitive therapy with this population; implications of internalized homophobia and the importance of hypothesis testing in therapy; assessment of presenting problems and stages of identity development for GLB clients; and, heterosexist bias in diagnosis of several DSM-IV-TR disorders. In the last half of the program you'll see an extraordinary simulation of two therapy sessions by Dr. Christine Padesky with 'Greg' on his coming out issues, as well as descriptions of the therapy process and techniques being demonstrated. This award-winning segment, highly rated by graduate school classes, is an outstanding training demonstration for both students and experienced psychotherapists.

### **3. RELATIONSHIPS, FAMILIES AND COUPLES COUNSELING**

Until recently, the couples and family therapy literature has ignored same-sex families and few clinicians have had training in this area. In this groundbreaking program, you will see:

\*Dr. Robert Jay Green, an innovative researcher and clinician, emphasize key issues and new approaches in providing mental health services to GLB couples, including relational ambiguity, sexual exclusivity, and development of social support networks.

\*Dr. Armand Cerbone join Dr. Green in a discussion of how internalized homophobia affects relationships.

\*Dr. Richard Rodriguez discuss the importance of families of choice for GLB couples.

\*Dr. Isaiah Crawford, a leading scholar on same-sex parenting, summarize research-based characteristics of GLB family constellations, as well as provide very helpful suggestions on how therapists can provide support to GLB families.

Throughout this program interview clips from same-sex couples, parents and their children are used to illustrate and personalize the important material covered by the expert presenters. This video program will enhance your understanding of GLB relationships and families, allowing you to be more effective in conducting individual and couples therapy with this population

### **4. THE BISEXUAL EXPERIENCE**

The first educational program on the psychology of bisexuality, this video features cutting-edge research presented by some of the leading scholars in the field. The emerging body of scientific evidence over the past 30 years suggests a new paradigm of sexual orientation that is multidimensional, sometimes fluid, and highly individual, allowing for a greater validation of bisexuality. In this program you'll see:

\*Three bisexual individuals, Greg, Susannah, and Skott share their insightful personal journeys.



\*Dr. Fritz Klein use his famous grid to demonstrate the multivariable and fluid nature of sexual orientation.

\*Dr. Sari Dworkin present various definitions, models, and types of bisexuality, as well as the developmental challenges of bisexual identity and the bisexual coming out process.

\*Dr. Ron Fox profile who bisexuals are using data from his largest-to-date demographic study.

\*Dr. Mary Bradford join Dr. Fox in educating therapists on how to provide more effective and affirming mental health services to bisexual women and bisexual men.

## 5. THE COMING OUT PROCESS

This program features three diverse personal coming out stories: A young African American woman who was institutionalized when she told her parents; a retired professional Latino man who came out to his wife and children later in life; and an affirming mother who shares the process her family went through when her teenage son came out to them. Commentary is provided by Dr. Eli Coleman, Dr. Sari Dworkin, and Dr. Ritch Savin-Williams, noted experts and researchers in the field.

## 6. DIVERSITY AND MULTIPLE IDENTITIES

Lesbians, gay, and bisexual people of color must manage conflicting allegiances with divergent social worlds including their ethnic culture, the majority culture and the gay/bisexual community. This program highlights personal accounts by GLB individuals from diverse ethnic groups, as well as commentary by Dr. Beverly Greene and other distinguished experts. The final segment shows a reenactment of a compelling cross-cultural therapy session by Dr. Christine Padesky with a Korean lesbian client.

## 7. SEXUAL MINORITY ADOLESCENTS

Combining the voices of gay and lesbian youth with leading professionals, this program provides an insightful look at the GLB adolescent experience. This video combines the latest research and effective treatment approaches by such experts as Dr. Ritch Savin-Williams, Dr. Karla Anhalt and Teresa DeCrescenzo, and includes vital information for working with this special population.

### \*\*\*Professionals Featured in this Series

Dr. Ron Scott is Professor of Psychology at Chapman University, teaching courses in the areas of clinical, personality and multicultural psychology. He is a licensed clinical psychologist and maintains a small private practice in addition to his work at the university. Dr. Scott is an active teacher-scholar with approximately 20 journal articles and book chapters. He is an officer in the International Council of Psychologists and has been a visiting professor at several universities throughout Latin America. Featured professionals in the series include Dr. Christine Padesky,

#13945/1745 Seven programs 2005 \$159.95 each or Series \$859.95

## 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 of our programs.

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

Learn to use Rational Emotive Behavior Therapy with clients struggling with addiction by watching the originator of the method in an actual therapy session.

### REBT FOR ANGER MANAGEMENT by Janet Wolfe (see below)

See REBT in action in an actual therapy session with a client needing help with anger management.

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

See REBT in action in an actual therapy session with a single mother struggling to effectively parent her teenage children.

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

Learn to use Rational Emotive Behavior Therapy (REBT) from the man who developed the method in a therapy session with Roseanne, whose husband committed suicide in front of her and her baby daughter ten years ago.

#13877/1745 Four programs 2010 \$169.95 each or Series \$579.95 \*Includes Instructor's Manual



## REBT FOR ANGER MANAGEMENT

"A masterful demonstration of REBT in action by one of the world's most experienced REBT practitioners."

Clifford N. Lazarus, PhD - Co-founder and Clinical Director, The Lazarus Institute

See REBT in action in an actual therapy session with a client needing help with anger management. At one time or another, all clinicians have had to meet the challenge of dealing with an angry client. Skilled in empathy and active listening, we are sometimes at a loss when confronted with clients who have difficulty containing their rage. In this video with an actual client, you will learn an REBT approach to anger management. Students and interns will especially find this action-oriented approach useful when facing those clients who may only be in treatment for a few sessions. Melanie, an African-American woman with a history of drug addiction, comes to treatment as part of an anger management course. Her past angry outbursts have led her to violence and even incarceration. Dr. Janet Wolfe helps Melanie connect her irrational beliefs to their ineffectual, and sometimes violent, consequences. Using the ABCs of REBT helping the client understand how not only the activating event (A), but her beliefs (B) about that event trigger the emotional and behavioral consequences (C) Dr. Wolfe introduces a specific Anger Management Sequence, which she uses immediately during a role play in the session. Interspersed throughout this actual session is an informative discussion that elucidates Dr. Wolfe's rationale in utilizing classic REBT techniques. Although most people associate REBT with the confrontative and even cantankerous style of its founder, Albert Ellis, Dr. Wolfe shows how REBT principles can be practiced with a softer touch.

#13954/1745 55 minutes \$169.95 \*Part of the Series: REBT IN ACTION (see above)

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

Recovery from drug or alcohol abuse is a challenging endeavor that benefits from continued support and education. This series takes a group of people in recovery through a set of exercises targeted at increasing competence in areas such as assertiveness, problem solving, social skills, stress management, and more. This series is geared primarily towards people in recovery as well as their family members and loved ones. It is also an excellent resource for educators and trainers in addiction counseling programs, as well as staff at recovery treatment centers. Therapists in private practice will want this in their library to lend to clients struggling with substance abuse.

\*Detailed descriptions of each of the programs in this series are available on our website.

7 Skills for Addiction-Free Living: ASSERTIVENESS

7 Skills for Addiction-Free Living: BEHAVIORAL SELF-CONTROL

7 Skills for Addiction-Free Living: MANAGING EMOTIONS

7 Skills for Addiction-Free Living: PROBLEM SOLVING

7 Skills for Addiction-Free Living: SOCIAL SKILLS

7 Skills for Addiction-Free Living: STRESS MANAGEMENT

#14745/1745 Seven programs 2009 \$139.95 each or Series \$839.95



## **ENCOUNTER GROUPS FOR ADDICTIONS SERIES**

Encounter groups are at the heart of therapeutic communities. They demonstrate a break from traditional addiction counseling techniques and have been proven to be an effective and important means for change. However, 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.

### **Volume 1: EVOLUTION OF THE ENCOUNTER GROUP**

Mullen explores the evolution of encounter groups beginning with the first groups created by Synanon founder Chuck Dederich in the 1950s. Mullen discusses the essential elements of these first groups including honesty, authenticity and mutual self-help-elements that are still core to encounter groups today. He highlights that although the brutal confrontational style of the first groups have softened, the commitment to hold oneself and other accountable remains central. He also discusses the challenges that face encounter groups and offers guidance on how to work within managed care systems while holding on to the traditions that make encounter groups such an effective means for change. 65 minutes

### **Volume II: PITFALLS AND SOLUTIONS**

Mullen walks us through several groups to show us what works and what does not work when facilitating an encounter group. He warns us of several traps facilitators can fall into: dominating the group, getting into power struggles, not being prepared or knowing the group members, and leading groups that are too large and don't go deep enough. Through numerous vignettes, he illustrates solutions to these common problems, and offers words of experience and wisdom to the encounter group facilitator: know your people, be prepared, get feedback, and listen, listen, listen! 75 minutes

### **Volume III: KEYS TO FOSTERING GROWTH**

Mullen discusses several key components to fostering growth and change in groups. He first explores the "marathon group" and how these day or weeklong sessions can bring participants into deeper understanding of themselves and what they need to change. He then discusses the importance of moral growth and ways in which facilitators can lead groups that foster moral growth by providing credible role models, healthy levels of conflict, role-reversal, and the teaching of responsibility. Finally, Mullen discusses the prevalence of PTSD among addicts and how encounter groups offer opportunities to heal from childhood abuse. 75 minutes

#12824/1745 Three programs 2009 \$149.95 each or Series \$349.95 \*Includes Instructor's Manuals

## **TREATING ALCOHOLISM IN PSYCHOTHERAPY: Two Volumes**

### **Volume I: DEVELOPMENTAL MODEL IN ACTION**

Finally, a video that shows clinicians of all orientations how to provide effective treatment for alcoholics, without having to choose between a 12-step versus psychotherapeutic approach! Dr. Brown demonstrates her Developmental Model in the treatment of "Ted," a forty-eight year old manager, who initially denies that his drinking is related to problems at home and on-the-job. While skillfully fostering the therapeutic alliance, Dr. Brown gently but persistently brings alcohol into the focus of the treatment. This video follows the course of treatment through the four stages of the Developmental Model: Drinking, Transition, Early Recovery, and Ongoing Recovery. In a dramatic re-enactment of key moments in seven outpatient sessions over the course of five years, we see Dr. Brown address the multitude of challenges inherent in the treatment of alcoholics. Psychotherapists and chemical dependency counselors alike will find a wellspring of material in this program to enhance their existing skills in working with this difficult population.

#11071

### **Volume II: THE DEVELOPMENTAL MODEL IN THEORY: A Live Workshop**

This program will help viewers gain an in-depth understanding of the critical phases required to lead alcoholic clients through their recovery. In Volume 2 of this highly acclaimed video series, Dr. Brown presents her groundbreaking research that led to the Developmental Model, which emphasizes that sobriety is the mid-point, not the end-point in the full recovery of any alcoholic. She then leads viewers step by step through the four phases of alcoholism recovery: Drinking, Transition, Early Recovery, Ongoing Recovery, detailing the behavioral, cognitive, and emotional characteristics of the alcoholic at each stage. She defines key tasks that face the therapist and client during each phase, as well as challenges for mental health practitioners and substance abuse professionals in fulfilling these tasks. #11072

#10860/1745 Two DVDs \$349.95 (or individually \$259.95 and \$159.95 respectively) \*Includes Training Manuals

## **BRIEF THERAPY FOR ADDICTIONS SERIES**

*This series consists of seven programs:*

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

Years of research by Dr. Norcross and his colleagues have helped to identify the stages people go through in addressing and confronting addictions. In a psychotherapy based on this model, strategies and relationship stances are matched to the individual client's stage. See Dr. Norcross works with a client who is in early recovery from cocaine addiction and contemplating changing his use of alcohol. #11536

### **\*\*\*Best Seller! 2. MOTIVATIONAL INTERVIEWING with William R. Miller**

Dr. Miller demonstrates how Motivational Interviewing helps people resolve their ambivalence about changing addictive behaviors. The therapist creates an atmosphere that is conducive to change by expressing empathy and encouragement, rolling with resistance, and helping the client explore the gaps between their current behaviors and the life they would like to lead. In this video, Dr. Miller works with a client who is considering changing his alcohol use and smoking habits. #11537

### **3. COGNITIVE THERAPY with Bruce S. Liese**

Watch Dr. Liese demonstrate his cognitive therapy approach for addictions, as he collaborates with the client to identify and change the thought patterns and maladaptive beliefs that relate to addictive behaviors and lead to substance abuse. In this video, Dr. Liese works with a client whose issues include alcohol abuse, cocaine abuse and involvement in the criminal justice system. #11538

### **4. INTEGRATING THERAPY WITH 12-STEP PROGRAMS with Joan Ellen Zweben**

Psychotherapy and 12-step groups have complimentary roles in a client's process of recovery, so illustrates expert on addictions Dr. Zweben as she focuses on the role of such groups as Alcoholics Anonymous and Narcotics Anonymous within the therapy session. In this video, Dr. Zweben works with a Desert Storm veteran who is currently drinking and who is considering the possibility of contacting Alcoholics Anonymous. #11539

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

Harm Reduction Therapy is an innovative approach that focuses on reducing the harmful consequences of drug use. The therapist accepts the client on his or her own terms and tries to reduce barriers to treatment. In this video, see expert on harm reduction therapy and relapse prevention, Dr. Marlatt, work with a heroin-addicted client who is considering entry into a methadone program. #11541

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

Dr. McCrady reminds us that alcohol and drug problems always exist in a context that includes families and relationships, and that couples therapy is an important model for working with addictions. Dr. McCrady uses a behavioral approach that helps the client change his or her addictive behaviors, helps the partner learn to respond differently, and helps the couple change the relationship itself. In this video, Dr. McCrady works with a young couple trying to change behaviors related to alcohol and marijuana use. #11542

### **7. REALITY THERAPY FOR ADDICTIONS with Robert Wubbolding, EdD**

Watch as Dr. Wubbolding adapts his renowned Reality Therapy approach to work with clients struggling with addictions. His practical and systematic approach helps clients evaluate the effectiveness of current behaviors and focus on practical plans of action for change. In the video, Dr. Wubbolding works with a client whose recovery from cocaine addiction is complicated by depression. #11543

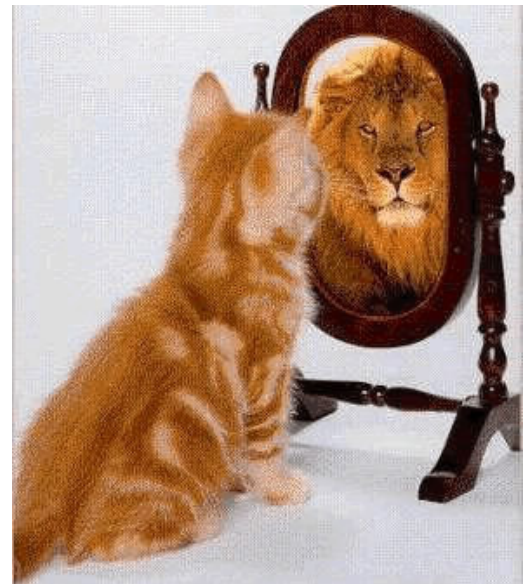
*#11535/1745 Seven programs \$179.95 each or Series \$1,099.95 \*Includes Instructor's Guides*

## **New! 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. Norcross discusses the scientific evidence that the relationship between therapist and patient accounts for success more than we may have realized. From how to cultivate the "person of the therapist", to the importance of prizing the patient's perspective, Norcross answers the timeless question: What makes for a great therapist? #14410/1745 81 minutes 2011 \$159.95 \*Includes Instructor's Manual

## **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. Natalie Rogers tells us that to experience empathy is to understand what a powerful experience it is. Combining the person-centered philosophy of her father and the expressive arts background from her mother, Rogers uses artwork to allow her clients to go beyond words, and provides an environment that allows each individual to tap into his or her inner resources and full potential. In this video, Rogers works with a client who feels torn between her responsibilities as a stay at home mother and her desire for independence. Rogers helps her to express this conflict through drawing, allowing the client to begin exploring what she wants out of her life and who she wants to become. Jon Carlson and Diane Kjos introduce Rogers and facilitate a discussion on the approach. #12755/1745 119 minutes 2009 \$189.95 \*Includes Instructor's Manual





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

This program is aimed at clinicians, therapists, trainers, supervisors/managers of group programs as well as general health professionals and students preparing to use group therapy as a treatment modality. It provides an opportunity to observe the process and techniques of interactive group therapy for drug and alcohol dependent persons. The purpose is to facilitate understanding and sensitivity to group process across cultures and to demonstrate the most important function of a group leader - directing the focus of the group through interventions that promote dynamic interaction. Using a series of seven vignettes - 13 to 32 minutes each - easily manoeuvrable via these DVDs - the program follows a group through their development from the Acquaintance Phase to the Working Phase. It details various forms of resistance that group leaders can expect to meet and offers guidelines to bring about optimal results. DVD # 1 will contain the three programs entitled Bridging, Group Resistance and Individual Resistance. DVD # 2 will contain four programs. Transference, Counter-Transference, Corrective Emotional Experience and Reality Testing and Feedback. Both DVDs allow play all or selection of individual vignettes. \*A TRAINING EXCELLENCE Program - DVD #9223/2045 Two DVDs \$379.95

\* Includes 49-page Guide for Professional Training

## **Best-Seller! UNDERSTANDING GROUP PSYCHOTHERAPY with Dr. Irvin Yalom**

Group therapy is increasingly used in a wide variety of settings, but unfortunately many therapists receive little if any training in this modality, and are thrown in to a group to do their best. The result is that therapists often attempt to do individual therapy in a group setting, resulting in ineffective leadership and poor outcome. This powerful series teaches the core skills any group therapist needs, and then shows how they can be applied to different populations and settings; they are tremendously useful for self-study as well as teaching and training use. These are the definitive training videos by the leading authority on group therapy. Watch Irvin Yalom skillfully lead outpatient and inpatient therapy groups, and explain what he is doing and why. \*Detailed descriptions of each program are available on our website.

**Volume One - OUTPATIENTS** portrays a re-enactment of four segments of group sessions over the course of a mixed adult psychotherapy group.

**Volume Two - INPATIENTS** will teach you how to run effective groups with challenging clinical populations.

In **Volume Three - AN INTERVIEW** - Dr. Yalom engages in an in-depth discussion of the finer points of group therapy.

#11740/1745 Three programs \$579.95 \*Includes Training Manuals

## **New! GROUP THERAPY: A Live Demonstration**

\*Features Irvin Yalom, MD and Molyn 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. "Group therapy" sets the stage for a study in character and transformation in Yalom's novel. Master group therapist and teacher Molyn Leszcz leads two groups based on the characters and plot, which allows for the major themes and dynamics that occur in all working groups to quickly emerge in full force: authentic interpersonal engagement and feedback, conflict, jealousy, and the prospect of real intimacy. Additionally, you will see Leszcz skillfully demonstrate the core techniques in Yalom's interpersonal model of group psychotherapy: activating here-and-now interactions, reflection on group process, and the judicious use of therapist transparency. Commentary by Yalom and Leszcz help the viewer gain deeper understanding of the subtleties and nuances that occur in these fast-paced groups.

#14407/1745 191 minutes 2011 \$229.95 \*Includes Instructor's Manual

## **POSITIVE PSYCHOLOGY AND PSYCHOTHERAPY**

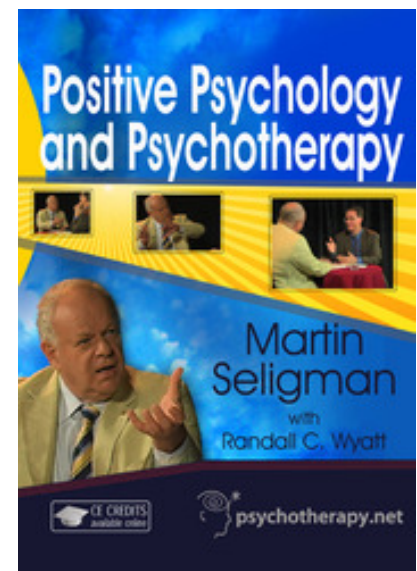
The founder of Positive Psychology, Martin Seligman, PhD, introduces Positive Psychotherapy. In this landmark interview by Randall C. Wyatt, Seligman emphasizes that happiness is not just the absence of disorder, as "psychology as usual" might contend. Rather, happiness derives from an execution of our signature strengths. Seligman demonstrates a new set of rigorously tested interventions that lastingly increase happiness while decreasing depression. Dr. Seligman discusses his predecessors Maslow, Rogers, and Beck, what he took from them, and what he changed. He proposes new questions like, "What was the best experience you ever had?" And he explains how easy, enormously fun and important techniques can be grafted on to therapy with all clients to help them live a more engaged, meaningful, and thus happier life. After watching this lively, personally revealing conversation, you'll be eager to apply these innovative ideas to your psychotherapy practice!

#12496/1745 77 minutes 2008 \$179.95 \*Includes Instructor's Manual

## **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. Working with Ray's presenting symptoms over the course of five sessions, Levine introduces a number of essential trauma resolution techniques that markedly improve Ray's Tourette-like convulsions, as well as his overall pain and emotional outlook. Levine developed Somatic Experiencing® based on the premise that trauma overwhelms the nervous system and that it needs to be addressed somatically before emotional processing is possible. Thorough commentary by Levine, as well as an extensive interview, helps to elucidate the subtleties of his methods. You will walk away from this video with a sound understanding of this approach to trauma work. This method can be integrated with and add richness to a number of therapeutic modalities and can be used to treat all manner of trauma - from car accidents, surgeries, child abuse, experiences of violence, and so on.

#13566/1745 200 minutes 2010 \$289.95 \*Includes Instructor's Manual



## **HEALING CHILD ABUSE THROUGH PSYCHODRAMA**

### **and TRAUMA AND THE BODY: A Psychodramatic Approach**

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.

#### **HEALING CHILDHOOD ABUSE THROUGH PSYCHODRAMA**

Psychodrama recreates powerful relational dynamics from the past to bring about cathartic change in the present. Trauma from child abuse remains trapped inside us and continues to threaten our feelings of safety and wellbeing through adulthood. Psychodrama allows us to safely reinhabit the body at the point of past abuse and make sense of the experience from an adult perspective. In this video, Bob fears that he is passing on the legacy of abuse from his stepfather to his four-year-old granddaughter. He acts out scenes with his mother, stepfather and granddaughter, playing both himself and reversing roles. In so doing, Tian helps Bob release hidden emotions, say the things he never got to as a child, and create new meaning around his past and current relationships.

\*English Subtitles for hearing-impaired viewers

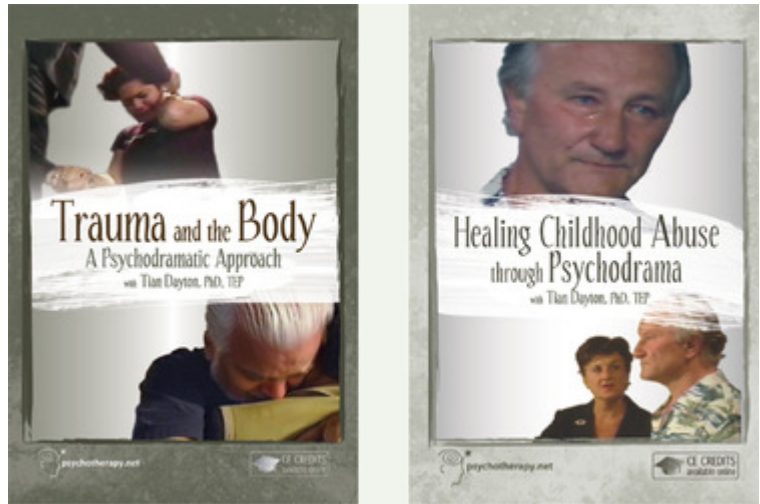
#12903/1745 55 minutes 2009 \$189.95 \*Includes Instructor's Manual

#### **TRAUMA AND THE BODY: A Psychodramatic Approach**

The body remembers the trauma that the mind does not. Psychodrama provides a space for the body to speak, for somatic memory to become conscious, and for the mind to connect and process what the body is experiencing. In this video, Travis speaks to his wounded heart and works through his fear of dying; Sheila speaks to her mother who committed suicide and releases anger that was locked up for many years; and Amal speaks to the birth mother she never met, confronting the belief that she was never loved or wanted. Dayton highlights the emotion that emerges from these participants' bodies, and helps give voice and meaning to the catharsis that emerges

from these participants' bodies, and helps give voice and meaning to the catharsis that emerges so that an integration between mind and body can occur.

\*English Subtitles for hearing-impaired viewers #12904/1745 86 minutes 2009 \$189.95 \*Includes Instructor's Manual



### **INVISIBLE CHILD ABUSE with Robert Firestone, PhD**

Emotional child abuse is frequently overlooked in our focus on physical and sexual abuse, often invisible to those both outside and inside the family. However, the damage that emotional child abuse can sustain has severe impact later in life on a person's self-esteem, relationships, and career. In this film, 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. In powerful footage, men and women discuss painful incidences, and uncover the legacy of emotional child abuse that often spans multiple generations. Featured therapist Dr. Robert Firestone works with these group participants to give them voice to the abuse they experienced, as well as to the child that couldn't then fight back. \*Includes a downloadable chapter by Dr. Firestone entitled, "Therapeutic Approach to Parenting Groups" #12820/1745 55 minutes 2009 \$139.95 \*Includes Instructor's Manual

### **New! STRUCTURAL FAMILY THERAPY**

Watch Harry J. Aponte, a highly regarded therapist who worked closely with Salvador Minuchin, demonstrate his unique approach to Structural Therapy in this compelling family therapy session. In this three-part video, Aponte discusses his approach to family therapy, conducts a real session with this challenging family, and then offers commentary about the session. Aponte's responses to questions from an audience of therapists further elucidate the rationale behind his interventions. If you've ever struggled with how to engage a hard-to-reach client or are curious about applying a structural approach to therapeutic work with challenging families, this video will prove to be both inspiring and instructive.

\*Note that this is the same family as in the Phil Guerin Video Bowenian Family Therapy, so it is interesting to contrast the styles of these two master therapists. #13894/1745 114 minutes 2010 \$179.95 \*Includes Instructor's Manual

### **New! INTEGRATIVE FAMILY THERAPY**

Watch Integrative Family Therapy in action as Kenneth V. Hardy masterfully applies his holistic approach in an actual family therapy session with an African-American single mother and her teenage daughter. The family is in a real crisis: Nineteen-year-old Erica was recently arrested and jailed for smashing her boyfriend's car window with a baseball bat, and her mother is understandably very concerned. Hardy creates a nonjudgmental space for both mother and daughter to tell their stories, while acknowledging the complexity of the situation by bringing the broader social context into the therapy room. Always looking for the "pearls of functionality", this session is a beautiful example of how Hardy weaves together seemingly disparate views and facilitates a deeper intimacy between mother and daughter. The discussions before and after the session provide insight into Hardy's distinctive style as he illuminates the key features of an Integrative approach, particularly how all behavior is best understood when considered within the context in which it is embedded. #14408/1745 117 minutes 2011 \$179.95 \*Includes Instructor's Manual



## **New! NARRATIVE FAMILY THERAPY**

Ollie is a 12 year-old African-American boy who has been court-ordered to therapy after hitting his classmate with his belt. Watch Stephen Madigan, expert Narrative therapist, as he compassionately engages Ollie and his mother in a fascinating inquiry into their experience of racism, discovering there's much more to this incident than meets the eye. Beginning with the premise that "the problem is the problem, the person is not the problem," Madigan guides the viewer on an intriguing journey through the foundational narrative therapy techniques such as externalization and re-authoring conversations. By asking a series of purposeful questions intended to help Ollie and his mother "tell their story", Madigan masterfully shows how to uncover the client's stance on the problem and how to develop an alternative plot that supports a client's preferred identity. With persistence and openness, Madigan validates this family's experience of racism and helps Ollie regain his "good boy reputation". This is an exceptional opportunity to engage with the compelling principles of Narrative Therapy and learn how to put these transformational ideas into practice.

#14409/1745 112 minutes 2011 \$179.95

## **SATIR FAMILY THERAPY**

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." "I just want to stop having so much anger inside and just stop being mean to other people," declares John at the beginning of the session. Unlike many children who get dragged to therapy against their will by their parents, John stepped up to the plate to ask his mother if he could talk to a counselor about his anger. In this heart-warming session, McLendon gently helps John accept the sadness underneath his anger, as she uncovers a series of significant losses John has had to face so early in his young life. With deep care and reverence, McLendon helps both John and his mother to embrace the vulnerable parts of themselves with tenderness and love. Viewers will have the opportunity to watch McLendon skillfully demonstrate key aspects of the Satir approach, such as creating safety, making contact, and validating feelings and desires. She also shows how the family mapping technique can be used as a visual tool to help deepen the work. An added bonus is an engaging discussion after the session that sheds further light on the Satir approach to family therapy.

#13896/1745 104 minutes 2010 \$179.95 \*Includes Instructor's Manual



## **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! Ernest Rossi brings to light important new research indicating that the brain is constantly growing and changing, and, with this, the profound realization that our mind and its responses can also change. In this video, Rossi works with Robin, who says she is constantly analyzing but doesn't know how to imagine. Rossi endeavors to elicit a sense of wonder in Robin, leading her in mind-body exercises that challenge her to think in new ways. In so doing Robin uncovers a belief that she always needs to have control, as well as a previously unknown desire to find some mental peace and quiet. Hosts Jon Carlson and Diane Kjos introduce Dr. Rossi and facilitate an enlightening discussion on the approach. #12754/1745 117 minutes 2009 \$189.95

\*Includes Instructor's Manual

## **TOOLS & TECHNIQUES FOR FAMILY THERAPY**

Dr. John Edwards' ability to put theory into practice in an accessible manner has made him a favorite of psychotherapists, social workers, and substance abuse and pastoral counselors. John Edwards has spent the last twenty years distilling the intricacies of family systems theory into a user-friendly approach that has enhanced the work of thousands of clinicians and educators in North America. Experience first-hand Dr. Edwards' deceptively nonchalant therapeutic style. Utilizing a blend of workshop footage, family sessions, and focused interviews, this video provides an overview of eleven fundamental techniques for effective family work. Segmenting; Enactments; Positive Reframing; Mapping; Draw-A-Dream; Circle Method; Colleague Teamwork; New Talk; Guardrail; Sculpting; and, Alter Ego.

#14087/1745 60 minutes 1999 \$159.95 \*Includes Instructor's Manual

## **LEGAL & ETHIC ISSUES FOR MENTAL HEALTH PROFESSIONALS:**

### **Confidentiality, Privilege, Reporting, and Duty to Warn**

This engaging, entertaining and informative program is ideal for teaching and clinical trainings. The four lively vignettes include incisive commentary by Stephen Feldman, a renowned expert in the fields of both law and psychology. \*What's the difference between privilege and confidentiality? \*When are therapists allowed to break confidentiality and when are they required to? \*When can progress notes or confidential psychotherapy notes be subpoenaed as evidence in a trial? \*How does a therapist know when to break confidentiality to warn someone of potential danger? \*What exactly does "reasonable cause to suspect" mean when deciding whether to report child abuse? \*Is failing to report child abuse an ethical violation, or is it actually a crime? This comprehensive DVD will answer all these questions and more. You'll learn how the laws impact your practice, as you watch these lively dramatizations of a judge and her law clerk discuss actual key cases in the creation of mental health laws including Tarasoff and Jaffe V. Redmond. As the judge debates both sides of the argument and makes her decisions, you'll see how court rulings became laws and how they impact clinical, ethical, legal and moral concerns. #13903/1745 140 minutes 2008 \$269.95 \*Includes Instructor's Manual

## **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. A timeline from the 1950s to present details how the model developed in prisons, and what research efforts supported that development. Wexler discusses a breadth of topics including: the evidence that prison treatment alone is insufficient for long-term change, and the importance of aftercare; the benefits and potential problems of manual-based treatment; the need for incentives; the importance of bridging TC members and facilitators with their outside communities; and the promising new research of TCs in maximum-security prisons and the potential of reducing violence among their prisoners.

#12833/1745 43 minutes 2009 \$139.95 \*Includes Instructor's Manual

## **THE THERAPEUTIC COMMUNITY SERIES**

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

### **Volume 1: THE THERAPEUTIC COMMUNITY PERSPECTIVE**

De Leon lays out the framework and theory underlying a therapeutic community, including the TC approach to substance abuse treatment and recovery. He explains that the TC is different from other treatment models in that it views substance abuse as a disorder of the whole person, and aims to treat that whole person, not just the drug addiction. Thus, TCs create social living situations where all aspects of a person's personality are displayed in work, formal groups and social activities, and then addressed directly by the community. 54 minutes

### **Volume II: COMMUNITY AS METHOD**

De Leon explains how a therapeutic community uses its social environment to change individuals' behaviors, lifestyles and identities. The community is the method itself: constant participation, evaluation, feedback and reinforcement of personal responsibility are core components of daily life. 44 minutes

### **Volume III: COMPONENTS OF GENERIC THERAPEUTIC COMMUNITY**

De Leon goes beyond theory to explain the specific operations of an ideal therapeutic community: what happens on a daily basis, what the physical space looks like, what activities are involved, and what are the functions and roles of the staff and community members. He emphasizes that all TCs can maximize their efficacy by enhancing and adhering to these components. 79 minutes

#12825/1745 Three programs 2009 \$149.95 each or Series \$349.95 \*Includes Instructor's Manuals

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COGNITIVE-BEHAVIORAL THERAPY with Donald Meichenbaum, PhD #12819

\*Detailed descriptions of each program are available

#12730/1745 Fifteen programs 2009 \$189.95 each or Series \$2,179.95 \*Includes Instructor's Manuals



## **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. Voice Therapy quickly taps into clients' core negative beliefs and combines insight with deep effect in a way that profoundly shifts clients' point of view toward self and others to a more compassionate and realistic perspective. By verbalizing their negative thoughts in the second person, clients are able to separate themselves from their harsh and hostile inner voices. Through the use of this technique and further collaboration with the therapist on resisting destructive acting out and increasing positive behavior, clients gain greater levels of intimacy in their relationships, experience a lift in their depression, and resist relapse into self-defeating behaviors.

#12823/1745 46 minutes 2009 \$139.95 \*Includes Instructor's Manual

## **UNDERSTANDING AND PREVENTING SUICIDE**

How can you know if your family member or friend may be suicidal? How do you recognize the warning signs? How can you help? This video program for the public describes the risk factors and warning signs of suicide and offers guidelines from experts in suicide prevention and treatment for getting troubled loved ones to the professional help they need. You'll also hear from three individuals who have made serious suicide attempts and lived, as they share their remarkable stories of self-destructiveness, survival, and recovery. Featured experts include Dr. Lisa Firestone, Dr. Robert Firestone and Dr. David Jobes. This is a companion video to VOICES OF SUICIDE: Learning from those who Lived, a video for mental health professionals. There is some duplication of content in these two videos. #12358/1745 28 minutes 2008 \$119.95 \*Includes Instructor's Manual

## **DEPRESSION: A Cognitive Therapy Approach**

Cognitive Therapy comes to life in this reenactment of a 20-session course of therapy. Arthur Freeman illustrates the foundations and key techniques of cognitive therapy in a way that's enriching and easy to follow. Edward Crane blames his depression on his wife, who he says abandoned him by going back to school. "I shouldn't feel this way!" he exclaims to Freeman in moments of frustration. Freeman begins by helping Edward focus on short-term, workable goals instead of outward blame. Through the 20-session course of therapy, Edward learns to distinguish between situations, thoughts, and feelings, and to reframe his belief of "I need to be taken care of," to instead "I get angry when I feel incompetent". Freeman works with Edward to develop ways to feel independent and self-sufficient so that he can begin to enjoy time by himself and not feel so angry and abandoned when his family is not around. #2555/1745 71 minutes \$179.95 \*Includes Instructor's Manual

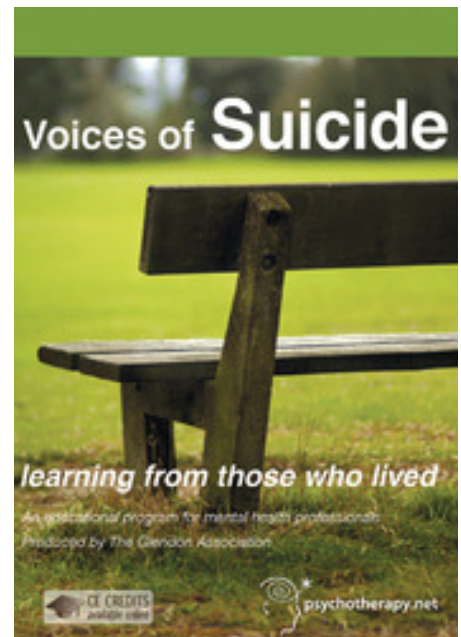
## **A LIFE WORTH LIVING: Suicide among First Nations**

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

## **VOICES OF SUICIDE: Learning from Those Who Lived**

This video is an invaluable resource for mental health professionals in understanding the minds of suicidal individuals and the elements necessary for successful treatment and recovery. 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. In addition, interviews from expert psychologists provide important insights into the relationship between early developmental experiences and the later psychological states that lead to suicidal behavior. Special features include a directory of resources on suicide prevention, and information on and publications by the experts featured in this program. Featured experts in this video include Dr. Lisa Firestone, Dr. Robert Firestone, Dr. Allan Schore, Dr. David Jobes, Dr. Israel Orbach, and Dr. David Rudd.

#12493/1745 62 minutes 2008 \$149.95 \*Includes Instructor's Manual



## **SUICIDE AND SELF-HARM:**

### **Helping People at Risk with Linda Gask, MD**

This comprehensive video from the University of Manchester walks through all the steps necessary to effectively intervene when a client threatens suicide or self-harm. You'll learn about assessment, crisis management, problem solving, and crisis prevention through a variety of realistic vignettes. Knowing what to do or say can be difficult to figure out when sitting with a potentially suicidal client. By watching clinicians work with a range of clients - including a school teacher, a teenage addict, and a paranoid-psychotic man - you'll learn how to create a quick and effective alliance with your client, and how to ask the difficult questions that are necessary to assess suicidality and help them through their crisis. With her expert narration, Dr. Linda Gask guides you through each key step and technique of the process from beginning to end. #12821/1745 91 minutes 2009 \$179.95 \*Includes Manual

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

In this compelling documentary covering the latest science available for treating depression and anxiety, experts explain how to eliminate the need for antidepressant medications by using safe, natural, and effective treatment alternatives. Julia Ross, M.A., author of The Mood Cure, talks about the four different kinds of depression and the amino acids used to treat each. We learn from her and from other experts and doctors how to smoothly and safely transition from antidepressant drugs to supplements (such as St. John's Wort, for example), and we delve into case histories of patients who have been successfully treated in this manner. We learn about specific forms of depression, such as postpartum depression. Bio-identical hormones and their relationship to depression are explored, along with the use of quantum physics in treating depression and the importance of cleansing the body with special detox treatments. In one segment, we see Karen Barth Menzies, a lead attorney in the case concerning suicide and Paxil, address a public meeting on this legal controversy, bringing us to the forefront of the psychiatric treatment debate.

#13334/0145 120 minutes 2009 \$179.95



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