



Microtraining 2013

(All titles available on both DVD and STREAMING)



Films, Textbooks, and Resources for the Counseling Classroom and Practice



Table of Contents

Addiction 29	Mindfulness 30
Aging 25	Multicultural Issues 12
Antisocial Clients 10	Narrative Therapy 9
Brief Counseling 21	Neuroscience 30
Career Counseling 23	Play Therapy 31
Child/Adolescent 5	Power 21
Coaching 23	Privilege 22
Columbia University Teachers College Winter Roundtable 16	School Counseling 23
Counseling Theories 6	Sexual Orientation 26
Creative Counseling 27	Social Construction 22
Crisis/Trauma 28	Social Justice 27
Disability 29	Solution-focused Counseling 21
Eating Disorders 24	Spirituality 27
Family and Marriage Counseling 19	Stress Management 28
Forensic Counseling 27	Suicide Assessment 28
Gender 24	Supervision 24
Group Work 5, 22	Taos Institute Conference 4
Intake 31	Textbooks 17
Integrated Care 29	Veterans 25
Mentoring 24	
Microskills Training 11	



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The Taos Institute Conference



Exploring Relational Practices in Peacebuilding, Mediation, and Conflict Transformation: From the Intimate to the International

November 14–17, 2012

Conflict from a Constructionist Standpoint: Resources for Innovation **New**

Kenneth J. Gergen



Gergen keynotes the 2012 Taos Institute Conference, an event that aims to promote a sharing of ideas and practices for achieving peaceful, collaborative, and sustainable practices from the individual to the global level. Although efforts to replace conflict with community have been with us for centuries, social constructionist thought brings new ideas into the mix. In the presentation, Dr. Gergen highlights constructionist ideas that can function as resources for reflecting on our efforts, and stimulate further innovation in practices and policies.

60 min. DVD or three-year streaming: \$109. 978-1-4631-1713-9

Toward Wholeness: Me, Thee, and We **New**

Diana Whitney



Dr. Whitney calls upon her work in organizations and communities to show how the notion of wholeness can be used to create powerful possibilities for healing, collective wisdom, and inspired collaborative action. She shares practices, derived from her experiences with Appreciative Inquiry, that enable diverse and oppositional groups of people to recognize, appreciate, and apply differences for successful results.

60 min. DVD or three-year streaming: \$109. 978-1-4631-1714-6

Mediating Conflict in Intimate Relationships **New**

Gerald Monk and John Winslade

Dr. Monk and Dr. Winslade show examples of the practice of conflict resolution from a narrative perspective and discuss the key principles of this practice. They focus in this presentation on resolving conflict in intimate and family relationships, rather than on organizational, community, or international conflict.

60 min. DVD or three-year streaming: \$109. 978-1-4631-1715-3

Resolving Professional Client Conflicts through Restoring Dialogue **New**

Harlene Anderson

Professionals and clients sometimes reach a point when dialogue collapses into monologue. Both parties find themselves imprisoned in a state of dueling monologues, and professionals must find a way to shift back. Restoring self- or inner dialogue is a critical step to resolving spoken dueling dialogues. The presentation focuses on how a professional can slip into monologue and how to restore dialogue. An example of a consultation conversation with a professional team and its agency executive director and attorney illustrates a process for restoring dialogue.

60 min. DVD or three-year streaming: \$109. 978-1-4631-1716-0

Transforming Conflict in Non-linguistic Ways **New**

Sheila McNamee

This talk offers several illustrations of artistic and other performance-based modalities being conducted globally to help individuals and communities move beyond limited understandings of self and other. Discussion centers on the generativity of movement beyond words to coordinate new forms of life.

20 min. DVD or three-year streaming: \$49. 978-1-4631-1717-7

A "War" of Words **New**

Sally St. George and Dan Wulff

Have you ever counted the number of times in a typical day you hear violent language used? Whether in a meeting with coworkers, listening to the radio, having coffee, watching a TV commercial, or just walking down the street? How many times in your ordinary day do you use language that is deliberately peaceful? This talk focuses on how to embrace the latter.

20 min. DVD or three-year streaming: \$49. 978-1-4631-1718-4

iYouth: Pop Culture, Kids, and Counseling **New**

Julie Tilsen, David Nylund



In this engaging and provocative discussion, Dr. Tilsen and Dr. Nylund discuss the clinical use of cultural studies and methodologies as a way to engage youth in productive, meaningful, and meaning-making conversations about the influence of popular culture in their lives. Taking a “both/and” approach, they discuss ways to engage youth around the problematic and productive potential of pop culture images and texts. In an application of cultural studies methodologies, Dr. Tilsen and Dr. Nylund meet with a group of youth to explore their relationships with pop culture. Together, they discuss ways in which the youth critically engage with the messages they are exposed to, make decisions about what they consume, and construct their identities through pop culture texts.

60 min. DVD or three-year streaming: \$169. 978-1-4631-1529-6

Five Approaches to Counseling Adolescents **New**

Shannon Kellogg, Lucy Vail

This five-part series leads counselors through the unique and complex benefits and challenges of working with clients aged 13 to 19 from diverse backgrounds, and with their families. It provides a basic instructional guide for clinicians collaborating with teens through one of the most challenging life transitions: adolescence to adulthood.

60 min. DVD or three-year streaming: \$169. 978-1-4631-1528-9

Exploring Cyberbullying in the 21st Century: What Every Counselor Needs to Know, and What Young People Really Think! **New**

Joshua Taylor

Cyberbullying affects young people of all demographics and walks of life. This video teaches counselors how to reach out to these young people and connect with them to begin the healing process. Inspiring stories from young victims of cyberbullying along with practical strategies for connecting effectively with these clients will help prepare counselors to become effective and sensitive supervisors and mentors.

40 min. DVD or three-year streaming: \$149. 978-1-4631-1649-1

Finding the Skill'ionaire in Every Person: A Conversation Map to Enhance Social and Emotional Skills with Children and Adolescents **New**

Marie-Nathalie Beaudoin

Based on the popular book *The Skill'ionaire in Every Child*, this film examines thought-provoking conversational practices to bring forth, develop, and strengthen adult and children's skills. Dr. Beaudoin works with a female client struggling with anxiety over her workload and a young Asian American woman dealing with strict family cultural expectations.

60 min. DVD or three-year streaming: \$169. 978-1-4631-1650-7

Three Approaches to Counseling One Adolescent Client: Solution-focused, Reality Therapy, and Cognitive-behavioral **Best Seller**

Edward Hamann, William McFarland, Carrie Alexander-Albritton

Students will witness theory in action with demonstrations of solution-focused, reality therapy, and cognitive behavioral therapy. The client is an adolescent female who describes problems with her parents, lack of control in her life, and stress.

110 min. DVD or three-year streaming: \$169. 978-1-4631-1193-9

Leading Groups with Adolescents

Janice DeLucia-Waack, Allen Segrist, Andy Horne

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.

180 min. DVD or three-year streaming: \$249. 978-1-4631-1220-2

The Challenge of Counseling Teens: Techniques for Engaging and Connecting with Reluctant Youth

John Sommers-Flanagan

Dr. Sommers-Flanagan works with six different teenagers to demonstrate specific engagement techniques for managing resistance. He shows how counselors can connect with teenagers in ways that deepen the relationship and facilitate therapeutic work with strategies such as teen-friendly goal-setting procedures and homework assignments, and the use of humor and self-disclosure.

60 min. DVD or three-year streaming: \$149. 978-1-4631-1218-9

Group Counseling with Children

Sheri Bauman, Sam Steen

Two experienced counselors lead a six-part group counseling session with a diverse group of fifth grade students. The goal of the group is to increase members' appreciation of cultural diversity. Viewers will witness members' developmental levels, the leaders' choice of activities and processing strategies, and issues surrounding the concept of “culture” within the group.

180 min. DVD or three-year streaming: \$249. 978-1-4631-1219-6

Counseling Children: Brief Strategies

Mary Bradford Ivey

This video shows how to conduct a five-stage interview with elementary school students. Dr. Ivey demonstrates how to use the community genogram and family tree to obtain cultural and contextual strengths of children.

60 min. DVD or three-year streaming: \$149. 978-1-4631-1374-2

Solution-focused Brief Counseling: Two Actual Interviews with a Child

Gerald Sklare

Initial and follow-up interviews show the real case of Kelly, age 10, who is having difficulty concentrating in school following recent accidents and family health problems.

60 min. DVD or three-year streaming: \$149. 978-1-4631-1211-0

Counseling Theories

The Five Forces of Counseling and Psychotherapy: A Three-part Video Series **New**

Manivong J. Ratts



Counseling and psychology theories are often grouped into five key approaches, known as the "Five Forces." This video collection helps effectively link theory to practice by offering demonstrations that deconstruct these key theories.

Videos in **Part I** provide interviews with leading scholars and experts of each counseling force. These interviews discuss each theory's past evolution, conceptualization of client problem, role for the counselor, key techniques, and future directions. Part one videos include:

- *First Force: Psychoanalytic Interview:* Robert Janes, Ken King and Susan Radant
- *Second Force: Cognitive-behavioral Interview:* Sam Song
- *Third Force: Existential-humanistic Interview:* Mark Scholl
- *Fourth Force: Multicultural Interview:* Patricia Arredondo, Allen E. Ivey, Thomas Parham, and Cirecie West-Olatunji
- *Fifth Force: Social Justice Interview:* Hugh Crethar, Judy Lewis, and Rebecca Toporek

Videos in **Part II** show counseling sessions with the same client from an expert in each force:

- *First Force: Psychoanalytic Therapy Session:* Sheri Hunt
- *Second Force: Cognitive-behavioral Therapy Session:* Katherine Nordell
- *Third Force: Existential-Humanistic Therapy Session:* Steven Schuetz
- *Fourth Force: Multicultural Therapy Session:* Agnes Kwong
- *Fifth Force: Social Justice Therapy Session:* A. Michael Hutchins

Part III delivers a debriefing session with each therapist and the client. Used individually or as a full collection, these titles offer practical applications of how theories come to life.

Approx. 50 min. each. Individual DVDs or three-year streaming: \$129. Series (10 DVDs): \$750. 978-1-4631-1651-4

Multi-theoretical Counseling and Psychotherapy Series

Jeff Brooks-Harris, Jill Oliveira-Berry, Winter Hamada

Behavioral Counseling and Psychotherapy: Dr. Brooks-Harris works with a socially isolated international student from Taiwan to help her cope with loneliness. Dr. Oliveira-Berry demonstrates behavioral strategies with a Japanese American woman in an abusive heterosexual relationship. Fourteen specific behavioral counseling strategies are demonstrated.

60 min. DVD or three-year streaming: \$149. 978-1-4631-1304-9

Cognitive Counseling and Psychotherapy: Dr. Brooks-Harris demonstrates cognitive strategies with a Japanese American woman in an abusive heterosexual relationship. Dr. Oliveira-Berry works with an Asian Hawaiian man to help him develop a more positive gay identity. Twelve specific strategies are demonstrated, including modifying beliefs, self-talk, and brainstorming solutions.

50 min. DVD or three-year streaming: \$149. 978-1-4631-1303-2

Experiential Counseling and Psychotherapy: Dr. Brooks-Harris demonstrates experiential strategies with an African American woman who is trying to change her relationship patterns. Dr. Oliveira-Berry works with a white man who is struggling to understand the meaning of his father's death. Twelve specific strategies demonstrated include identifying feelings, self-actualization, and testing hypotheses.

60 min. DVD or three-year streaming: \$149. 978-1-4631-1305-6

Multicultural Counseling and Psychotherapy: Dr. Brooks-Harris demonstrates multicultural skills with a female Asian Pacific graduate student who is experiencing symptoms of anxiety related to discrimination. Dr. Hamada works with a Latina woman who feels culturally isolated and became depressed after her husband was deployed to Iraq. Fourteen specific strategies demonstrated include viewing clients culturally, celebrating diversity, and integrating spiritual awareness.

60 min. DVD or three-year streaming: \$149. 978-1-4631-1301-8

Psychodynamic Counseling and Psychotherapy: Dr. Brooks-Harris demonstrates psychodynamic strategies with a Japanese American woman in an abusive relationship who is trying to alter a pattern modeled by her mother. Dr. Oliveira-Berry works with an African American woman who is learning not to cling to men as an attempt to replace her father's love. Sixteen demonstrated strategies include free association, relationship themes, and working through the past.

90 min. DVD or three-year streaming: \$149. Series (5 DVDs): \$589.

Positive Psychotherapy: Helping People Thrive **New**

Russ Curtis and Katie Goetz



This film demonstrates the practical application of positive psychotherapy strategies in individual counseling and clinical supervision. It is comprised of an introduction to positive psychotherapy and its benefits followed by eight individual counseling vignettes. Vignettes demonstrate positive psychotherapy strategies, including forgiveness, flow, optimism, finding meaning, savoring, gratitude, satisficing (satisfying and sufficing), and strengths-based clinical supervision.

60 min. DVD or three-year streaming: \$169. 978-1-4631-1719-1

Principles of Counseling and Psychotherapy: The Essential Domains and Non-linear Thinking of Master Practitioners **New**

Paul Peluso



What are the secrets to successful therapy used by the “masters”? First, they think differently. Second, they operate using seven domains that are universal to all effective therapy, regardless of their theoretical orientation.

This video presents, often humorously, information on successful nonlinear thinking and an overview of the seven domains. It then shows masters at work, including Steven Hayes, Marsha Linehan, Jon Carlson, Judith Beck, Francine Shapiro, Sue Johnson, Scott Miller, Steve Andreas, and William Glasser. Their widely varied theoretical approaches will be beneficial, practical, and entertaining to all current and aspiring counselors.

75 min. DVD or three-year streaming: \$169. 978-1-4631-1653-8

Three Approaches to Marriage Counseling: Solution-focused, Emotionally-focused, and Somatic Experiencing **New**

Ed Hamann, Holly Nickels, Shawn Parmanand



Three different therapists counsel a biracial couple using three different theoretical models: solution-focused, emotionally-focused, and somatic experiencing. The couple presents with complex issues of work-related stress; the wife struggles with her husband's busy schedule and worries about its effects on their family life. Witness professionals skillfully demonstrate these theories as they provide counseling to help mitigate these issues.

120 min. DVD or three-year streaming: \$169. 978-1-4631-1652-1

Relational Cultural Theory **New**

Tonya Renee Hammer

Relational cultural theory (RCT) governs the way humans live, grow, and form relationships. This video provides an introduction to RCT that explores concepts such as relational competence, relational images, and strategies of disconnection. In the counseling session, Dr. Hammer models the theory with a client named Angelica, who is seeking guidance for her relationship with her boyfriend. Dr. Hammer skillfully draws out relational images and connections to show Angelica how her own expectations for her role in relationships have impacted the relationship with her boyfriend. Together they explore how these relational images developed from early relationships in Angelica's life, particularly her relationship with her sister.

60 min. DVD or three-year streaming: \$169. 978-1-4631-1574-6

Reality Therapy Series

Robert Wubbolding

This three-part series shares background, techniques, and demonstrations of reality therapy. Films include *Reality Therapy and AIDS*, *Family Counseling Using Reality Therapy*, and *Reality Therapy in Groups*.

253 min. Series DVDs or three-year streaming: \$349. 978-1-4631-1655-2

Introduction to Motivational Interviewing

James “Diego” Rogers, Ian Schere

Motivational interviewing (MI) is a collaborative, person-centered conversation to elicit and strengthen motivation for change while addressing issues of ambivalence to change. MI 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.

Counselors work with Connor, an adolescent male trying to quit smoking; Ray, a Latino adult male struggling with a life decision; and Rochelle, an African American young woman mandated to treatment after a DUI.

60 min. DVD or three-year streaming: \$169. 978-1-4631-1173-1

Developmental Counseling and Therapy

Allen Ivey, Mary Bradford Ivey

This award-winning video shows how to implement developmental theory in the interview with even the most difficult clients. It includes child, adolescent, and adult examples.

180 min. DVD or three-year streaming: \$249. 978-1-4631-1396-4

Feedback Informed Treatment

Scott D. Miller, Julie Tilsen



Feedback informed treatment (FIT) is a pan-theoretical approach for evaluating and improving the quality and effectiveness of behavioral health services. FIT dramatically improves both retention and outcome of behavioral health services. The approach 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.

In this video, Dr. Miller and Dr. 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 serious and persistent mental illness, a mandated client, and a mother/daughter duo seeking help with relationship issues.

120 min. DVD or three-year streaming: \$169. 978-1-4631-1168-7

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

Manivong J. Ratts



Four counselors work with the same client, an individual with a multiplicity of identities and issues. Demonstrated models are medical, intrapsychic, multicultural, and social justice. An analysis of each model is provided along with its strengths and limitations. Experts also provide 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.

120 min. DVD or three-year streaming: \$169. 978-1-4631-1188-5

Dream Analysis and Counseling: Live Demonstrations

John Marszalek

This film provides two insightful demonstrations of dream analysis. In the first, a Hispanic man dreams about driving to work and Dr. Marszalek helps him discover how trapped he feels in his job. In the second, an African American woman dreams about an intruder.

90 min. DVD or three-year streaming: \$149. 978-1-4631-1401-5

Cognitive Counseling

Jan Holden, Samuel Gladding

This video shares clear, specific examples of cognitive strategies for counseling clients across the lifespan: adolescent, middle adult, and older adult. It includes a demonstration of the 10 steps of cognitive counseling.

60 min. DVD or three-year streaming: \$149. 978-1-4631-1573-9

Carl Rogers and the Person-centered Approach

Howard Kirschenbaum

Biographer Howard Kirschenbaum guides viewers through Carl Rogers's life and work and the development of the client-centered and person-centered approach to counseling, education, group work, and human relationships.

60 min. DVD: \$149. 978-1-4631-1654-5

Cultural Identity Theory: Definition, Present Status, and Research Findings

William E. Cross

Cultural identity theory changed the way we think about therapy with all clients, regardless of color, gender, or sexual orientation. William Cross's original work with racial identity provides an expanded look at the theory and new research developments.

90 min. DVD or three-year streaming: \$149. 978-1-4631-1388-9

Feminist Counseling & Cultural Therapy: Two Demonstrations

Mary Ballou, Martin J. La Roche, Charity Tabol

Two dynamic and real interviews demonstrate key principles of feminist counseling and cultural therapy, including their similarities and differences. Demonstrations of these two progressive contemporary developments in counseling showcase how gender, culture, and power are among the many dynamics to consider.

90 min. DVD or three-year streaming: \$169. 978-1-4631-1308-7

Adlerian Early Recollections: Live Demonstration Including DCT Assessment

Thomas Sweeney, Jane Meyers

Building on the images, emotions, and expectations embedded in an early recollection, the client explores a past situation associated with similar emotions to present concerns. From these two seemingly unrelated events, a life rule is derived, helping the client and counselor quickly assess the problem and its cognitive and emotional origin.

45 min. DVD or three-year streaming: \$109. 978-1-4631-1341-4

The Mirror Cracked: Attachment and the Therapeutic Relationship

Judith Morgan

The therapeutic relationship is widely regarded as central to the work of psychotherapy, yet the role of attachment in the therapeutic process is rarely discussed. When a child is referred for therapy, he or she has typically experienced a disruption to a significant attachment relationship. This presentation describes numerous real cases and shows experiential techniques that can be used to explore this topic.

90 min. DVD or three-year streaming: \$129. 978-1-4631-1230-1

Narrative Therapy: Practice Exercises for Developing Counseling Skills

Lorraine Hedtke, John Winslade



In this two-part series, Dr. Winslade and Dr. Hedtke demonstrate aspects of counseling conversations and allow students to learn and improve their counseling skills.

Part I: Developing Curiosity: In three engaging vignettes, the authors start the conversation with a simple word—"breakfast," "favorite pet," and "something you were pleased about." 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 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.

120 min. DVD or three-year streaming: \$169. 978-1-4631-1279-0

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

Lorraine Hedtke, John Winslade



In this powerful video, Dr. Hedtke and Dr. Winslade discuss the definition of a "totalizing description" and the damage it can inflict upon a person. Following that conversation, Dr. Winslade 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 Dr. Hedtke, in which the team reflects on and responds to the client's words. Afterwards, the client is interviewed about her interpretations of the listeners' responses and the impact these have on her. This powerful video demonstrates masterful work in narrative therapy and shares a poignant story of racism.

70 min. DVD or three-year streaming: \$169. 978-1-4631-1284-4

Re-membering Conversations: A Postmodern Approach to Death/Grief

Lorraine Hedtke, John Winslade



"Re-membering conversations," a phrase that signals the deliberate reproduction of membership, can be useful in counseling grieving individuals. It can also be used to regenerate thoughts of contributions made by those who are deceased. 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 remains a vibrant part of her identity. Despite passing away several years prior, her mother is "brought to life" through the rich stories told in the counseling conversation.

60 min. DVD or three-year streaming: \$169. 978-1-4631-1285-1

Narrative Couples Mediation

Gerald Monk

A divorcing couple comes to Dr. Monk to negotiate a custody arrangement for their five-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 to their son. Dr. Monk skillfully uses narrative mediation in their session, employing tactics including understanding the problem-saturated story, externalizing, mapping the effects, scaling questions, scaffolding the alternative story, and more.

120 min. DVD or three-year streaming: \$169. 978-1-4631-1182-3

Narrative Mediation in the Workplace: Two Sessions

John Winslade

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.

90 min. DVD or three-year streaming: \$169. 978-1-4631-1183-0

Narrative Therapy, Antisocial Clients

Narrative Mediation: A Story of Two Sisters and One Will **Best Seller**

John Winslade

Dr. Winslade works with two sisters to re-author a relationship story that has been in conflict over their mother's disputed will. A conversation based on the principles of narrative mediation ensues. In the context of their preferred relationship story, the sisters address and resolve the issues that have threatened to tear them apart. Compelling, fascinating, and authentic, this video is an excellent example of narrative therapy. Subtitles emphasize major points and provide clarity.

50 min. DVD or three-year streaming: \$169. 978-1-4631-1210-3

Undercover Teams: Re-storying the Bully Relationship

Mike Williams

Undercover teams use a relationally transformative and deeply respectful approach to bullying 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 behaviors. This workshop uses real-life stories at one New Zealand secondary school to describe how the undercover team approach strategically disrupts a story of bullying relations and rewrites an alternative story of support for the victim. It describes the creation of the team, its progress and, ultimately, a new story of peaceful relations in the classroom.

90 min. DVD or three-year streaming: \$129. 978-1-4631-1233-2

Narrative Therapy: A Process for a Postmodern World

Gerald Monk, John Winslade

Dr. John Winslade conducts a therapy session with a client struggling with low self-esteem. Using a narrative therapy approach, he respectfully and collaboratively examines the stories that inform and shape the client's experience and listens for the pattern of how those stories are constructed.

After separating stories that work from non-preferred problematic stories, Winslade guides the client in authoring more satisfying, preferable stories of strength and hope. Following the main session, Dr. Winslade reflects upon the session with guest Dr. Gerald Monk in the narrative therapy tradition of respect, reflection, and transparency.

80 min. DVD or three-year streaming: \$169. 978-1-4631-1576-0

Relational Ethics **New**

Sheila McNamee, Peggy Sax

This conversation between social constructionist Sheila McNamee and narrative therapist Peggy Sax explores the subtlety of ethics in a relational context and examines the nuance of working in a small community setting. Operating with a postmodern sensibility—embracing uncertainty over certainty, continual change over stability, and local/historical/cultural contingencies over universal laws—allows counselors to determine whether a new focus of attention is required for ethical practice.

60 min. DVD or three-year streaming: \$108. 978-1-4631-1545-6

Neighborly Ways of Being: Social Healing through Therapeutic Conversations **New**

Peggy Sax

"Neighborly Ways of Being" is Peggy Sax's name for her work with clients to restore meaning and purpose while transforming painful experiences. She describes the approach as, "guided by the belief that therapeutic conversations can strengthen social connectedness within the family, as well as in naturally occurring communities." This video explores her work within her community and her approach to crisis.

60 min. DVD or three-year streaming: \$108. 978-1-4631-1544-9

Difficult Clients, Challenging Situations

Kevin Nadal



This video addresses challenging scenarios that may arise during a counseling session that require a counselor to think quickly and respond appropriately. Vignettes include clients who make racist, sexist, or homophobic remarks

in session, clients with inappropriate space boundaries, and mandated clients who refuse to speak. These challenging scenarios are followed by multiple responses that allow viewers to choose their preferred approach or develop their own.

30 min. DVD or three-year streaming: \$149. 978-1-4631-1189-2

Counseling the Antisocial Client: Working with Resistance and Denial

Norma Gluckstern-Packard

This film focuses on counseling a court-referred client who places little value on reflective thinking and views counseling as a means of avoiding prison. The counselor employs traditional communications skills such as attending, questioning, and paraphrasing to learn the client's point of view. However, work with an antisocial personality can be demanding, as such clients are persistent in seeking to manipulate and control the counseling session in the manner they see most beneficial to themselves. The counselor adapts to the situation by providing consistent support but also challenging and confronting the client. This film includes a large number of running subtitles, and is excellent for anyone working with difficult clients.

60 min. DVD or three-year streaming: \$149. 978-1-4631-1296-7

History of the Microskills Approach

The microskills approach to counseling originated in 1966 at Colorado State University through the work of Dr. Allen Ivey. This approach provided the first definitions of behavioral skills, including attending behavior and reflection of feeling. Since that time, microcounseling's vocabulary, system, and research practices have become integral to the helping fields. The concepts have been taught to hundreds of thousands of counselors and translated into nearly 20 languages.

Microskills are best taught in a step-by-step fashion. Steps include a warm-up reading defining dimensions of the skill, video models demonstrating the skill in action, immediate small group practice, and specific plans to encourage generalization to the real world.

Basic Attending Skills **Best Seller**

Allen Ivey, Mary Bradford Ivey, Norma Gluckstern-Packard, Azara Santiago-Rivera, Deryl Bailey



These instructional segments will enable students to complete an entire session using only listening skills. Subtitled live demonstrations of real issues and skillsets allow students to recognize interview behavior, practice skills in small groups, and then generalize skills to the actual interview. Multicultural issues are infused throughout.

Topics discussed in the basic attending skills demonstrations include:

- Attending behavior and positive asset search
- Questions
- Encouraging and paraphrasing
- Stimulus vignettes to identify emotions
- Reflection of feeling
- Summarization
- Conducting a full interview using only listening skills

150 min. DVD or three-year streaming: \$299. 978-1-4631-1313-1. Also available in Spanish: *Las Habilidades Atencionales Basicas: Pilares Fundamentales de la Comunicacion Efectiva* by Carlos Zalaquett. 120 min. DVD or three year streaming: \$299. 978-1-4631-1314-8

Basic Influencing Skills **Best Seller**

Allen Ivey, Mary Bradford Ivey, Norma Gluckstern-Packard, Kent Butler, Carlos Zalaquett



This series provides micro-level descriptions of key influencing skills and demonstrates them through reality-based scenarios that feature many subscripts and discussion questions. Demonstrated skills include:

- **Listening Skills.** Bradford Ivey demonstrates the danger of poor listening skills, then contrasts this with a positive example illustrating an open style for eliciting the client's story with a focus on multi-cultural sensitivity.
- **Client Change Scale: Assessing Client Change in the Interview.** A series of practice exercises show students how to determine if their interventions are meaningful, both during the current interview and over a series of sessions.
- **Confrontation.** Gluckstern-Packard works with a white male client and demonstrates how to challenge a difficult client through the skills of listening and confrontation.
- **Focusing.** Zalaquett works with an African American female to demonstrate the power of focusing in building client awareness of the multiple issues surrounding an issue or problem.
- **Reflection of Meaning/The Community Genogram.** Ivey uses the popular community genogram to draw out the social and cultural context of a Cuban American client. Ivey draws out stories and helps the client reflect on their present and future meaning.
- **Reframing/Interpretation.** Butler works with an African American client who has difficulty with her supervisor's performance review. Through reframing, the review is viewed in a more positive and useful manner.
- **Feedback/Self Disclosure.** Gluckstern-Packard works with a white female to show an inappropriate use of skills, then hosts a session where women's issues are explored with more sensitivity.
- **Directives/Psychoeducation.** Bradford Ivey works with an African American male to demonstrate providing directives.

150 min. DVD or three-year streaming: \$299. 978-1-4631-1278-3

Basic Stress Management

Allen Ivey, Mary Bradford Ivey, Norma Gluckstern-Packard, Kent Butler, Carlos Zalaquett



Demonstrations of the following basic stress management techniques are included:

- Directives/psychoeducation
- Six-step mindfulness meditation
- Group meditation
- Spiritual imagery
- CBT and thought stopping
- Gestalt from a CBT frame of reference
- Psychoeducation
- Free association

120 min. DVD or three-year streaming: \$169. 978-1-4631-1280-6

Testimony Therapy: Working with African American Couples in Crisis **New**

Makungu Akinyela



This video introduces students to a discursive approach to therapy called Testimony Therapy. Developed by Dr. Makungu Akinyela, it is an Afrocentric system of therapy grounded in the experiences, history, and cultural knowledge of the African American community. The therapy has a special focus on interview questions called the four healing questions.

This film shares basic theoretical principals of testimony work and the significance of the four healing questions. It also delivers a demonstration of testimony therapy and the healing questions in the first session with a couple seeking help. While specific in its cultural grounding, testimony therapy is universal in its applications.

60 min. DVD or three-year streaming: \$169. 978-1-4631-1720-7

Healing Historical Trauma: Transforming Narratives of Shame and Subjugation **New**

David Anderson Hooker

Even when a situation that originally produced trauma is no longer present, there are institutions, relational patterns, and internalized ways of thinking that maintain the trauma producing and power wounding effects, almost as forcefully as the original context.

This video helps therapists and community workers understand the mechanisms that produce the multigenerational transmission of trauma patterns and also introduces practices that can be used to identify and interrupt the transmission patterns. Dr. David Anderson Hooker shares insights developed from years of working with communities that wrestle with these issues, especially his work with a program that connects descendants of former enslaved persons with descendants of former enslavers in dialogue and engagement practices.

60 min. DVD or three-year streaming: \$169. 978-1-4631-1550-0

Empathy Training for Ethnic and Cultural Awareness **Best Seller**

Max Parker, Chun-Chung Choi

What better way to enhance empathy toward those who are culturally different than by capturing their daily experiences on campus? This title features 36 vignettes developed and role-played by college students based on their own experiences of marginalization. African American, Asian and Asian American, Caribbean, gay and lesbian, Hispanic, American Indian, and international students are featured.

Audiences will not only gain insight into the experiences that challenge culturally different students, but will examine their own assumptions, feelings, and attitudes toward those who are different. An ideal video for student leaders, counselors, student affairs administrators, professors, advisors, health educators, and anyone else who comes in contact with students.

45 min. DVD or three-year streaming: \$169. 978-1-4631-1195-3

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

Anthony G. Greenwald

Though many Americans consider the United States "post-racial" recent research has revealed that biases based on ethnicity, religion, sexual orientation, gender, and age continue to exist in "implicit" forms that operate outside of awareness. Dr. Greenwald demonstrates the implicit association test and describes the basic findings that underlie this new science of discrimination.

60 min. DVD or three-year streaming: \$109. 978-1-4631-1236-3

Culturally Competent Counseling and Therapy Five-part Series

Adisa Ajamu, Judy Daniels, Gayle Iwamasa, Bryan Kim, Nora Martinez, Art Martinez, Elsa Orjuela, Michael D'Andrea, Azara Santiago-Rivera, Luis Vázquez, Frederick Leong, Derald Wing Sue, Thomas Parham

This five part video series features demonstrations with top professionals actively engaging in the specifics of multicultural counseling and therapy. The sessions, which are available individually or as a set, are hosted by Patricia Arredondo and Allen Ivey and include:

- *Innovative Approaches to Counseling African Descent People*
- *Innovative Approaches to Counseling Asian American People*
- *Innovative Approaches to Counseling Latina/o People*
- *Innovative Approaches to Counseling Native American Indian People*
- *Innovative Approaches from a White American Perspective*

30 min. each. Individual DVDs or three-year streaming: \$109. Series: \$489. 978-1-4631-1460-2

Conversations on Racial and Ethnic Identity Research: Where Do We Go from Here?

Robert Sellers, Eleanor Seaton, William E. Cross, Jr., Stephen Quintana

This exciting video will get viewers involved in a discussion of how to disentangle race, ethnicity, and culture while at the same time acknowledging the intersection among these constructs. Four panelists discuss such issues as salience of race and ethnicity, epiphanies leading to new discoveries, and the movement from one level of cultural identity to another. Special attention is given to how context shapes the variability of multicultural identity.

120 min. DVD or three-year streaming: \$109. 978-1-4631-1369-8

At the Corner of Me and Myself: Voices of Multiple Social Identities

Mary Fukuyama, Brent Beam

This film captures the creative expressions of five performers and artists giving voice to the realities they find in multicultural identities, sexual orientation, and other intersections of social identity and oppression.

45 min. DVD or three-year streaming: \$109. 978-1-4631-1352-0. **Contains some strong language and sexual content.**

Multicultural Competence: Awareness, Knowledge & Skills

Paul Pedersen

Dr. Pedersen introduces practical applications for implementing APA and ACA-endorsed multicultural competencies. He summarizes the 34 competencies with a culturally varied student group, displaying behaviors in a cultural context.

35 min. DVD or three-year streaming: \$109. 978-1-4631-1459-6

Microaggressions: The New Face of Discrimination New

Kevin Nadal, David Rivera, Nicole Watkins



First coined by American psychiatrist Chester Pierce, microaggressions are often described as, “brief and commonplace daily verbal, behavioral, or environmental indignities, whether intentional or unintentional, that communicate hostile, derogatory, or negative racial slights and insults toward people of other races.”

This powerful video provides 20 examples of microaggressions in everyday life. These include microaggressions based on race, disability, gender and gender identity, sexual orientation, and religion. Several scenarios show how the intersections of multiple identities influence the types of microaggressions experienced.

Dr. Nadal, Dr. Rivera, and Dr. Watkins engage in dialogue surrounding these microaggressions to better help viewers understand the complexity of these types of situations, as well as the difficulty in addressing these forms of subtle discrimination when they occur.

They provide clinical insights and personal reactions to each scenario, as well as the multiple ways that people may feel or react to these microaggressions when they occur.

75 min. DVD or three-year streaming: \$169. 978-1-4631-1548-7

Key Practices to Multicultural Counseling Series

Garrett J. McAuliffe, Angela Jones, Joseph Lyttle, Veronica Guarino, Cynthia Jenkins, Laura Dvornicky

This six-part series instructs students on how to effectively work with clients of a different cultural background and apply these principles in the here-and-now of the interview. Titles include:

- **Culturally Alert Counseling: A Demonstration of Key Practices.** Counselors provide explicit demonstrations of specific skills for practicing culturally alert counseling. 60 min. \$169.
- **Working with African American Clients.** An African American professional woman meets with a white male counselor to discuss challenges and discrimination she faces in a new workplace. Skills of acknowledging societal bias and client advocacy are demonstrated. 30 min. \$109.
- **Working with Asian American Clients.** When an East Asian client faces family dilemmas, his counselor takes a solution-focused approach, showing interest in the client's culture, self-disclosing, and balancing the family's place in resolving individual concerns. 20 min. \$109.
- **Working with Gay and Lesbian Youth: A Multi-ethnic Demonstration.** Four short personal testimonials from lesbian and gay individuals are presented before moderators provide guidelines for working with persons in the identity confusion or coming out phases of gay identity development. 83 min. \$189.
- **Working with Latino/Latina Clients.** A Latina/o couple finds cultural sensitivity from a White female counselor. *Familismo, respeto, simpatia*, and understanding of gender roles are demonstrated. 25 min. \$109.
- **Working with Religious Clients.** This video illustrates key issues in the too often-ignored area of working with religious issues. In this session, a counselor helps a conservative Christian woman incorporate her faith into finding a solution to her family problems. 20 min. \$109.

Series DVDs or three-year streaming: \$589. 978-1-4631-1663-7 (See above for individual prices)

Research Findings on Culture and Mental Health in Ethnic Minority Communities Using Nationally-representative Data

Laura Kohn-Wood, James Jackson, Norah Mulvaney-Day, David Takeuchi

Panelists discuss a variety of cultural and sociological findings that offer a rich view of race and ethnicity. Speaker presentations include: *Making Ends Meet: Financial Problems and Mental Health among Asian Americans*; *Understanding Mental Health Services Disparities*; and *The Intersection of Race, Ethnicity, Immigration and Cultural Influences on the Nature and Distribution of Health and Mental Health*.

120 min. DVD or three-year streaming: \$109. 978-1-4631-1575-3

A Race Is a Nice Thing to Have

Janet E. Helms, Allen Ivey

In this video interview with Dr. Helms, she discusses her textbook *A Race Is a Nice Thing to Have* chapter by chapter and shares her perspectives on the role of whiteness and identity theory.

54 min. DVD or three-year streaming: \$109. Book: \$24.95. 978-1-4631-1337-7

Race & Assessment: Measurement & Legal Implications

William Sedlacek

Racial differences in assessment processes continue to point to the questionable efficacy of such practices. In this address, Dr. Sedlacek discusses findings from research involving non-cognitive variables.

60 min. DVD or three-year streaming: \$109. 978-1-4631-1479-4

The Criterion Problem in the Measurement of Cross-Cultural Competencies

Frederick Leong, Abigail Billington, Katherine Giuca, Derald Wing Sue

Despite recent advancements in the field, research in cross cultural competency still has room for improvement —specifically in areas of measurement and methodology. Derald Wing Sue discusses his recommendations, including the need to explore implicit versus explicit bias in existing research.

90 min. DVD or three-year streaming: \$109. 978-1-4631-1505-0

Diving Deep and Resurfacing: Feminist Therapy with African-American Women Struggling with Depression New

Vanessa Jackson



Vanessa Jackson utilizes metaphors of “diving deep” and “resurfacing” to allow a process of both acknowledging expressions of sadness and grief and reconnecting with a client’s hopes and dreams. She explores the history and culture of depression with African American women as well as historical underpinnings of mental health treatment of African American women, in a way that heals and inspires both practitioners and clients. Vanessa demonstrates her approach in a session with a young woman who struggles with depression while managing prejudice in the workplace as well as a family history of repressing emotions.

60 min. DVD or three-year streaming; \$169. 978-1-4631-1721-4

Multicultural Counseling: Intake and Follow-up

Kevin Nadal

This two-part series presents a real-life example of how a counselor can use multiculturally competent techniques to work 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 client’s problems, while using traditional methods like strength-based counseling, cognitive reframing, and here-and-now processing.

70 min. DVD or three-year streaming; \$169. 978-1-4631-1287-5

Counseling Immigrants

Vanna Som, Maria Avina, Miguel Loeza, Adam Zagelbaum

This film presents scenarios of school- and community-based counseling 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—all of whom are in the counseling profession—discuss their reasons for immigrating, seeking counseling services, and moving toward a career in counseling; they devote specific attention on how to work with and advocate for immigrant clients.

75 min. DVD or three-year streaming; \$169. 978-1-4631-1200-4

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

Ishu Ishiyama

ART provides flexible materials for teaching specifics of social justice and multicultural action. Twenty-three vignettes illustrate how to respond on-the-spot to incidents of discrimination and will teach participants 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 discrimination found in daily life.
- Teach others in schools, churches, and communities how to combat oppression.

40 min. DVD or three-year streaming; \$169. 978-1-4631-1203-5

A.R.T. for Teens: Breaking the Silence—The Power of Active Witnessing

Ishu Ishiyama

Packed with vignettes that showcase specific examples of direct and indirect oppression, this video is a must for all counselors who wish to teach teens to combat oppression.

40 min. DVD or three-year streaming; \$169. 978-1-4631-1205-9

African-American Counseling & Psychotherapy: Issues in Counseling African-American Clients

Thomas Parham

Dr. Parham discusses Afrocentric theory and its implications for practice.

57 min. DVD or three-year streaming; \$109. 978-1-4631-1439-8

Derald Wing Sue’s Four-part Racism Series

Derald Wing Sue

Derald Wing Sue presents an extraordinary four-part series on racism that prompts viewers to take an honest appraisal of themselves, their biases and prejudices, and take steps to overcome racism.

60 min. each. Individual DVDs or three-year streaming; \$109. Series: \$369. 978-1-4631-1662-0

Confronting Racial and Gender Difference: Three Approaches to Multicultural Counseling & Therapy

Brenda Cartwright, Michael D’Andrea, Judy Daniels

This film shares solutions to many of the issues underlying cross-racial counseling and therapy, including unintentional racism, insight into client thought processes, and specific ideas for practice.

90 min. DVD or three-year streaming; \$169. 978-1-4631-1368-1

Vignettes of Culturally Different Counseling: Working with Clients Different than You

Donald Pope Davis, Loreto Prieto, Amy L. Reynolds, Luis Vázquez

Live demonstrations of multicultural counseling and therapy explore issues of religion, physical challenge, gender, age, and language. Clear vignettes examine the internal self-talk of interviewers engaging in multicultural dialogue.

49 min. DVD or three-year streaming; \$149. 978-1-4631-1521-0

The Challenge and Conflict among Allies: Risks and Opportunities

Melba Vasquez

Despite a movement toward embracing multicultural goals and ideals, conflict continues to occur within the multicultural community between individuals of different genders, sexual orientations, races and ethnicities, and other demographics. This outstanding presentation presents lively vignettes and stories of key issues and makes suggestions for understanding and resolution.

60 min. DVD or three-year streaming; \$109. 978-1-4631-1503-6

Solving the Mystery of Racial Bias in Testing: How Much Does It Cost to Think about Being Black?

Janet E. Helms

Students of African and Latino descent typically score at least one standard deviation lower on standardized tests than students of EuroAmerican heritage. Despite these predictable outcomes, administrators continue to use these tests. In this address, Dr. Helms illustrates how scores on standardized tests may be adjusted to compensate for unfair racial and cultural influences.

60 min. DVD or three-year streaming: \$109. 978-1-4631-1497-8

Is Multicultural Psychology Ascientific?

Ana Mari Cauce

Historically, certain ways of knowing have been viewed as more or less "scientific" than research psychology, a perspective that has often resulted in a prioritization of scientific methods over goals. Multicultural psychology has emerged largely out of a desire to refocus attention back to the original goals of scientific psychology, including description, understanding, and prediction.

60 min. DVD or three-year streaming: \$109. 978-1-4631-1234-9

Is Psychological Science Acultural?

Joseph Gone

In many historical instances, psychological science has treated the study of diverse ethnoracial and cultural group experiences with disinterest, dismissal, or denigration. This has led some to wonder whether psychological science is acultural, or even anti-cultural in orientation. Dr. Gone argues that psychological science is not acultural, but instead emerges at particular historical moments to achieve specific goals motivated by particular interests.

60 min. DVD or three-year streaming: \$109. 978-1-4631-1235-6

Derald Wing Sue's Seven-part Cultural Training Series

Derald Wing Sue

Derald Wing Sue's seven-part video series on topics of racism and cultural competence in counseling includes:

- *Emotional Roadblocks to Counseling the Culturally Diverse*
- *Cultural Competence in the Helping Professions*
- *Racial Microaggressions: Impact and Implications for Counseling Practice*
- *Overcoming Barriers to Effective Multicultural Counseling/Therapy*
- *Multicultural Counseling/Therapy: Culturally Appropriate Intervention Strategies*
- *Racial/Cultural Identity Development: Implications for Counseling/Therapy*
- *White Racial Identity Development: Implications for Counseling/Therapy*

60 min. each. DVDs or three year streaming: \$109 each. 978-1-4631-1683-5

Integrating Diversity Guidelines for Practice Competency

Marie L. Miville, Changming Duan, Roberta L. Nutt,

M. Carole Pistole

This title shows how aspects of diversity can be taught and utilized in professional work in instances including case conceptualization, research projects, and supervision. It presents the cross-cutting integrative training model to enable students and professionals to achieve cultural competence.

60 min. DVD or three-year streaming: \$109. 978-1-4631-1427-5

Indigenous Voices: Witnessing the Wisdom of Our "Elders"

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

This title shares powerful and inspiring stories from pioneers that 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 counselors of all backgrounds.

90 min. DVD or three-year streaming: \$109. 978-1-4631-1226-4

Cultural Competency in the Treatment of African American Couples

A.J. Franklin, Nancy Boyd-Franklin

This video summarizes the Franklins' professional and personal experiences as persons of color. Students will be riveted by the couple's presentation of the African American family and discussion of personal and professional racism.

50 min. DVD or three-year streaming: \$109. 978-1-4631-1387-2

Latina/Latino Counseling & Psychotherapy: Counseling with Latinos in a Time of Growth and Change

Patricia Arredondo

The presentation will promote knowledge about Latinos through several topics: demographics, cultural values and worldviews, personal and family identity, societal stressors, bilingualism, religion/spirituality, healthcare and mental healthcare orientations, and contemporary issues.

60 min. DVD or three-year streaming: \$109. 978-1-4631-1381-0

Cultural Identity vs. Acculturation: Implications for Theory, Research, & Practice

Manuel Ramirez

Does acculturation to the mainstream culture mean relinquishing one's ethnic identity? Dr. Ramirez offers a historical and contemporary perspective about the two processes for individuals of Mexican heritage.

45 min. DVD or three-year streaming: \$109. 978-1-4631-1390-2

Counseling Latina/o Children and Adolescents: Cross-cultural Issues

Enedina Vázquez, Luis Vázquez, Mary Bradford Ivey

How can non-Latino individuals work effectively cross-culturally? Through demonstrations of both ineffective models and culturally sensitive approaches, this title illustrates how to help children build on cultural strengths for problem resolution. Special attention is given to working with families and providing effective translation for non-English speaking clients.

60 min. DVD or three-year streaming: \$149. 978-1-4631-1217-2

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

Rockey Robbins

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.

60 min. DVD or three-year streaming: \$109. 978-1-4631-1224-0

Columbia University Teachers College Winter Roundtable on Cultural Psychology from 2006–2013



About the Conference

The Winter Roundtable of Columbia University's Teachers College is the longest running conference devoted solely to cultural issues in psychology and education. For nearly 30 years, the roundtable has brought together scholars, practitioners, researchers, and social change agents and students examining intersections among race, ethnicity, social class, gender, sexual orientation, and religious affiliation.

Lessons Learned: Understanding the Meaning of Internationalization of Counseling **New**

Changming Duan

Dr. Duan, an immigrant counseling psychologist, shares her experiences and observations of the internationalization movement in the field of counseling. Using the Chinese context and her personal experience as examples, she discusses the possibility of serious unintentional harm even good-willed people may cause in their international engagement. She sees the unshared "power" and the ethnocentrism embedded in our knowledge base as the key issues and argues that true internationalization is not possible without power sharing.

60 min. DVD or three-year streaming: \$109. 978-1-4631-1658-3

Decolonizing International Border Crossings: Feminist Psychologists and Peace Workers Collaborating at the Fault Lines **New**

Kathryn Norsworthy

Dr. Norsworthy brings a post-colonial, global feminist analysis to the question of how psychologists and peace workers can engage in decolonizing, power-sharing partnerships as they engage in this peace and justice work.

60 min. DVD or three-year streaming: \$109. 978-1-4631-1659-0

Pulling the Tiger's Tail: Scholarship and Advocacy **New**

Alvin Alvarez

Dr. Alvarez uses the metaphor of "pulling the tiger's tail" to underscore the role of scholarship as a potent form of intellectual advocacy on behalf of people of color—what Dr. King called "creative maladjustment." Using personal stories, real-life events, and the research on Asian Americans and racism, he argues that mental health professionals can respond to the call for advocacy by using multicultural research to challenge the empirical status quo, to make visible the lives that are invisible, and to give voice to people of color.

60 min. DVD or three-year streaming: \$109. 978-1-4631-1661-3

Boundaries and Solidarity: The Importance of Being Real

Suzette L. Speight

Dr. Speight explores the connections between therapy boundaries, solidarity, and being real as a clinician. She critiques the universal conception of boundaries and suggests there is a need for a reexamination of session boundaries. Through the use of personal case illustrations and various research findings, Dr. Speight presents a culturally congruent view of boundaries.

60 min. DVD or three-year streaming: \$109. 978-1-4631-1357-5

Working Across Cultural Borders: Examples from Haiti **New**

Guerda Nicolas

A recent series of international reports illustrates the urgency of responding to the mental needs of persons in low- and middle-income countries. However, many of these countries are not equipped with the resources to respond to a growing treatment gap. This talk shares some of the guidelines that have been used to implement sustainable international mental health programs and uses Haiti as a case study to provide an illustrative framework of a sustainable model of mental health programs.

60 min. DVD or three-year streaming: \$109. 978-1-4631-1660-6

More than 30 additional conference titles include:

- *Becoming Social Justice Agents: If Not Us, Then Who?*
- *Double Consciousness: Hegemonic Psychology and the Politics of Ethnic Minority Research* **Coming Soon**
- *Economic Privilege and Protection from Consequences: How Affluence and Inequality Structure Differences in Identity, Resilience, and Self-Efficacy* **Coming Soon**
- *Exploring the Emotions of White Racism and Antiracism* **Coming Soon**
- *Honoring the Spiritual and Cultural Legacy of Mentoring: Empowering Future Generations* **Coming Soon**
- *Hope for Hard Work and Looking for a Better Life: Welcome to English Class and Our Neighborhood*
- *Indigenous Healing and Psychotherapeutic Intervention: Complicating the Prospects for Integration* **Coming Soon**
- *Keeping the Wisdom and Sharing Our Gifts* **Coming Soon**
- *Mentoring for Multicultural and Advocacy Competencies*
- *Multicultural Feminist Leadership: Benefits for All* **Coming Soon**
- *Naamitapiikoan: Blackfoot Influences on Abraham Maslow's Developmental and Organizational Psychology*
- *Post-Obama: The Continued Relevance of Identity Theorizing and Research*
- *Reading between the Lines: Understanding Culture in Qualitative Research*
- *Reducing Mental Health Disparities: Preliminary Findings from a Brief, Anti-stigma Intervention for Chinese Immigrant Relatives of Individuals with Psychosis*
- *Social Justice in Action: Examples of Practice and Visions of the Future*
- *Socio-Structural Influences on the Work Participation of Refugees*

About Our Textbooks

Microtraining offers several skills-based textbooks to accompany select training films. These practical texts provide key information on how to understand and implement some of the counseling field's most important theories and concepts.

Basic Attending Skills and Basic Influencing Skills

Allen Ivey, Norma Gluckstern Packard, Mary Bradford Ivey, Carlos Zalaquett



Outcome and competency-based, *Basic Attending Skills* and *Basic Influencing Skills* texts are ideal for all beginning counseling students. *Basic Attending Skills* is also now available in Spanish, in a version guided by Carlos Zalaquett of the University of South Florida.

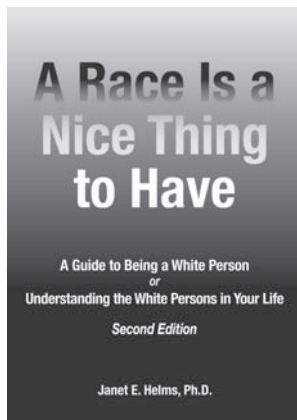
What can these incisive, “make a difference” texts do for you and your students?

- Teach the importance of listening and instruct how to do it.
- Grant mastery of single skills, enabling students to know what they are doing and the likely results of their efforts in the interview. Students will listen, then influence appropriately.
- Create a foundation of basic skills that can be transferred to multiple theories and strategies, but are also effective independently.

\$24.95 each. *Basic Attending Skills*: 978-0-917276-07-1. 142 pages. *Basic Influencing Skills*: 978-0-917276-40-0. 136 pages. *Las Habilidades Atencionales Basicas*: 978-0-917276-14-9. 170 pages. For accompanying videos, see page 11.

A Race Is a Nice Thing to Have, Second Edition

Janet E. Helms



“During graduate school, Dr. Helms opened my eyes to the fact that I was white and helped me grow in so many ways. As a faculty member, I now use Dr. Helms’ work in most all of my courses. I believe this book should be required reading for every student pursuing an academic degree, undergraduate or graduate, in any discipline. Dr. Helms sharply provides the reader with a thoughtful and gently challenging way to understand the role of race in our society and the place of Whites in that system.”

—Lewis Schlosser, Seton Hall University

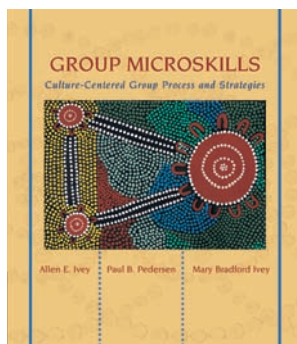
Writing to a general audience, scholar Janet E. Helms, provides a clear statement about racial issues in modern society. This engaging, readable book will make a significant difference in your counseling and therapy practice and the way you think about yourself as a racial/cultural being.

This classic book on race in our society has been completely revised, yet remains insightful, powerful and to the point. It will prompt students will examine themselves, their role in social justice, and plan actions for future change. It is also enriched with practical exercises that will prompt meaningful class discussions.

\$24.95. 95 pages. 978-0-917276-13-2. For accompanying video, see page 13. Free DVD with class adoption of text.

Group Microskills: Cultured-centered Group Process and Strategies

Allen Ivey, Paul Pederson, Mary Bradford Ivey



“I can think of no other group text where multicultural ideas are so thoroughly infused. . . A fresh perspective on skill development for group leadership.”

—Rex Stockton, Indiana University

This book, which contains a bounty of practical exercises, enables students to start group practice and implementation early on and build gradually toward a mastery of skills, process, and theory. Students will learn group skills and how to anticipate individual and group responses to interventions. This is only group book of its kind with a multicultural focus.

\$59. 282pages. 978-0-917276-15-6. For accompanying video, see page 22. Free DVD with class adoption of text.

The Healing Road: The Native American Tradition

Robert Ryan, Eduardo Duran, Teresa LaFromboise, Derald Wing Sue



This video helps address the issue of multicultural healing among Native Americans. Native American practitioners raise questions about the appropriateness of current theoretical approaches.

Concepts of historical trauma, intergenerational post-traumatic stress, and the soul wound will change the ways students and professionals consider treatment.

60 min. DVD or three-year streaming: \$169. 978-1-4631-1508-1

Counseling the Multiracial Population: Couples, Individuals, and Families

Kelley Kenney, Mark Kenney

Through six vignettes of typical issues, this video presents the worldview experiences of interracial couples, multiracial individuals, and multiracial families including transracial adoptive families. It provides clear suggestions for action in the interview.

72 min. DVD or three-year streaming: \$149. 978-1-4631-1384-1

Counseling & Therapy with Native American Indians

Teresa LaFromboise

This important film discusses assumptions Native American Indians hold about counseling and therapy, cultural factors which must be considered in treatment strategies, and the network treatment plan. It provides detailed specifics important to multicultural helping.

70 min. DVD or three-year streaming: \$109. 978-1-4631-1371-1

Native Implosion of a Racial/Cultural Identity Development Model

Jill Hill, Rockey Robbins

After interviewing a Native American sun dancer four times about his racial and cultural identity development, Dr. Robbins and Dr. Hill analyze the resulting data in its relation to existing racial and cultural models. Upon seeing incongruities, they use his stories to develop a new Native American developmental model based on values such as circularity, humor, and perseverance.

60 min. DVD or three-year streaming: \$109. 978-1-4631-1223-3

Liberation Psychology: An Ongoing Practice in American Indian Country

Eduardo Duran

This presentation focuses on a Native American psychology that emphasizes historical trauma—the soul wound—as acted out in the here-and-now of American Indians' lives.

60 min. DVD or three-year streaming: \$109. 978-1-4631-1447-3

Culture and Standardized Tests: Native American Issues & Examples

Carlton Ami

Home environmental conditions, including primary language, traditional modes of teaching, socioeconomic status, and family stability are leading contenders that contribute to the learning process, and hence test scores. It's necessary to understand discrepancies among test scores in order to assist minority groups.

60 min. DVD or three-year streaming: \$109. 978-1-4631-1393-3

Building and Maintaining Good Working Relationships in Indigenous Communities to Promote Optimal Mental Health and Positive Youth Development

Monica Tsethlikai, Nancy Whitesell, Lisa Rey Thomas, Allison Ball, Billie Jo Kipp

This video shares expertise about practices for building relationships with people in indigenous communities, developing collaborations with tribal communities as a member of the tribe, or as a non-tribal member, how working in tribal communities challenges one's training and research methods, and more.

90 min. DVD or three-year streaming: \$109. 978-1-4631-1360-5

Counseling Arab Americans: Diversity, Treatment Goals and Interventions

Sandra Amen-Bryan, Sylvia Nassar-McMillan, Julie Hakim-Larson

This two-part series provides practical counseling vignettes that illustrate diversity among Arab American clients and their issues, particularly in today's post 9/11 climate. Authors are leading scholars in the field, with roots in one of the largest Arab American communities in the country.

Individual DVDs or three-year streaming: \$149.

Series: \$249. 978-1-4631-1373-5

Counseling Muslims

Farah Ibrahim

Counseling Muslims blends lecture, case vignettes, and debriefings for a comprehensive overview of counseling people of Muslim faith. Dr. Farah Ibrahim presents strategies to incorporate Islamic spiritual beliefs in the counseling process to make it culturally appropriate, followed by four counseling vignettes.

60 min. DVD or three-year streaming: \$149. 978-1-4631-1382-7

Counseling Filipino Americans: A Three-part Series

Kevin Nadal

This three-part series presents real-life examples of Filipino American clients who are attending psychotherapy for the first time. Dr. Nadal facilitates culturally competent counseling techniques, ranging from here-and-now processing to strength-based counseling.

90 min. DVD or three-year streaming: \$169. 978-1-4631-1286-8

Australian Aboriginal "Sorry Business" and Culturally Appropriate Counseling

Robina Otrupcek

The grief suffered across the generations by Indigenous Australians is often the source of discontent that leads to many mental health issues. This presentation looks at important aspects of Aboriginal cultures to enable useful assistance in this grief.

30 min. DVD or three-year streaming: \$109. 978-1-4631-1229-5

White Identity Theory: Origins and Prospects

Rita Hardiman, William E. Cross, Jr.

What does cultural identity theory say about white people? Rita Hardiman, the originator of white identity theory, explores racism as a white problem, stages of white identity development, strategies to enable growth in trainees, and more.

60 min. DVD or three-year streaming: \$109. 978-1-4631-1524-1

Family Therapy: Universal and Unique Approaches to Solving Problems **New**

Samuel Gladding, Dawn Calhoun



Through a series of entertaining and instructional role plays, Dr. Gladding reviews several universals of family treatment approaches, such as types of communication patterns, rules, and feedback. He describes additional concepts including homeostasis, secondary change, and developmental aspects of a problem, then demonstrates effective use of these techniques to treat a multigenerational family. Stimulating and enlightening, this film is ideal for classes in family therapy. It is a creative resource that allows beginning graduate and advanced undergraduate students to see multiple aspects of how to work clinically with families to achieve therapeutic results.

60 min. DVD or three-year streaming: \$169. 978-1-4631-1569-2

Collaborative Helping: A Practice Framework for Family-centered Services

William Madsen



This film introduces the integrated practice framework of collaborative helping, which draws from cutting edge ideas and practices in family therapy, community/organizational development, and post-modern thinking while applying them in a concrete and accessible fashion. It offers a flexible map to help practitioners operationalize family-centered principles in their practices in order to help individuals and families envision their desired lives, address long-standing problems, and develop proactive coping strategies in the context of their local communities.

In part one, Dr. Madsen outlines the fundamentals of collaborative helping working with an African American father and his adolescent son, who struggle with multiple stressors after the sudden death of the boy's mother. In part two, Dr. Madsen meets with a family counselor for supervision regarding an adolescent client of West Indian and Haitian descent who struggles to balance issues of culture, drug addiction, sexual identity, and poverty.

120 min. DVD or three-year streaming: \$169. 978-1-4631-1169-4

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

Lyra Barrera, Rob Santos



Men frequently enter couples therapy saddled with isolating reputations. They are oftentimes described—and describe themselves—as out of touch with the experience of their partner, not interested in talking, and disconnected.

This video discusses and demonstrates the practice of internalized other interviewing (IOI) with men. IOI was developed by Karl Tomm as a way to facilitate more relational ways of understanding, and to help clients cultivate their awareness of others' experiences. Other-awareness is not typically part of traditional gender training for men within patriarchal culture, and thus is very useful in cases of interpersonal conflict or disconnection. This therapeutic practice reveals that men often understand more about their partner than they realized, and consequently results in greater connection, intimacy, and relational justice for many men and their partners.

Dr. Barrera and Mr. Santos discuss the history and theory behind IOI 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. DVD or three-year streaming: \$169. 978-1-4631-1170-0

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

Sheila McNamee

Family therapy has continually confronted choices between polarized positions—i.e., structural, strategic, solution-focused, narrative. These positions are taken up because they may have solved an old dilemma, but they eventually encounter new limitations. In this dynamic presentation, Dr. McNamee suggests that it's possible to use theories, models, and techniques as fluid and flexible resources for action in the therapeutic conversation.

60 min. DVD or three-year streaming: \$109. 978-1-4631-1184-7

Brief Integrative Adlerian Couples Therapy

Jon Carlson

This film will prepare counselors to deal with issues of anger. Adlerian theory, skills, and strategies are demonstrated with a couple currently separated due to issues of temper control. Dr. Carlson uses a positive and hopeful approach to draw out their stories and strengths.

60 min. DVD or three-year streaming: \$149. 978-1-4631-1359-9

Family and Marriage Counseling

Jay Haley Therapy Videos

See master therapy teacher Jay Haley, one of the founders of family therapy, in action. This live training video collection shows actual training group cases as they progress from week to week. Viewers can see case presentations by the trainees and Haley as he plans interviews with them, provides directives during live supervision, and debriefs with the group.



How Many Clients Are There in One Body?

A trainee seeing her first case learns to how to diagnose a Brazilian woman whose pathology is expressed in cultural beliefs. Practical rather than cultural considerations are emphasized while working with the patient, who lives in an abuse shelter.

45 min. DVD: \$169. 978-1-4631-1180-9

Changing a Violent Family

A family under court order is assigned multiple helpers who must reach a consensus about how best to work with the family. Techniques are strategic with special emphasis on motivating the family to change and using paradox to make it happen.

43 min. DVD: \$169. 978-1-4631-1177-9

Unbalancing a Couple

A therapist who has been taught to remain neutral with a couple learns how to take sides. The film emphasizes the couple's rules of communication, which are difficult to change without therapist intervention.

30 min. DVD: \$169. 978-1-4631-1181-6



A Positive Approach with a Psychotic Couple

A young couple has been in therapy and in and out of the hospital for years after the husband was diagnosed with schizophrenia and the wife with schizo-affective disorder. Both are on permanent disability and considered incurable. The consultation illustrates one way to make a fresh start with a chronic case.

45 min. DVD: \$169. 978-1-4631-1176-2

Compulsory Therapy: A Case of Violence

The film centers on two high school brothers from an ethnic minority group who are sentenced to probation and therapy for using violence against a student who calls them by a racial slur. Haley's directive involves bringing the family together to assure violence will not be a repeat occurrence.

35 min. DVD: \$169. 978-1-4631-1174-8

The Boy Who Can't Stop Fighting

An African American boy with repeated violent tendencies is sent from school to school, therapist to therapist, group to group. After the child again becomes violent, the therapist who has been seeing him for a year brings him in for a consultation, in which a paradoxical approach is used to improve his behavior.

45 min. DVD: \$169. 978-1-4631-1179-3

Brief Strategic Therapy with Couples

This training film illustrates therapy techniques that can be used with married couples in distress. Marital relations can be defined in terms of a comprehensive set of rules that governs a couple's interactions, ranging from small issues to major crises. The therapy presented focuses on the problem sequences and uses directives to change them, particularly through the use of paradox.

50 min. DVD: \$169. 978-1-4631-1178-6

Family Therapy at a Distance: A Case of Depression

A Middle Eastern student living in the United States shows signs of depression. The therapist uses a directive approach, instructing the student to write a letter to his father living in the Middle East. The session illustrates the parallels between therapy and supervision.

55 min. DVD: \$169. 978-1-4631-1175-5

Other videos by Jay Haley and Madeleine Richeport-Haley available online

- *Approaching a Crisis: Threats of Violence, Divorce, and Suicide*
- *Dance and Trance of Balinese Children*
- *The Guaranteed Cure: A Case of Bulimia-Anorexia*
- *Jay Haley on Directive Therapy*
- *Jay Haley Seminar on Clinical Hypnosis*
- *Jay Haley on Strategic Therapy*
- *Milton H. Erickson: Explorer in Hypnosis and Therapy*
- *Macumba Trance and Spirit Healing*
- *Remembering Gregory Bateson*
- *Remembering Milton H. Erickson*
- *Whither Family Therapy? A Jay Haley Version*

Solution-focused Counseling, Power, Brief Counseling

Solution-focused Counseling **New**

Jeffrey T. Guterman



Solution-focused counseling is a strength-based model that emphasizes clients' strengths, resources, and effective coping skills to bring about positive change. Features of this model include a multicultural perspective and an integrative approach that tailors treatment to the unique aspects of each client.

In this video, Dr. Guterman provides a clinical demonstration of solution-focused counseling with a client dealing with procrastination. He also outlines solution-focused principles and techniques including co-constructing problems and goals, identifying and amplifying exceptions, and assigning tasks.

60 min. DVD or three-year streaming: \$169. 978-1-4631-1664-4

Fiscal Trauma **New**

Vanessa Jackson



How can therapists deal with the depression, anxiety, grief, despair, and rage of clients who have had their financial dreams destroyed? What is the best way to support and encourage clients to transform financial disasters into new and empowering relationships with money and people? This video explores the concept of fiscal trauma—how it is created, what maintains it—and explore strategies for supporting clients in re-scripting shame-based money stories and moving toward authentic financial freedom. Ms. Jackson meets with Alyssa and demonstrates ways of collaborating with clients to develop new relationships with financial ways of being.

60 min. DVD or three-year streaming: \$169. 978-1-4631-1542-5

Transforming Powerlessness into Power: Practical Counseling Skills for Building Hope **New**

Vanessa Jackson



In this provocative and compelling video, Vanessa Jackson demonstrates how power complicates the process of assessment and diagnosis. She shares her views on why understanding and changing the power dynamics that impact us is the only way for individuals and societies to authentically heal. In a therapy session with a woman coping with her teenage son's arrest, Ms. Jackson skillfully facilitates a dialogue to show the client an understanding and acknowledgement of the ways she had been affected by power and powerlessness, and how this awareness can help her cope with her present day pressures.

60 min. DVD or three-year streaming: \$149. 978-1-4631-1549-4

Brief Counseling: The Basic Skills

John Littrell

Dr. Littrell illustrates how to 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. DVD or three-year streaming: \$149. 978-1-4631-1215-8

Brief Counseling: Solutions for Life

John Littrell

This complete interview demonstrates brief solution-oriented counseling, the microskills five-stage structure of the interview, and the search for positive assets and strengths. Dr. Littrell draws on his multicultural expertise in dealing with complex issues of the interface between gender, physical ability, ethnicity/race, and socioeconomic issues.

50 min. DVD or three-year streaming: \$149. 978-1-4631-1214-1

Brief Counseling: Children & Adolescents

John Littrell, Kirk Zinck

Dr. Zinck works with an adolescent who is acting out and her mother, skillfully blending a caring approach with brief methods illustrating how to make a difference with difficult teens. Dr. Littrell presents two full sessions with an eight-year-old who is acting out. Through positive problem definition, the miracle question, and other brief strategies, these professionals illustrate the specifics of this effective and practical system.

45 min. DVD or three-year streaming: \$149. 978-1-4631-1212-7

Group Work, Social Construction, Privilege

Group Counseling: Process and Technique **New**

Kevin Fall



What does group counseling look like? Dr. Fall facilitates a group consisting of six diverse adult members. Divided into six easy 20-minute view-and-learn segments, viewers will see examples of the first session, moving to here and now, managing conflict, moving toward greater group responsibility, preparing for termination, and termination. This video is an ideal teaching tool for a group class.

120 min. DVD or three-year streaming: \$189. 978-1-4631-1656-9

Afrocentric Approaches to Group Work: I Am Because We Are

Sherlon Pack-Brown, Linda Whittington-Clark, Max Parker

Working with a mixed race group, this video shows how to interface gender and racial identities and facilitate individual and group growth. Students will learn diversity ethics, how to integrate worldview issues into groups, how to balance the self-as-individual with the self-in-relation, and other skills.

68 min. DVD or three-year streaming: \$149. 978-1-4631-1346-9

Developmental Aspects of Group Counseling Series

Rex Stockton

Engaging and practical, this easy-to-teach series follows the life of a personal growth group for 16 weeks. Stockton, a master in teaching group work, oversees two beginning group leaders as they present basic competencies at each group stage and begin to gain skill and confidence.

135 min. DVD or three-year streaming: \$169. 978-1-4631-1395-7

Group Microskills: Encountering Diversity

Lynn Banez, Allen Ivey, Mary Bradford Ivey

This film teaches skills and strategies, precisely identified with subtitles, that clarify what group leaders do to prompt action. It also addresses difficult issues around diversity, including white privilege. Dr. Banez leads a five-stage session showing how intentional use of group microskills leads to concrete change in awareness of self-in-relation. Dr. Ivey demonstrates issues that can occur when a white person leads a multiracial group.

144 min. DVD or three-year streaming: \$169. 978-1-4631-1415-2

Group Work: Leading in the Here and Now

Marguerite (Peg) Carroll

A master of group therapy leads an actual here-and-now group experience. A real group moves through its various stages, and leadership roles are demonstrated as the group process evolves. Dr. Carroll periodically interacts with a group of observers to discuss key concepts of group development and offer clear perspective on the theory and rationale behind what is happening in the group.

180 min. DVD or three-year streaming: \$169. 978-1-4631-1657-6

Task and Psychoeducational Groups

Robert Conyne, E. Robert Wilson

Experts in systematic group work present specifics for beginning group leaders. Clear explanations of necessary leadership skills using Hill's learning-through-discussion methods will teach students the process of task groups. The psychoeducational video shows co-leaders engaged in the three p's: planning, performing, and processing, and will help students develop expertise in this critical style of group leadership.

135 min. DVD or three-year streaming: \$169. 978-1-4631-1221-9



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

Sheila McNamee, Julie Tilsen

Sheila McNamee, interviewed by Julie Tilsen, discusses the generative potential of therapy as social construction. As a philosophical stance, social construction positions people 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.

60 min. DVD or three-year streaming: \$169. 978-1-4631-1185-4

Counseling and Privilege Series

Lewis Schlosser, William Liu, Julie Ancis, Kathy Biesheke, Jane Dewey, Pamela Foley

In this ground-breaking six-film series, Lew Schlosser interviews psychologists with expertise from key demographics of privilege: white, heterosexual, Christian, abled, male, and from an upper social class. The film teaches how to personally connect with one's own socially privileged identities, shows how privilege affects the therapeutic process, and explains how to take steps to dismantle it.

180 min. DVDs or three-year streaming: \$169. 978-1-4631-1302-5

Social Class, Economic Privilege and Counseling

William Liu, Jay Greenfeld, Derek Turesky

Dr. Liu, leading researcher and developer of the social class world view model (SCVM) defines social class and how the SCVM applies to counselors' work with diverse individuals. Dr. Liu then demonstrates in counseling session how to apply this model with a client.

50 min. DVD or three-year streaming: \$169. 978-1-4631-1494-7

School Counseling, Career Counseling, Coaching



Restorative Justice **Coming Soon** **in School and Community Settings**

David Anderson Hooker

Schools, communities, and justice systems in the US and internationally are increasingly turning to restorative justice as an alternative to a traditional punitive approach. Restorative justice recognizes the healing and restorative power of community and works to increase understanding of the impact of actions. David Anderson Hooker provides an introduction to restorative

justice, including its goals, pillars, principles, and practices. A demonstration of restorative justice—as it applies to a high school with escalated student conflict—shows a community coming together for healing, responsibility, and forgiveness.

60 min. DVD or three-year streaming: \$169. 978-1-4631-1740-5

Equity-focused School Counseling: Ensuring Career and College Readiness for Every Student

Stuart Chen-Hayes, Ketrin Saud Maxwell, Deryl Bailey

Counseling skills using the equity-focused new vision of school counseling. Multiple skill-building vignettes feature a diverse range of K–12 students, school counselors, parents, teachers, and principals who demonstrate key skills and competencies to ensure every K–12 student has access to career and college readiness competencies through school counseling programs.

75 min. DVD or three-year streaming: \$169. 978-1-4631-1202-8

Counseling the Student Athlete

Adam Zagelbaum

This video shows how school counselors can be particularly helpful in providing resources and support to student athletes and their families as they navigate a 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 developments. They depict work with teachers, coaches, parents, and school counselors. Following the scenarios, a discussion 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. DVD or three-year streaming: \$169. 978-1-4631-1190-8

School Counselors Closing Achievement and College Access Gaps

Cheryl Holcomb-McCoy

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 groundbreaking research on college access counseling in urban high schools.

60 min. DVD or three-year streaming: \$109. 978-1-4631-1309-4

Coaching and Counseling

Allen Ivey

Coaching skills are a vital component of every counselor and therapist's work. Dr. Ivey 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, which can be generalized for use in multiple situations. For clients who may shy away from counseling and therapy, the term "coaching" may increase comfort with the process.

25 min. DVD or three-year streaming: \$109. 978-1-4631-1277-6

Career Counseling with Children: Live Demonstrations

Adam Zagelbaum

Dr. Zagelbaum skillfully and sensitively counsels two preteens in individual sessions. He demonstrates that, when age-appropriate methods are used, children can understand and work with basic career constructs. With children being asked to consider career matters at an increasingly younger age, effective counseling can help them stay in school. Viewers will learn the creative career constellation approach and how it relates to cross-cultural, age, gender, and other sociocultural issues.

50 min. DVD or three-year streaming: \$149. 978-1-4631-1207-3

Career Coaching

Kay Richardson

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. She invites the client to fill out the picture of his ideal vision for his career, which enables him to rediscover his long-term passion.

40 min. DVD or three-year streaming: \$149. 978-1-4631-1172-4

Career Counseling: Multi-ethnic Demonstrations Series

Anika K. Warren

This two-part series presents real-life example of career counseling in action, integrating multicultural and career strategies. Dr. Warren facilitates guided discovery through key skills such as career assessment, career visualization, and integrating results with client background and goals. Her clients include a Vietnamese American gay male transitioning from college to work and a college educated African American woman considering a career change.

60 min. each. Individual DVDs or three-year streaming: \$149. Series: \$249. 978-1-4631-1209-7

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

John Krumboltz

In a spontaneous and unrehearsed demonstration, Dr. Krumboltz applies happenstance learning theory with a female Chinese American graduate student contemplating career directions.

40 min. DVD or three-year streaming: \$149. 978-1-4631-1206-6

Eating Disorders, Mentoring, Supervision, Gender

Narrative Therapy for Eating Disorders **New**

Ali Borden



How do counselors remain collaborative while working with anorexia and bulimia? Making local knowledge more visible, and moving away from generalized dominant stories about people with eating disorders, this conversation moves beyond distinctions of diagnosis to ways of being and speaking that bring forth the client's experience.

Ali Borden meets with several women who have had life-threatening struggles with anorexia and bulimia. She models ways of privileging a client's knowledge, ideas, and resources, noting that confrontation does not produce change. She then discusses with Larry Zucker narrative approaches to anorexia and bulimia and clinicians' fears and responsibility.

60 min. DVD or three-year streaming: \$169. 978-1-4631-1668-2

The Power of Mentoring: Strategies to Bring Out the Best in Anyone

Anne Chan



Mentoring is rarely taught at school, yet it's an essential piece of professional and personal development. Through engaging role-plays, interspersed with inspiring stories and concrete tips from actual

experience in mentoring, this video will teach viewers how to take steps to become outstanding mentors. It provides 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 and illustrate clearly what viewers can do to make a tangible difference in the lives of others.

60 min. DVD or three-year streaming: \$169. 978-1-4631-1192-2

Five Approaches to Supervision

Lori Russell-Chapin, Bryan DeNure



This video delivers live demonstrations of five major clinical supervision models, including: developmental, integrated, interpersonal process recall, psychodynamic, and microskills. Portions of a graduate student's counseling

interview are shown before Dr. Russell-Chapin supervises the session from these five distinct supervision approaches. The film instructs that there are multiple ways to interpret the counseling interview, depending on supervisory questions and interview needs.

90 min. DVD or three-year streaming: \$169. 978-1-4631-1411-4

Life Coaching: Tools for Counselors

Kay Richardson

Life coaching is an approach that considers the client is the expert on his or her life, and views each client as 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, whether she should embark on international travel, and whether to stay with her longtime partner. The other 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. DVD or three-year streaming: \$169. 978-1-4631-1171-7

Multicultural Supervision

Anika K. Warren, Melissa Corpus

Dr. Warren provides multicultural supervision to Melissa Corpus, an advanced doctoral student studying counseling psychology at Teachers College at Columbia University. In the first segment, Melissa uses an integrative approach to counsel a Vietnamese American gay male who completed an intake assessment several 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 supervise to Melissa. The final segment consists of closing comments and analysis from Melissa and Dr. Warren.

75 min. DVD or three-year streaming: \$169. 978-1-4631-1295-0

Men and Masculinity

Ronald Levant

Men are increasingly entering therapy, which is often complicated by such common male traits as difficulties dealing with emotions, admitting vulnerability, and being comfortable with intimacy. Dr. Levant provides an overview of scholarship and clinical practice innovations, and describes new techniques for helping men develop emotional self-awareness and emotional empathy.

60 min. DVD or three-year streaming: \$109. 978-1-4631-1453-4

The Psychology of Men and Masculinity in Multicultural Perspective

Ronald Levant, Doug McDonald, William Parham, Luis Vázquez, William Liu

This video shares the key issues of men in society in five clear and succinct presentations. It describes male psychology through a series of well-informed and highly stimulating presentations, and serves as an introduction to the psychology of men.

50 min. DVD or three-year streaming: \$109. 978-1-4631-1510-4



The Military and PTSD: Counseling a Couple in Crisis **New**

Joshua Taylor

Increasingly, veterans are surviving the wounds of combat, facing multiple deployments in combat zones, and returning home with PTSD. This video series will help identify the unique issues that our veterans face, particularly the challenges of returning home and adjusting to life outside of the military.

Dr. Joshua Taylor, himself a veteran, explores the causes, symptoms, and treatments of PTSD. He meets with an Asian American couple who is caught off-guard by the significant marital difficulties resulting from the husband's multiple deployments and recurring traumas. The film provides practical solutions to working with a military family and illustrates ways to break down the barriers that veterans have to seeking help.

60 min. DVD or three-year streaming: \$169. 978-1-4631-1665-1

Counseling Military Families: Deployment, Co-Morbidity, and PTSD **New**

Joshua Taylor

Dr. Taylor meets with a military family—including the father, step-mother, teenage sister, and teenage brother—in conflict. He navigates the complex and multiple stressors that create conflict, miscommunication, and dysfunction within this blended family.

60 min. DVD or three-year streaming: \$169. 978-1-4631-1666-8

Sand Tray Counseling with Veterans and Their Families **New**

Kristi Kanel, Sheila McCabe

This film demonstrates the use of sand tray therapy with a female veteran who has survived sexual assault, then with a couple, a veteran of the Persian Gulf War and his wife. It demonstrates how this approach can be effective in treating military service-related PTSD and depression, and explains how the cognitive, emotional, and neurobiological components of trauma can be addressed in this nontraditional format.

90 min. DVD or three-year streaming: \$169. 978-1-4631-1667-5

Counseling Veterans

Herbert Exum, Amy Menna

The counseling profession has not given sufficient attention to returning military veterans. Only in the wake of the Iraq and Gulf wars have counselors begun to fully understand the needs of and responsibilities toward these individuals. As veterans are members of a distinct cultural group, this film explains their culture and its members' specialized needs. Students will learn about post-traumatic stress, specific treatment issues, and the critical importance of working with military families.

60 min. DVD or three-year streaming: \$109. 978-1-4631-1201-1



Sex and Aging: Overcoming the Obstacles to Maintaining a Vital Sex Life

Lori Russell-Chapin, Theodore Chapin

Drs. Chapin and Russell-Chapin facilitate an open forum about aging, sex, cultural expectations, and myths. Gender differences and physical changes due to aging are explored, and interventions and suggestions for a vital sex life are addressed.

60 min. DVD or three-year streaming: \$149. 978-1-4631-1491-6

Cognitive Behavioral Therapy with Older Adults from Diverse Populations Transitioning to Long Care Facilities **New**

Carlos Zalaquett, SeriaShia Chatters, Levette Dames

This video discusses the use of cognitive behavioral therapy in the treatment of older adults, specifically those with generalized anxiety disorder. A demonstration of the intake process, treatment plan, and follow-up are shown with a slide show and subtitles that emphasize key concepts.

60 min. DVD or three-year streaming: \$149. 978-1-4631-1669-9

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

Alizreza Atri

Dr. Atri explains the counselor's role in referral and assessment of Alzheimer's disease, a condition that affects millions of patients. Counselors will understand their centrality in helping the patient and the family. The video provides key facts and teaches students to perform informal assessments. Special attention is paid to the disease progression and specifics for referral and action. Useful handouts are included to facilitate follow-up.

120 min. DVD or three-year streaming: \$169. 978-1-4631-1290-5

Counseling Transgender Clients: Three Demonstrations **New**

Kevin Nadal



In the fifth edition of the Diagnostic Statistical Manual of Psychiatric Disorders, the term “gender identity disorder” is replaced with “gender dysphoria,” signifying that individuals who identify as transgender should no longer be viewed as disordered.

Because of this, it is important for counselors and clinicians to become culturally competent in working with transgender and gender-nonconforming people. In this video, Dr. Nadal uses diverse approaches to work with three clients: (1) Jude, a Latino FTM (female-to-male) transgender man who describes some of his experiences with microaggressions in the workplace; (2) Ray, a white gender non-conforming person who discusses difficulties finding acceptance at home; and (3) Morena, a Filipina MTF (male-to-female) transgender woman, who shares her difficulty with dating and people’s reactions to her transgender status.

90 min. DVD or three-year streaming: \$169. 978-1-4631-1722-1

Queer Theory in Action: Theoretical Resources for Therapeutic Conversations

Julie Tilsen, David Nylund

Drs. Tilsen and Nylund illustrate the clinical application of queer theory. Queer theory, a set of ideas that challenges 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 help Gwen, a transgender female, appreciate her journey of gender transition, the obstacles she has faced, and the 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.

120 min. DVD or three-year streaming: \$169. 978-1-4631-1186-1

Queer Theory 2 **New**

Julie Tilsen, David Nylund

A year after their first meeting, Julie meets with Tighearnan to discuss the developments in his life, particularly in his relationship with his mom. Using a queer theory-informed dialogical approach, Julie joins Tighearnan in a conversational walk that opens up possibilities for new identity conclusions for Tighearnan, his mom, and their relationship.

The influence of prevailing discourses about the gender binary, culture, and age unfold as Tighearnan reflects on the year past and the year to come. Dr. Nylund joins Julie and Tighearnan with reflections on and questions about their conversation. He then meets with Zach, 17, and his mother Gina, to recount his journey of self-acceptance and bravery as a gay young man. Zach and Dr. Nylund originally worked together five years earlier, when Zach was a victim homophobic bullying in school. This harassment had harmful effects on Zach’s identity and jeopardized his personal safety. In the present session, Zach and his mother share his personal triumphs and poise in the face of heterosexism at a mainstream high school. Gina’s unwavering support serves as an inspirational model for parents of queer-identified youth.

60 min. DVD or three-year streaming: \$169. 978-1-4631-1530-2

Counseling Gay and Lesbian People of Color: Navigating Multiple Identities

Kevin Nadal

Through explorations of clients’ presenting problems, Dr. Nadal examines how racial, ethnic, gender, and sexual identities may influence their lives and their coping skills. Dr. Nadal uses culturally sensitive skills in assessing client concerns, and helps them move towards becoming healthier and happier individuals.

In part one, Dr. Nadal counsels a Filipina American lesbian woman who moved the US when she was a teenager. Issues of acculturation, coming-out, and identity are explored. In part two, 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. Dr. Nadal encourages the client to talk about repressed feelings regarding his identity development, as well as cultural influences on the coming out processes.

70 min. DVD or three-year streaming: \$169. 978-1-4631-1187-8

Lesbian, Bisexual, Gay, and Transgendered Youth Counseling Series

Stuart Chen-Hayes, Lynn Banez

These videos are among the first to illustrate specifics of LGBT counseling and therapy. The two videos within the series include Affirmative Practice in Schools, Communities, and Families, which delivers foundational facts and demonstrations of sexual orientation counseling. The second video, Skill Building Vignettes with LGBT Youth in Schools, Communities, and Families, shares six demonstrations focusing on real world issues, such as an unexpected “outing,” physical threats, and suicide.

165 min. Individual DVDs or three-year streaming: \$149. Series: \$249. 978-1-4631-1444-2

Race, Gender, and Sexual Orientation: Counseling People with Multiple Cultural Identities

Olivia Espin

Filled with frankness, pathos, and humor, Dr. Espin describes her life as an immigrant, a person of color, a Latina, a woman, a lesbian, and a religious person in the scientific discipline of psychology. Her personal experiences were shaped by the blurring of boundaries, leading to a struggle to find room for her multiple selves. Whereas psychological theories that focus on the person rather than the social context often gloss over the impact of societal power structures on the individual, this film stresses the importance of creating a new psychotherapy with and for oppressed people.

60 min. DVD or three-year streaming: \$109. 978-1-4631-1480-0

Sexual Orientations in Perspective

Linda Garnets

Dr. Garnets discusses issues around gay, lesbian, and bisexual experience. Students will gain a comprehensive understanding of theoretical and practical issues in working with these clients.

60 min. DVD or three-year streaming: \$109. 978-1-4631-1492-3

Spirituality, Social Justice, Creative Counseling, Forensic Counseling

Spirituality in Counseling **New**

Michele Kielty Briggs, Samuel Gladding



This video will teach concepts and skills for integrating spirituality into the counseling process. Several professors of religion are interviewed to explain the breadth and depth of spirituality, including its similarities and differences to religion. Then, Dr. Briggs, past president of ASERVIC, provides information on the historically significant figures in counseling and spirituality and also provides an overview of the spiritual competencies in counseling.

The film ends with two vignettes that allow the viewer to observe 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 and explore the impact and meaning of these therapeutic encounters for the client and clinician alike.

50 min. DVD or three-year streaming: \$169. 978-1-4631-1198-4

Affirmative Psychotherapy for American Jews

Lewis Schlosser

In one of the first films to attend to Jewish issues in counseling and psychotherapy, Dr. Schlosser provides insightful guidance in working with American Jewish clients. Demographics, Judaism, and Jewish culture are all covered in an interesting and enlightening lecture.

60 min. DVD or three-year streaming: \$109. 978-1-4631-1343-8

Christianity and Multiculturalism

Kellie Kirksey

Multiculturalism remains a concept at the intellectual and political level that many don't fully understand. Dr. Kirksey places multiculturalism in the context of Christian responsibility and challenges the audience to move "beyond tolerance" to a place of relationship and Christian community.

40 min. DVD or three-year streaming: \$109. 978-1-4631-1365-0

Counselors without Borders: Making Change for a Better World

Fred Bemak, Rita Chi-Ying Chung, Allen Ivey

Counselors without Borders (CWB) is an organization started in 2005 to provide culturally responsive post-disaster counseling. In this video, Dr. Bemak and Dr. Chung discuss how CWB was founded and 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 stories of their time in these communities.

70 min. DVD or three-year streaming: \$129. 978-1-4631-1311-7

Social Justice Counselors in Action: Walking the Talk

Rita Chi-Ying Chung

In her inspiring keynote address, Dr. Chung encourages counselors to move beyond the walls of their institution and make real change in their community through social justice action efforts.

Dr. Chung speaks of 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.

60 min. DVD or three-year streaming: \$109. 978-1-4631-1237-0

The Future of Social Justice in Psychology: Recollections and Social-historical Contexts

Bertha Holliday

Dr. Holliday discusses the intersections of race and ethnicity, of 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 more by principles of diversity that are more responsive to issues of privilege, power, and context.

60 min. DVD or three-year streaming: \$109. 978-1-4631-1225-7

Training Social Justice Counselors: Walking the Talk

Fred Bemak, Rita Chi-Ying Chung, Allen Ivey

How do we prepare the next generation of mental health professionals to effectively work with culturally diverse populations and the social issues impacting them? This video describes a state-of-the-art training for multicultural social justice counselors at George Mason University. It highlights the program's 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.

70 min. DVD or three-year streaming: \$129. 978-1-4631-1289-9

Becoming a Creative Counselor: The SCAMPER Model

Samuel Gladding

In this engaging film, participants demonstrate aspects of the SCAMPER (substitute, combine, adapt or alter, modify, put to other uses, eliminate, reverse or rearrange) model to elicit new ways of thinking, feeling, and behaving. Dr. Gladding demonstrates and discusses how creativity can enrich counselors' professional and personal lives.

45 min. DVD or three-year streaming: \$149. 978-1-4631-1354-4

Forensics Mental Health Counseling: Dialog and Demonstrations

Kevin Nadal

Often, it is hard for therapists to look past an offender's crime. However, as a forensic mental health counselor, it is important to view clients as human beings and empower them to reach their full potential, regardless of past offenses. Dr. Kevin Nadal employs humanistic theory to develop rapport and show empathy and unconditional positive regard when counseling a recently released sex offender. Dr. Nadal also demonstrates humanistic client-centered techniques when counseling a survivor of rape.

60 min. DVD or three-year streaming: \$149. 978-1-4631-1315-5

Crisis/Trauma, Suicide Assessment, Stress Management

Crisis Counseling: The ABC Model **Best Seller**

Kristi Kanel



Dr. Kanel reviews the history of crisis counseling and provides a brief background of crisis theory. She also defines crisis and offers her general formula for overcoming crisis states. Then Dr. Kanel counsels two clients; the first client is a rape survivor, and the second is an Iraq veteran who has just returned from war. In both sessions, Dr. Kanel demonstrates the ABC model of crisis intervention which includes:

- A: Developing and maintaining rapport, including use of basic attending skills, paraphrasing, and reflection of feeling.
- B: Identifying the nature of the crisis and altering cognitions, including identifying aspects of the crisis state, medical issues, altering cognitions, and support and validation.
- C: Coping which includes resolution, referral, and support groups.

A debriefing session follows each counseling session. 70 min. DVD or three-year streaming: \$169. 978-1-4631-1204-2

Crisis Stabilization for Children: Disaster Mental Health

Jennifer Baggerly



Dr. Baggerly worked with children in Louisiana following Hurricane Katrina and with children in Sri Lanka after the tsunami. This live demonstration video presents the guiding principles for responding to children after a disaster. It illustrates:

- The "big five" 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. DVD or three-year streaming: \$169. 978-1-4631-1306-3

Crisis Stabilization Training: On the Road to... Peace of Mind

Nancy Baron

Master trainer Dr. Baron presents her step-by-step trainer's program and illustrates the mental health consequences for countries affected by wars, violent conflicts, health epidemics, and other disasters.

60 min. DVD or three-year streaming: \$149. 978-1-4631-1465-7

Overcoming Trauma: Altruism Born of Suffering

Ervin Staub

Being a victim of violence can lead to severe psychological consequences, including PTSD, depression, anxiety, and violence against others. Dr. Staub addresses the need to overcome trauma from a positive perspective, specifically how victims of violence can become caring and helpful to others.

60 min. DVD or three-year streaming: \$149. 978-1-4631-1468-8

Telling Your Grief Story: Personal Growth through Expressions of Love

Lori Russell-Chapin, Douglas Smith

This video will enable students to work with and understand their own and others' grief journeys. Personal sharing of grief narratives and stories highlight this dramatic and highly useful professional presentation.

60 min. DVD or three-year streaming: \$109. 978-1-4631-1500-5

Race-based Traumatic Stress: Recognition and Assessment

Robert Carter

Carter presents the relationship between specific types of racism and traumatic reactions. He discusses results of a study in which he found that racism can have lasting mental health effects, but argues that these are not disorders; rather, they are logical results of the injury and insult.

60 min. DVD or three-year streaming: \$109. 978-1-4631-1482-4

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

Harold Shinitzky, Chris Cortman

Dr. Cortman and Dr. Shinitzky cover the most helpful steps to address and resolve client stress. This 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.

75 min. DVD or three-year streaming: \$129. 978-1-4631-1310-0

Suicide Assessment and Prevention **Best Seller**

John Westefeld

Dr. Westefeld shares his lifetime work on suicide prevention in a format that shows information key to counseling and clinical practices. Viewers will receive the latest data concerning suicide and prevention, learn how to assess risk, and conduct an intervention, and more.

50 min. DVD or three-year streaming: \$169. 978-1-4631-1199-1

Stress Management: Understanding and Treatment

Edna Brinkley

This film will provide information, techniques, and handouts viewers can immediately use with clients who present with stress. Dr. Brinkley works with four clients of multi-ethnic backgrounds to demonstrate and discuss:

- How stress affects the body, especially chronic stress.
- How to identify stressed clients.
- Unique sources and symptoms of stress.
- Lifestyle strategies for stress reduction.
- How to create a shared frame of reference about stress.

90 min. DVD or three-year streaming: \$149. 978-1-4631-1292-9

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

Robbin Miller



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

- Increase their understanding of negative stereotypes of people with disabilities.
- Learn how to use proper and respectful language and terminology.
- Increase understanding of the psychosocial and physical aspects of sexuality for people with disabilities.

The sessions are hosted by Robbin Miller, a licensed mental health counselor in Massachusetts and producer of *Miller Chat*, who has worked with persons with disabilities as an advocate and counselor since 1996.

How to Talk to Persons with Disabilities

Were you taught that “wheelchair-bound” was an acceptable term for 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.

Perceptions, Mythologies, and Stereotypes

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

Sexuality and Disability Part I—Psychosocial Aspects

Sonya Perduta, RN, draws from her personal and professional experiences 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.

Sexuality and Disability Part II—Physical Aspects

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

30 min. each. Individual DVDs or three-year streaming: \$85. Series DVDs or three-year streaming: \$250. 978-1-4631-1307-0

Counseling Persons with Physical Disabilities New

Robbin Miller

This film demonstrates how to counsel a person with a disability during the first session. A female client with a mobility impairment and chronic pain talks about her ambivalence in accepting help from others to live independently at home.

Robbin demonstrates how cognitive reframing can be used to change the client's negative thought patterns to more positive thoughts and shares the importance of identifying strengths to increase the client's self-efficacy. It concludes with information on disability sensitivity tips.

30 min. DVD or three-year streaming: \$108. 978-1-4631-1670-5

Disability-affirmative Therapy: A Beginner's Guide

Rhoda Olkin

Three vignettes with different therapists and three clients with disabilities are used to illustrate disability-affirmative therapy. Dr. Rhoda Olkin discusses each case, and gives highlights of what went right (or wrong) in each instance.

60 min. DVD or three-year streaming: \$149. 978-1-4631-1399-5

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

Jason Dixon

Clients struggling with alcohol and other drug problems frequently come to counseling seeking an improved quality of life. Structured relapse prevention (SRP) is a program of integrated counseling strategies that includes motivational interviewing, cognitive-behavioral treatments, and a variety of coping skills strategies that are organized to meet clients' different needs and treatment goals. Clients are met where they are in their current substance use, and autonomy for change remains with the client. This presentation is an introductory overview for counselors who wish to expand their skills for working with clients presenting with alcohol and other drug problems.

90 min. DVD or three-year streaming: \$109. 978-1-4631-1312-4

Integrated Care in Action

Russ Curtis, Eric Christian

Integrated care is the collaboration of behavioral health and medical professionals, often providing services to patients within the same primary care location. It is a promising strategy for increasing the quality of health care while decreasing costs. In this video, eight clinical vignettes demonstrate how integrated care professionals work effectively to provide enhanced patient care. Topics demonstrated include: introducing primary care patients to the counseling process, conducting brief assessments, integrating motivational interviewing, brief solution-focused and positive psychotherapy counseling and strategies, providing care to patients who experience chronic pain, and consulting with a physician.

40 min. DVD or three-year streaming: \$129. 978-1-4631-1674-3

Mindfulness in Counseling **New**

Diane Gehart



Mindfulness is a rapidly expanding area of psychotherapy practice, but is often taught in formal group settings. Although these groups may be ideal for learning mindfulness practice, clients' attendance may be limited by issues of accessibility, time, finances, and discomfort or disinterest in group settings. In this video, Dr. Diane Gehart demonstrates how to teach basic mindfulness breath meditation in a one-on-one therapy session. When teaching mindfulness individually or with couples and families, therapists must find a way to connect with the client's needs and motivations and determine the practical issues of when and how to practice. This film offers viewers a practical approach to collaboratively integrating mindfulness into everyday clinical practice.

45 min. DVD or three-year streaming: \$169. 978-1-4631-1543-2

Brain-based Therapy **New**

John Arden



Recent advances in the neurosciences have increased our knowledge of how and why people change. Brain-based therapy synthesizes neuroscience, evidence-based treatment, and attachment theory into a hybrid therapeutic

model. Using this model, Arden demonstrates treatment strategies for an African American woman who presents with anxiety. Viewers will develop a new way of conceptualizing the therapeutic process and move beyond the traditional theoretical school approach.

60 min. DVD or three-year streaming: \$169. 978-1-4631-1672-9

Brain-based Therapy for Adolescents **New**

John Arden

Relying on research in developmental neurobiology, neuroscience, temperament, and attachment studies as well as evidence-based psychotherapeutic practices, *Brain-based Therapy for Adolescents* addresses the importance of understanding how the brain develops and functions during the actual work of child and adolescent psychotherapy. It offers tips on helping children and adolescents re-regulate such neurodynamically important processes as sleep and the mind-body relationship. Arden works with a teenage boy struggling with social anxiety; he uses his knowledge of the brain to skillfully help the teen understand his emotions and the way the brain works.

60 min. DVD or three-year streaming: \$169. 978-1-4631-1673-6

Neuroscience & the Brain: Implications for Counseling & Therapy

John J. Ratey, Allen Ivey

Designated as one of America's best physicians for seven years, Dr. Ratey leads a tour through the basics of neuroscience and the brain. During the session, viewers will learn the importance of brain plasticity and how clients learn new thoughts, feelings, and behaviors and develop new neural networks. Perception, attention, and motor systems are basic to memory and emotion. Ratey describes the "social brain" that is deeply impacted by learning and environmental conditions

and presents specifics for improving the brain functioning of clients. This is an essential film for professionals and students who wish to be on the cutting edge of neuroscientific research and developments.

120 min. DVD or three-year streaming: \$199. 978-1-4631-1196-0

Neurobiology and Narrative Therapy: Therapeutic Practices for Lasting Change **New**

Marie-Nathalie Boudoin

How can we make insightful conversations, moments of wisdom, and people's experiences of competency stick in their memories and become usable in their everyday lives? Using playful explanations of brain structures, funny demonstrations of their implications, and live interviews with adults and children, this video offers critical ideas on how to empower people to live to their fullest potential while dealing with the intricacies of their unique lives.

Boudoin works with a female client struggling with anxiety over her workload. She also counsels a young Asian American woman dealing with strict family cultural expectations. Applicable to a wide range of issues, the unique ideas in this lively video will assist professionals in accomplishing the original goal of our profession: increasing well-being, optimism, and agency.

60 min. DVD or three-year streaming: \$169. 978-1-4631-1671-2

Counseling and Neuroscience: Implications for Microskills and Practice

Allen Ivey

Dr. Ivey presents brain basics to a class of counselors and therapists. The video pays careful 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 help the client develop new neural networks.

60 min. DVD or three-year streaming: \$149. 978-1-4631-1291-2

Therapy and the Brain

Richard Hill

Information about the brain is presented in simple, understandable language and provides a foundation for those who wish to include an understanding of the brain and mind into their counseling and clinical practice. Topics presented include neurobiological processes of stress and anxiety and their effect on behavior; the social brain; mirror neurons and interpersonal neurobiology; and conditions such as ADHD, alexithymia, compulsive disorders, and learning difficulties.

90 min. DVD or three-year streaming: \$129. 978-1-4631-1232-5

Biofeedback for Counselors: Empowering Clients for Sustained Positive Lifestyle Change

Jane Myers, Tom Sweeney



Biofeedback for Counselors delivers a wellness-oriented approach that contributes in a powerful way to sustained, positive lifestyle change. It illustrates tools that counselors can use to help clients feel a sense of stability when their lives may feel out of control. Biofeedback also can help counselors cope with the stresses and challenges of their demanding jobs. By practicing and modeling these techniques counselors can become even more effective advocates for a positive life style.

30 min. DVD or three-year streaming: \$129. 978-1-4631-1676-7

Trauma-Informed Child Centered Play Therapy: Overview and Demonstrations **New**

Jennifer Baggerly



This video integrates cutting edge children's mental health information with demonstrations and vignettes of trauma-informed child centered play therapy (TICCPT). After viewing this video, viewers will be able to:

- Synthesize the neurophysiological and psychological impact of trauma on children.
- Identify trauma-informed principles for working with children.
- Describe and demonstrate TICCPT for establishing safety, facilitating a restorative retelling of the trauma narrative, and promoting healthy connections with family and community.

75 min. DVD or three-year streaming: \$169. 978-1-4631-1675-0

Play Therapy Supervision: Basics and Demonstrations from a Child-centered Theoretical Model **New**

Dee Ray



Dr. Ray outlines the basic principles of supervision in play therapy, then provides a demonstration of how to effectively supervise five graduate students, all of whom are at different stages of experience, worldview, and perception of counseling. In each demonstration, Dr. Ray describes the student's present stage and demonstrates the most effective supervision approach for that stage using a child-centered play therapy theoretical model.

90 min. DVD or three-year streaming: \$169. 978-1-4631-1648-4

Play Therapy: Basics for Beginning Students **Best Seller**

Jennifer Baggerly

This upbeat and entertaining video is an ideal way to begin instruction in play therapy. It contains powerful visuals, but also provides the critical basics for students through live demonstrations. Dr. Baggerly uses puppets to help communicate the rationale, principles, and basic skills of play therapy. Each skill is demonstrated through 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. DVD or three-year streaming: \$149. 978-1-4631-1197-7

The Counseling Intake Process: Culturally Competent Demonstrations and Debriefings

Brent Beam, Craig Woodsmall, Karolyn Sentor

What is the counseling intake process and how can mental health practitioners make it successful for the client? This title demonstrates two distinctively different approaches to the intake session with an emphasis on diversity and cross-cultural counseling.

In the first, Dr. 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, Ms. 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 film concludes with a debriefing session led by Dr. Woodsmall.

100 min. DVD or three-year streaming: \$169. 978-1-4631-1194-6

Obedience

Stanley Milgram



Stanley Milgram became a controversial and compelling public figure as a result of his shocking 1961 experiment Obedience to Authority, which revealed the extraordinary actions average people will take to follow orders.

In the study, an experimenter instructed subjects to administer electric shocks of increasing severity to another person. Despite frequently expressing discomfort at the task, an overwhelming percentage of subjects complied with instructions to administer the final, staggering 450 volt shock. More than 50 years later, this experiment still resonates as people ask themselves, "Would I pull that lethal switch?" This film provides the only authentic film footage of Milgram's famous experiment and is essential to all foundational work in social psychology at the graduate, undergraduate, and high school level.

45 min. DVD or three-year streaming: \$229. 978-1-4631-1559-3

Effectively Intervening with Violent Behavior:

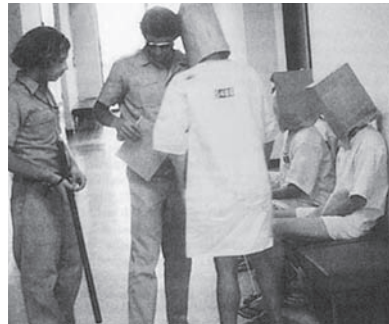
An Interview with Dr. Peter Fonagy

Peter Fonagy, PhD, eloquently articulates effective methods of intervening with violent behavior. He begins with child development, emphasizing that early attachment often inhibits violent tendencies. Providing viewers with a series of effective examples, Fonagy discusses the importance of mentalization or self-reflective functioning as a method for intervening with violence. He also addresses social factors affecting violence, risk factors and thoughts that drive violent behavior, and counseling violent offenders in a variety of settings, including in prisons, group therapy and individual therapy.

#15468/1745 65 minutes 2012 \$129.

Quiet Rage

Philip Zimbardo



Philip Zimbardo skyrocketed to infamy in the social psychology world after leading the notorious Stanford Prison Experiment in 1971. The experiment was designed to test the virtues of "good" and "evil" and to determine whether average people,

when placed under certain circumstances, can be prompted to behave cruelly.

Experimenters randomly assigned male, college-aged volunteers to the role of either prisoner or guard and placed them in a simulated prison on Stanford University's campus. The experiment, which was slated to last for two weeks, was terminated after just six days, when prisoners began to demonstrate signs of mental distress, including depression, resulting from the guards' harsh treatment. The dramatic outcomes of the experiment remain relevant today as situations like the torture of prisoners in Abu Ghraib raise questions about the motives behind such brutality.

50 min. DVD or three-year streaming: \$149. 978-1-4631-1682-8

A Cognitive Behavioral Perspective on Aggression:

An Interview with Dr. Donald Melchenbaum

In this engaging interview with CBT and aggression expert Dr. Donald Meichenbaum discusses violence and aggression, from origin to treatment. Drawing upon his unique expertise, he articulates both how violent individuals are created and the thoughts that drive violent behavior. Meichenbaum advocates for stress "Stress-Inoculation Training," which he describes as the "best evidence-based intervention in working with angry and aggressive individuals."

#15469/1745 33 minutes 2012 \$109.

***ASK FOR OUR CATALOGUE DESCRIBING **RESOURCES FROM AMERICAN PSYCHOLOGICAL ASSOCIATION (APA)** as well as **PSYCHOTHERAPY** and many other producers of professional programs for Counseling, Therapy and Psychology ***



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