WHO CAN BORROW?

The following videos and audio-cassettes are available to the staff, volunteers and health care professionals at the Sudbury Regional Hospital from the Health Sciences Library.

Professionals and healthcare workers in the Sudbury area can also make use of these resources by inquiring. The library makes every effort to support the educational and clinical needs of those working in related healthcare fields.

LOAN PERIOD

Videos and audio-cassettes are available for loan for a one week period. Mailing time will be added to the loan period to ensure a reasonable viewing time is available.

RETURNING VIDEOS?

Materials borrowed must be returned at the borrower’s expense. Return materials to the Health Sciences Library in person or by mail.

Materials returned through the mail must be returned by registered mail – priority post or courier to ensure the safe return of these items.

Please advise when materials cannot be returned on time.

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All materials damaged or lost will be replaced at the borrower’s expense.

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PSYCHOLOGY

BF 175.5.S55 S43 2009
THE SHADOW EFFECT: A JOURNEY FROM YOUR DARKEST THOUGHT TO YOUR GREATEST DREAM

180 minutes – DVD

The Shadow Effect, a visually stunning and cutting-edge documentary, will inspire you to step out of the self that you’ve known and break free from the bonds of the past. Deepak Chopra, Marianne Williamson, Dr. David Simon, and other world-renowned thinkers join Debbie Ford to reveal the transformative power of your shadow -- the parts of yourself that you dislike and disown, the past that you regret and repress, and the future that is waiting to be birthed. The Shadow Effect will leave you breathing deeper as you take back your power and step into the possibility of the next greatest evolution of yourself. For the first time ever, in the comfort of your own home, you will be guided to unveil the mechanism that drives what you do, what you think, and what you fear. In eight life-changing exercises, you will embrace the parts of yourself that will give you the courage to speak your truth, let go of the old, and open up to your own greatness. In this transformational interactive movie experience, you will reclaim your right to be who you always wanted to be in this world.

BF 481 B78 2006
STRESSED? STRATEGIES AND TECHNIQUES FOR THE HEALTHCARE PROFESSIONALS

60 minutes – VHS

BF 575.G7 C37 1997
CARVED FROM THE HEART

45 minutes – DVD

Carved from the heart: Stan Marsden lost his son to a cocaine overdose and decided to create a totem pole in his son's memory, inviting the town of Craig, Alaska to help. "Intertwines the process of carving the Healing Heart Totem pole with participants' stories of involvement and healing ... death and dying, suicide, family relationships and parenting, substance abuse, family violence and the impact of the Vietnam War on veterans and their families ... shows the importance of ceremony and culture [in] facing tragedy and how communities can provide support to [their] members ... also acknowledges the intergenerational grief that grows out of rapid changes in lifestyle and interruptions [in] the passage of tradition and knowledge within Alaska Native and American Indian communities."
BF 575.S39 T28 1999
TEN STEPS TO POSITIVE SELF-ESTEEM
31 minutes – DVD

Discusses the ten steps necessary to have self confidence and feel good about yourself.

BF 575 S66 2006
SOOTHING THE SAVAGE BEAST
14 minutes - DVD

Is the physical release of anger in a controlled setting a healthy way to process it? Many angry people say yes, but not all researchers agree: "its a seductive theory. It does make sense, but it’s a myth," says noted psychologist Dr. Brad Bushman. In this program, ABC news anchors Charles Gibson and Connie Chung and correspondent John Stossel set the record straight about two different anger disorders and the methods used to control them. For under-venters, bataka bats and anger release workshops may be the prescription, but for over-venters, an anger management workshop is a better choice.

BF 575 A78 1998
THE ART OF ASSERTIVENESS
25 minutes – DVD + Booklet

Developed as a tool to learn new ways to communicate through understanding different communication styles, identifying your own style, and utilizing techniques that can positively impact relationships.

BF 575 S75 S7795 1994
STRUCTURED EXERCISES IN STRESS MANAGEMENT
CD - Rom

A handbook for trainers, educators and group leaders.

BF 575 W54 1996
WHEN SUICIDE TAKES A LOVED ONE
60 minutes - DVD

Produced by the University of Wisconsin Hospitals and Clinics, purchaser is granted permission to broadcast Picture of Health programs over the air, by cable or via closed-circuit television. No duplication rights are granted. All programs must be broadcast in their entirety, including introduction, one-minute break, credit roll and copyright.

The grieving process of suicide survivors is often shrouded by stigma and silenced by shame. We meet three individuals who have lost a loved one to suicide. Their gifts to you are words of experience, wisdom and encouragement as you face a life forever changed by suicide.
"Dr. Joann Peterson spent more than 40 years developing anger and violence interventions for children and adults. This program is based on Dr. Peterson's three-day workshop at The Haven Institute and stands in sharp contrast to other anger management programs because Dr. Peterson believes anger is a feeling or emotional response to hurt, fear, frustration, helplessness and loss. Since those are natural feelings, she teaches the tools to express them responsibly, separate anger from violence, and build safety in all relationships."

Dr. Joann Peterson spent more than 40 years developing anger and violence interventions for children and adults. The anger toolbox is based on Dr. Peterson's three-day workshop at the Haven Institute and stands in sharp contrast to other anger management programs because Dr. Peterson believes anger is a feeling or emotional response to hurt, fear, frustration, helplessness and loss. Since those are natural feelings, she teaches the tools to express them responsibly, separate anger from violence and build safety in all relationships.

This video is about people negotiating a new relationship with life after losing a loved one. Seven people – parents, children, siblings, partners and friends – reveal how they have been affected by the death of someone close to them.

Stress has been called the epidemic of this century and scientists believe that the chronic stresses in modern life may be turning our body's natural protection against us. Explores the concept of the mind and body relationship, other stressors, and stress reduction.
<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Duration</th>
<th>Format</th>
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<tbody>
<tr>
<td>BF 627.C45 P954 2008</td>
<td><strong>PRINCIPLES OF INTERPERSONAL COMMUNICATION</strong> 26 minutes - DVD</td>
<td></td>
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<tr>
<td>BF 637.C4 J64 1998</td>
<td><strong>WHO MOVED MY CHEESE</strong> 74 minutes – CD-Rom</td>
<td></td>
<td></td>
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<tr>
<td>BF 637.C45 P88 2006</td>
<td><strong>POWERFUL COMMUNICATION SKILLS</strong> 74 minutes – DVD + program guide</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BF 637.F67 F67 1993</td>
<td><strong>FORGIVENESS: HOW TO MAKE PEACE WITH YOUR PAST AND GET ON WITH YOUR LIFE</strong> 90 minutes - DVD</td>
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</table>

This video teaches effective methods of interpersonal communication, including how to manage conflict, how to provide valuable feedback, and how to respond to self-disclosure.

Taunting, teasing and the playground brawls used to be considered child’s play. The schoolyard bully was just another rite of passage in adolescent life. Now, times have changed. From events such as in Littleton, CO, students and experts say bullying is the first step in a continuum of school violence that can escalate to murder. Segments include: bullying and violence, don’t join in, tell someone, get help and be a part of the solution. Produced by Discovery Channel School.

A simple parable that reveals profound truths about change. It is an amusing and enlightening story about four characters who live in a “maze” and look for “cheese” to nourish them and make them happy.

Learn to: bridge communication gaps and get what you want, improve your image and self-esteem with star-quality communication skills, send a strong message about your credibility and knowledge, deal with challenges more effectively, increase your charisma and confidence.

Discusses how one can learn to forgive without condoning the actions being forgiven.
<table>
<thead>
<tr>
<th>BF 637.I48 A2442 2008 Vol. 1,2,3</th>
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</thead>
<tbody>
<tr>
<td><strong>ADVANCING YOUR VERBAL INTERVENTION SKILLS</strong></td>
</tr>
<tr>
<td>47 minutes – DVD + 1 guide, 2 leader’s guides, 2 workbooks</td>
</tr>
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</table>

  vol. 1. "Have you ever noticed that some people appear to have a magic formula for turning around a potentially explosive situation? Volume I of this series looks at several attributes of these skilled interveners and shows how their strategies and techniques can strengthen your own verbal intervention skills." -- CPI web site.

  vol. 2. "The second volume in this series focuses on strategies to use with individuals whose behavior, while not physically aggressive, is very challenging. The program will give you the "how to" strategies for effectively managing these behaviors with confidence." -- CPI web site.

  vol. 3. "Volume III in this series is a great tool to help staff review and practice the new skills they learned in Volumes I and II. The program depicts six different situations and includes a full description of each practice scenario, suggested training strategies, and discussion questions."

<table>
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<tr>
<th>BF 637.I48 D43 1993, Vol. 1,2,3</th>
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<tr>
<td><strong>DEALING WITH CONFLICT AND CONFRONTATION</strong></td>
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<tr>
<td>207 minutes - VHS</td>
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  Vol. 1 – Offers a fresh, positive way to look at conflict between “position” and “interest”. Explains why using the “Dual concern model” can resolve conflict successfully. 70 min.

  Vol. 2 – Deals with the fourth conflict resolution strategy – contending. 57 min.

  Vol. 3 – Deals with the fifth conflict resolution strategy – problem solving. 80 min.

<table>
<thead>
<tr>
<th>BF 679.5 S45 1989 Vol.1-2</th>
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<tbody>
<tr>
<td><strong>SELF-ESTEEM &amp; PEAK PERFORMANCE</strong></td>
</tr>
<tr>
<td>190 minutes - VHS</td>
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  High self-esteem seems so simple and yet there are times when its tough to roll out of bed and go to work. On these two videos you will learn specific skills to help you build high self-esteem and enjoy peak performance. You’ll learn the importance of risk taking, the ten steps to peak performance, how to set goals that are achievable, visualize positive outcomes and know when -if ever- you should give up a goal. This is a CareerTrack production.

<table>
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<tr>
<th>BF 692 R58 2004</th>
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<tr>
<td><strong>SEXUALITY ISSUES IN ONCOLOGY</strong></td>
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<tr>
<td>45 minutes - VHS</td>
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Thin Dreams creatively combines documentary interviews with dramatic improvisation to explore some of the issues surrounding the drive toward thinness. Young women will recognize themselves and their friends in this film and hopefully will find the courage to begin to resist the pressures they are experiencing and become more accepting of the very real physical differences that our genetic patterns dictate. The film can be used with young women from ages 10 to 21 in any setting in which personal health issues are being discussed. It can be an effective tool for prevention of eating disorders as well as an incentive for interrupting the progression of ongoing abnormal eating behaviors.

This video may trigger strong reactions from its viewers. It is important to have discussions after viewing in order to deal with any feelings the video may trigger. The video is meant as a tool to encourage discussion around the various issues facing young northern women today. The thesis of this video is that one of the greatest causes of relapse in recovery is the inability to control anger. Counselor/trainer Bill Fleeman takes the viewer through all five stages of the anger process. He then provides a step-by-step anger management strategy for interrupting the process with many choices to suit individual needs. Based on Cognitive Behavioral Restructing, this video utilizes the tried and true precepts of the 12 Step philosophy combined with the latest in cognitive behavioral concepts and skills.

Inspired by the extraordinary book whose compassionate wisdom established it as a classic best seller, Dr. Kushner pursues the paths of 6 men and women who have confronted and overcome monumental loss, and reveals promising possibilities that all of us can access. A must for anyone facing suffering in their life, this powerful video has a compassionate message everyone can benefit from.
## ABORIGINAL CULTURE

### E 78 C37 1984  
**Caravan for Youth**  
60 minutes - VHS  
A team of native facilitators show how they started youth programs for the prevention of alcohol and drug abuse on reserves in Ontario and Saskatchewan.

### E 78 C55 1991  
**Children of the Eagle**  
30 min - VHS  
Three native children, Susan, John and Mary talk about how their spirits were broken by sexual abuse. The video explains the steps that one can take to obtain professional help.

### E 78 C57 1990  
**The Circle Moving**  
60 minutes - VHS  
Native communities across Canada show how they conquered alcohol and drug abuse.

### E 78 H43 1995  
**Healing Journey**  
24 minutes - VHS  
A teenage suicide prevention video that examines the topic with the Native population.

### E 78 H66 1990  
**Honor of All**  
57 minutes - VHS  
The future of Alkali Lake, BC – the community’s struggle for sobriety.

### E 78 O55 1990  
**The Only Gift**  
60 minutes - VHS  
Discusses the power Native women have to change attitudes towards drug and alcohol abuse in their communities and how they can guide their children towards an addiction-free life.
LABOUR / MANAGEMENT

HD 3646 C35 2009
CANADIAN SUBSIDY DIRECTORY
CD-Rom

More than 300 programs listed including descriptions, telephones, addresses, and hyperlinks.

HD 6050 M33 1995 Part 1
UNDERSTANDING SEXUAL HARASSMENT IN THE WORKPLACE
17:10 minutes – VHS

Discusses acceptable behaviour in the workplace giving examples of possible sexual harassment. Defines sexual harassment and shows how to handle them.

HD 6050 M33 1995 Part 2
WORKPLACE HARASSMENT: CONDUCTING AN INVESTIGATION
19:10 minutes – VHS

A video and workbook produced by Canada Law Book.

OFFICE MANAGEMENT

HD 66 S36 1989 Vol. 1 – 2
TEAM BUILDING: HOW TO MOTIVATE AND MANAGE PEOPLE / WITH MARK SANBORN.
197 minutes - VHS

In volume one of this video, Mark Sanborn shows you how teamwork leads to greater productivity and creativity, increased employee self-esteem and ultimately to the success of your people, your company and yourself. In volume 2, you will learn as a team to embrace new ideas and deal with all issues, big and small, with confidence, professionalism, and competence.

HD 7262 L33 1995
AWARD-WINNING TRAINING PROGRAMS
60 minutes - VHS
<table>
<thead>
<tr>
<th><strong>HF 5549 HOW 1995 Vol. 1 - 3</strong></th>
<th><strong>HOW TO DEAL WITH DIFFICULT PEOPLE: STRATEGIES FOR GETTING RESULTS WITH THE HARD-TO-HANDLE PEOPLE IN YOUR LIFE.</strong></th>
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<tbody>
<tr>
<td><strong>VHS</strong></td>
<td>V.1 discusses how to understand difficult people and how to communicate with them, while V.2 shows how to apply these new skills to eleven types of chronic problem people. V.3 shows how to deal with other types of problem people and presents additional ways to handle difficult people and situations.</td>
</tr>
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<tr>
<th><strong>HF 5549.5 H69 1991 Vol. 1 - 2</strong></th>
<th><strong>THE MANAGER AS COACH: A NEW CONCEPT IN MANAGEMENT TRAINING WITH MARION HOWELL.</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>233 minutes – VHS</strong></td>
<td>This video program shows you how to apply proven coaching strategies to the management process.</td>
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<tr>
<th><strong>HF 5549.5.M63 F58 2003</strong></th>
<th><strong>FISH TALES: VITAL SIGNS</strong></th>
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<tbody>
<tr>
<td><strong>18 minutes - DVD</strong></td>
<td>The healthcare providers at Missouri Baptist Medical Center deal with many emotionally difficult situations, including the challenges of providing exceptional health care and managing the everyday stresses we all feel. But when they introduced FISH! into the environment, they revitalized their work... and their lives!</td>
</tr>
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<tr>
<th><strong>HF 5549.5.M63 F58 1998</strong></th>
<th><strong>FISH: CATCH THE ENERGY, RELEASE THE POTENTIAL!</strong></th>
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<tbody>
<tr>
<td><strong>17 minutes - DVD</strong></td>
<td>Shows employees how to generate the energy needed for a high-morale work environment. Highlights four main concepts: play, make their day, be there, choose your attitude. Also portrays the playful atmosphere necessary for creativity to flourish, as embodied by the world famous pike place fish market of Seattle, Washington.</td>
</tr>
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<tr>
<th><strong>HF 5549.5 S81 2007</strong></th>
<th><strong>THE ONLY CONSTANT IS CHANGE: RECENT DEVELOPMENTS IN HEALTH LAW</strong></th>
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<td><strong>CD-Rom</strong></td>
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<tr>
<th><strong>HG 174 C35 2003</strong></th>
<th><strong>GOVERNMENT PROGRAMS GUIDE</strong></th>
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<tr>
<td><strong>DVD</strong></td>
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This multi-section program examines the relationships between established sociological perspectives—structural functionalism, Marxist theory, and early feminist theory—and the family; investigates how over several decades the decline in marriage, an increase in cohabitation and divorce, and the lowering fertility rate in the U.K. have affected the British nuclear family; and juxtaposes the old sociology of families and the new, with its emphasis on comparative analysis and how family relationships are negotiated in everyday life. The video concludes with a look at how changes in family life can be linked to changes in wider society and asks if families have a future.

Offers a contemporary look at marriages and families - and the choices, changes, and constraints that affect individuals, diverse family types, and interpersonal relationships.

This video is a fun, yet realistic five part series on healthy child development (birth to six years) and parenting. Key information and helpful tips are presented through a creative mixture of parent and child interactions, parent interviews, humorous skits, parent groups and animation. Segments: 1-Parents are people too, 2-Your child’s body, 3-Your child’s mind, 4-Your child’s safety, 5-Your child’s behaviour.

Also available in French under the title: “L’aventure parentale : les zéro à six ans.”
**Winning at Parenting...without Beating Your Kids**

This first program in the series Kids are Worth it! is a powerful and entertaining package exploring in a humorous way, the daily hassles of mealtimes, bedtime, chores, and fighting, and the not-so-daily hassle of getting your kid out of the local jail. Also covered are ways to buffer your kids from sexual promiscuity, drug abuse and suicide while helping them grow in increased self-discipline, independent problem-solving skills and responsibility.

**Shades of Gay**

As life is not always black and white, there can be many shades of gray; this documentary speaks to people about openness, acceptance and understanding, and in doing so we discover there are many shades of gay.

**1-2-3 Magic**

With 1-2-3 Magic you will learn: how to get your kids to stop doing what you don't want them to do (arguing, whining, tantrums, sibling rivalry, etc.), how to encourage your kids to start doing what you want them to do (cleaning rooms, going to bed, homework, etc.), how to avoid the Talk-Persuade-Argue-Yell-Hit syndrome, how to handle misbehaviour in public, etc. The video addresses the difficult task of child discipline with humour, keen insight and proven experience. You'll also learn when - and how - your silence can speak louder than you think.

**Abusive Relationships**

Interviews with abused individuals, abuse counselors, and an abuser. Each discusses his or her own experiences, the brutal cycle of emotional and physical abuse, the warning signs of an abusive relationship, and how to get help and legal assistance if you are in one.

**Broken Homes**

Many teens today are a product of broken homes. This program discusses broken homes and their effect on teens. This video goes over many problems faced by teenagers and their parents. Topics covered include: the meaning of divorce, coping with divorce, step parents, where to turn for help.
**HQ 814 W39 1995**

**THE WAY IT IS**

24 minutes - VHS

This sensitive drama examines the effects of divorce on a family, particularly on a twelve-year-old girl. Although Helen Murray’s parents were divorced two years ago, Helen still hopes for reconciliation. When a visit from her father is cancelled, an emotionally charged confrontation with her mother takes place. Helen admits her anguish over the divorce and realizes that she must learn to accept the situation. An excellent film for both children and adults on the themes of family communications and coping positively with family break-up. The Way It Is can be used for discussion in family-life courses and single-parent groups, and for individual and couples counselling.

**HQ 1229 B85 2008**

**BUILDING SELF-ESTEEM: YOU’VE GOT THE POWER**

27 minutes - DVD

Viewers will learn nine steps to building self-esteem, including clarifying values, building positive relationships, setting goals and accepting and liking yourself just the way you are.

**HT 1521 C85 1994**

**CULTURE, HEALTH & YOUR BOARD**

8:40 minutes - VHS

Material is specific to generating sensitivity of health care providers to culture deficiencies and their impact on service provision. Material presented is extremely rudimentary and lacks a “real world” feel. Material is typical of a first-level entry point to the topic. Not recommended for the Patient's Library.

**HV 6626 I87 2000**

**IT’S NOT LIKE I HIT HER**

DVD

This video examines the impact of chronic criticism, verbal degradation, intimidation and isolation imposed on women.

**RACE RELATIONS / CULTURE**

**HT 1521 CUL 1993**

**CULTURE, HEALTH & YOU**

Part I-18 min; Part II-17.5 min - VHS

Material is specific to generating sensitivity of health care providers to culture deficiencies and their impact on service provision. Material presented is extremely rudimentary and lacks a "real world" feel. Material is typical of a first-level entry point to the topic.
This program demonstrates how to use diplomacy to successfully communicate with co-workers, team members, and supervisors. Learn how to understand different conversational roles: the escape artist, the judge, the scientist, the beggar, the commander. Communicating with tact, candour and credibility covers topics including: rephrasing: making "talking points" tactfully; what to say: the art of scripting; lightweight speech patterns; and jargon-filled corporate speak.

A Family shares their stories of recovery from alcoholism and family breakdown. The key point made by this video is that to make strong changes in family relationships people must first recognize and admit there is a problem and then reach out for help.

Patients at high risk of suicide frequently present to their primary care physicians with somatic complaints associated with depression – fatigue, insomnia, or loss of appetite. The Suicidal Patient is part of an on-going educational effort of the AFSP and Wyeth-Ayerst Laboratories. Patients at high risk of suicide often fully recover when these symptoms are recognized promptly and treated skillfully.

Introduced by Patty Duke Austin, the film makes the point that the two leading causes of adolescent deaths, auto accidents and suicide, may sometimes be one and the same. Demonstrates the importance of recognizing the seriousness of any statement that might be construed as suicidal and shows ways to open channels of communication with that person rather than dismissing and ignoring the danger signal. Inside video is a one-page flyer explaining the objective of the video.
Approximately four million North American women suffer violence by their husband, intimate partner, or friend each year. This video explores the mind of the abuser as well as the abused. One woman shares her story of how she escaped this violence.

**EDUCATION**

**LC 4705 U53 1986**
**HOW DIFFICULT CAN THIS BE: UNDERSTANDING LEARNING DISABILITIES**
70 minutes - VHS

Host Richard Lavoie presents a workshop simulation of the world of a learning disabled student. Includes discussion of mainstreaming, discipline and self-concept.

**THEATRE, STAGE AND FILM**

**PN 1997.2 .A4358 2009**
**AMBITION TO MEANING: FINDING YOUR LIFE’S PURPOSE**
Disc 1, 2 hrs; Bonus disc, 3 hrs. – DVD

Explores the spiritual journey from ambition to meaning. The powerful shift from the ego constructs we are taught early in life which promote an emphasis on achievement and accumulation are shown in contrast to a life of meaning, focused on serving and giving back. Intertwined stories inspire and teach how to create a life of meaning and purpose.

**PHYSIOLOGY**

**QP 376.B695428 2008**
**THE BRAIN**
90 minutes – DVD

Using simple analogies, real-life case studies, and state-of-the art CGI, this special shows how the brain works, explains the frequent battle between instinct and reason, and unravels the mysteries of memory and decision-making. It takes us inside the mind of a soldier under fire to see how decisions are made in extreme situations, examines how an autistic person like rain Man develops remarkable skills, and takes on the age-old question of what makes on person good and another evil.
PHARMACOLOGY

**QV 102 M48 2008 - 2009**
**METH INSIDE OUT**
35 minutes and 34 minutes - DVD

Brain & behavior equips viewers with an understanding of how meth changes the brain and, consequently, behavior...users learn how to better cope with the stages of meth addiction and recovery by gaining an understanding of the biological underpinnings (35 minutes)

Human Impact provides an eye-opening introduction to meth's impact on individuals, families, and communities across the globe (34 minutes). Windows to Recovery explores effective treatment practices across program types and settings.

**QV 736 G45 2010**
**GENERIC DRUG PRICING AND ACCESS IN CANADA**
DVD

PATHOLOGY

**QZ 16 N67 2001**
**NORTHERN ONTARIO CANCER PROFILE REPORT**
DVD

Algoma & Cochrane ; Manitoulin & Sudbury ; Muskoka, Parry Sound, Nipissing & Timiskaming ; Thunder Bay, Kenora & Rainy River

**QZ 24 D63 2000**
**NORTHEASTERN ONTARIO REGIONAL CANCER CENTRE DOCUMENTARY/DOCUMENTAIRE CENTRE REGIONAL DE CANCEROLOGIE DU NORD-EST DE L’ONTARIO**
VHS

**QZ 53 M39 2004**
**NORTH NETWORK & NORMS: THE IMPACT OF GENDER ON HEALTH**
VHS

**QZ 266 I56 2008**
**IN OUR OWN WORDS: THE CANCER JOURNEY**
28:40 minutes – DVD

English, French, Ojibway, Cree, Mohawk, Inuktitut, Michif, & Oji Cree soundtracks
**QZ 266 V53 2007**  
**UNDERSTANDING YOUR TREATMENT/COMPRENDRE VOTRE TRAITEMENT**  
29 minutes – DVD

Introduces the regional cancer program, the radiation and chemotherapy teams, and provides an overview of cancer treatment. Includes a review of how cancer develops, explains how therapy is used in cancer treatment.

**QZ 267 L55 2008**  
**LIKE FISH OUT OF WATER: MEN BEING HELPFUL TO WOMEN WITH CANCER**  
43 minutes – DVD

**RZ 401 B68 2007**  
**THE POWER OF THE MIND TO HEAL**  
68 minutes – DVD

Join medical scientist and psychologist Dr. Joan Z. Borysenko as she explores the heart and mind of healing. On this inspiring and practical DVD, Dr. Borysenko reveals how you can put yourself in the optimal condition for nature to heal you. Tools and techniques for creating health in body, mind, and spirit are made simple and exciting.

### HEALTH PROFESSIONS

**W 13 S81 2008**  
**STEDMAN’S MEDICAL ABBREVIATIONS, ACRONYMS & SYMBOLS**  
DVD

Gives access to over 75,000 abbreviations, acronyms, and symbols for medical language specialists and medical, health, and nursing professionals. This edition includes 7,500 abbreviations, expansions, acronyms, and symbols and 14 appendices. It also highlights "Do Not Use" abbreviations indicated by the Institute for Safe Medication Practices.

**W 20.5 E53 2004**  
**RESEARCH WORKSHOP 2004: THERAPEUTIC RECREATION ONTARIO**  
DVD

**W 26.5 S44 2011**  
**SHIFTING SKILLS TO NAVIGATE THE CHANGING HORIZON**  
90 minutes - DVD
THE ART OF SETTING LIMITS VIDEO SERIES
66 minutes – DVD + 3 workbooks, 2 guides

v. 1(Producer) Shows you how to increase your confidence in dealing with non-compliant, challenging individuals; v. 2 Pedagogical literature. Impose certain limitations with difficult students can put a strain on the patience and professionalism of teachers. A situation or their authority is challenged, they can also react by putting themselves in danger, a condition that only worsens the situation. This video presents some tools for teachers to enable them to better manage these relationships, students sometimes conflicting with their teachers; v. 3, Explores the meaning and benefits of active listening and points out the deterrents to good listening.

HEALTHCARE ETHICS – SERIES ONE
DVD

BREAKING BAD NEWS: PATIENT, FAMILY, AND PROFESSIONAL PERSPECTIVES
80 minutes - VHS

Discusses what physicians should do in revealing bad news to the patient's relatives.

COMMUNICATION SKILLS IN CLINICAL PRACTICE: A VIDEO GUIDE (SERIES)
#1-74 minutes, #2-55:30 minutes, #3-79:43 minutes, #4-79 minutes, #5-69 minutes – 5 DVD

A set of 5 DVDs constituting a comprehensive guide to communication skills including how to break bad news, with over 40 filmed scenarios demonstrating practical ways in which communication techniques can improve patient care and support. #1: Communication, the basics. #2: Dealing with feelings. #3: Hidden agendas and special situations. #4: How to break bad news. #5: Genetic testing, pediatrics & end of life.
**A VISIT TO THE DOCTOR AND THE LIBRARY**

39 minutes, 34 seconds – 1 DVD, 1 VHS

Making a doctor's appointment, visiting a doctor, and finding current health information can be confusing activities for young children and for adults unfamiliar with the US healthcare system. These activities are especially difficult for those who cannot speak English and for those new to the English language. Follow Alana, as she and her grandmother, Mrs. Williams, make a doctor's appointment, prepare for the doctor's appointment, see the doctor, and find health information at the library. Watch how Alana, her grandmother, the nurse, the doctor, and the librarian gather and follow clues towards an effective treatment and preventive care for Alana's rash.

**A PRACTICAL GUIDE TO COMMUNICATION SKILLS IN CANCER CARE**

394 minutes – 2 DVD, 1 VHS

Disk #1. Basic principles First line (diagnosis and first treatment) --
Disk #2. Difficult situations -- Genetic counselling Disease progression --
Disk #3. Error disclosure -- Telephone conversations -- Aspects of oncology nursing -- Patients and families.

**CANADIAN COMMUNITY HEALTH SURVEY: PUBLIC USE MICRO DATA FILE**

The public use micro data file from the 2004-2005 Canadian Communities Health Survey (CCHS) provides data for 106 health regions or combined health regions across Canada. It includes information on a wide range of topics, including alcohol consumption and dependence, chronic health conditions, fruit and vegetable consumption, general health, use of health services, height and weight, injuries, physical activity, restriction of activities and smoking. It also provides information on the socio-demographic characteristics, the income and the labour force characteristics of the population. Data were collected from over 130,000 respondents, aged 12 or older, residing in households across all provinces and territories.

**TEAMS IN ACTION: PRIMARY HEALTH CARE TEAMS FOR CANADIANS**

Taking a community approach to primary health care (Northern British Columbia)

1 electronic text with digital file
"The Health Council of Canada wants to know how the health care system can adapt to improve the quality of life for Canadians dealing with chronic diseases. The concept of collaborative primary health care teams is one way to make life better, prevent or manage disease progression and minimize complications. As Canadians, do we know if such teams are making a difference? What do they have in common? How are they different from one another? To find out, the Health Council of Canada commissioned a study in five communities, four in Canada and one international. The study was led by Professor Thomas Rathwell of the School of Health Administration, Dalhousie University, Nova Scotia."

Inside Outside is a work of hope created by former patients and filmmakers Pat Deegan and Terry Strecker. The film depicts the lives of eight people with very significant histories of institutionalization, as they transition from nursing homes and psychiatric hospitals into the community. In the spirit of the President’s New Freedom Initiative and the Supreme Court’s Olmstead Decision, the film carries the message that recovery and life in the community are possibilities even for people who are viewed as the most chronic or impaired. The film leaves audiences of professionals and people with psychiatric disabilities alike, cheering for these eight individuals as they make their journey from inside institutions to full community inclusion on the outside.

A video primer for clinicians and accompanying guide training healthcare providers to utilize the teach back communication strategy.

Designed to teach healthcare workers how important it is to protect the privacy of patients. Several different scenarios are shown depicting the disregard for confidentiality, followed by the preferred way of dealing with each situation. Buffers are installed throughout to encourage discussion.
**W 864 V65 2008**  
**VOICES OF SUICIDE: LEARNING FROM THOSE WHO LIVED**  
62 minutes – DVD

Suicidal individuals share their stories of self-destructiveness, survival and recovery.

**PUBLIC HEALTH**

**WA 300 M87 2004**  
**ABORIGINAL HEALTH – BUILDING BRIDGES. OHA EDUCATIONAL SESSION**  
**MARCH 9, 2004**  
VHS

**WA 308 B49 2008**  
**BEYOND THE NUCLEAR FAMILY**  
25 minutes – DVD

What is a family? A generation ago, maybe the answer was unambiguous, but today the word evokes a whole range of possibilities. This program is a thought-provoking and intelligent look at the changing roles, structures and functions of the family throughout time and up to the present day. Featuring expert opinion, surprising statistics and the honest, heart-felt thoughts of four very different Australian families, this is an insightful examination of what it means to belong to a family and the range of possible social, emotional, environmental, economic and health considerations that have shaped family structures. Finishing up with a look at the family of the future (are we heading towards "virtual families?) this is a terrific resource to engage questioning young minds on this vital aspect of a healthy, modern and diverse society.

**WA 320 B68 1991**  
**CHILD SEXUAL ABUSE: BOTH SIDES OF THE COIN.**  
DVD

Profiles the lives of two men - a violent victim of violent sexual abuse and a convicted pedophile. With their therapists, they discuss their experiences with the post-traumatic healing process and present their personal insight on the impact of trauma on a survivor's life. They then focus on what helped or did not help them in their individual endeavors toward recovery.

**WA 320 E84 2000**  
**ETERNAL SCARS**  
15 minutes - VHS

This program explores and dissects the signs and effects of child abuse, including mental, physical and sexual abuse. It discusses the lifetime effects on children who have been abused, and tells what to do when one recognizes abuse of a child, including the phone number for the National Abuse Hotline.
AS THE RIVERS FLOW: BRAIN ATTACK
17 minutes – DVD
Following the path of the river, the Sharing Circle DVD uses Aboriginal (or the animal system) and medical teachings, about Stroke.

FACE TO FACE: A VIDEO GUIDE ON CLEAR COMMUNICATION FOR HEALTH PROFESSIONALS
22:50 minutes – VHS
Vignettes of real situations in the lives of medical, dental, and substance abuse professionals dramatize common communication breakdowns between patients, who have limited literacy skills, and providers.

HEALTH LITERACY: A PRESCRIPTION TO END CONFUSION
DVD
Health Literacy: A Prescription to End Confusion examines the body of knowledge that applies to the field of health literacy and recommends actions to promote a health-literate society. By examining the extent of limited health literacy and the ways to change it, we can improve the health of individuals and populations.

HEARTBEAT OF THE ANISHNAWBE NATION
19 minutes – DVD
A DVD developed by the Stroke Strategy of Southeastern Ontario that focuses on six key components: recognize and react to the signs and symptoms of stroke; communication; meal assistance and hydration; cognitive, perceptual and behavioural problems; and mobility.

PLAIN WORD/ AUTREMENT DIT

PRACTICE OF MEDICINE

ADMINISTERING PERIPHERAL I.V. THERAPY
35 min. - VHS
Tells how to select and insert a peripheral I.V., monitor the I.V. Site, and document nursing care.
Most people associate cirrhosis with alcoholism—but another cause of liver scarring and failure is HCV, one of the most severe strains of hepatitis. This program provides a basic medical understanding of the virus, presents various ways that it is transmitted, and explores what many call a groundbreaking method of Hepatitis C treatment. Veteran researchers and doctors—Professor Eugene Shiff of the University of Miami Center of Liver Disease, Dr. Ira Jacobson of Weill Cornell Medical College, Dr. Beth P. Bell of the CDC, and others—describe typical HCV danger zones and causes and the pronounced risk of liver damage that the virus represents. Advanced antiviral therapies combining interferon and ribavirin are also discussed.

Childhood obesity risk factors; obesity definitions; possible lifestyles and family changes that improve this problem; need for support and confirmation.
MUSCULOSKELETAL SYSTEM

WE 18.2 C57 2007  
**CIRRUS ELECTRIC CEILING LIFT**  
DVD

WE 18.2 M73 2008  
**MSD PREVENTION & MINIMAL LIFT**  
DVD

WE 18.2 M97 1995  
**MUSCULO-SKELETAL INJURIES PREVENTION PROGRAM**  
23 minutes - VHS

WE 720 B73 2004  
**EVIDENCE BASED MANAGEMENT OF LOW BACK PAIN**  
60 minutes - VHS

WE 720 E71 2001  
**ERGONOMIC**  
15 minutes - VHS

CARDIOVASCULAR SYSTEM

WG 610 L44 2003  
**VENOUS THROMBOEMBOLIC DISEASE ISSUES IN CANCER**  
VHS

UROGENITAL SYSTEM

WJ 168 O61 2010  
**OPERATIVE MANUAL OF ROBOT-ASSISTED UROLOGIC SURGERY**  
25 minutes – DVD

This DVD contains a unique indexing feature: one is able to search specific surgical steps and techniques within any procedure and across all of the procedures. This interactivity allows the user to watch any of the videos in their entirety or view only the parts that are of particular interest.
This gentle humorous presentation is about men facing illness. It's also about others who care about ill men, especially the women in their lives. The presentation is based on a study conducted by a research team at the Toronto-Sunnybrook Regional Cancer Centre and funded by the Canadian Cancer Society. 34 men diagnosed with prostate cancer were each interviewed 3 times - before they had surgery to remove their prostate, 2 months after surgery and a year later - Their spouses were also interviewed at each of these points in time.

NERVOUS SYSTEM

(Producer) This documentary takes viewers on a tour of the world's most prolific manufacturer and biggest user of drugs--the human brain. The biochemistry of the brain is responsible for joggers' highs, for the compulsion of some people to seek thrills, for certain kinds of obsessive-compulsive behaviour, even for the drive to achieve power and dominance. This program explores the cutting edge of developments in the biochemistry of addiction and addictive behaviour.

Accompanies the PBS series revealing the processes involved in brain development across a lifetime. Provides new information in the brain sciences, introduces the foremost researchers in the field, and utilizes dynamic visual imagery and compelling human stories to help a general audience understand otherwise difficult scientific concepts.
Lesley Stahl reports that Internet gambling could bring the U.S. billions in tax dollars, but critics say it would only lead to corruption and addiction.

This is the sequel to Shattered Dreams, this video looks at the issues that surround mentally ill people who live on the streets. It raises the questions “Where do people go when they have nowhere to go?” and “How can organizations provide services for a highly transient, challenging clientele?”

Some of the most horrific kills of all are found not guilty. They are the criminally insane, driven to commit crimes by psychoses and obsessions beyond their control. Instead of prison, they are committed to mental hospitals for treatment and some are eventually released. Go inside the wards of the highest-security mental institutions in America for a firsthand look at this twilight territory of justice system. Never-before-seen footage reveals what life is like in the wards, from seclusion rooms and straitjackets to advanced treatment with anti-psychotic drugs. Meet the patients who claim to be cured and dream of their release, and learn the details of their horrifying crimes. With comments from leading security experts and criminal psychologists, this is a penetrating examination of a little-understood aspect of the justice system.

This program explores ways to improve our social relationships, cope with emotional issues, and become more positive, resilient individuals in these difficult time.
**WM 140 M5491 2009**
**MENTAL HEALTH & ADDICTION**
22 minutes – DVD

In this film three people openly discuss their experiences with both mental health issues and addiction. Through their personal stories you will gain insight into how the two are related and how they feed off each other; you will hear about the hardships they have encountered and how they have found strength in different ways; and you will learn how it feels to deal with two stigmatizing conditions concurrently.

**WM 140 R3111 2009**
**RECOVERY**
22 minutes – DVD

In this film three people explore their ongoing recovery from mental illness. They discuss how things were before recovery, when recovery began, what steps they have taken in their recovery, how they manage their recovery, and their various philosophies about what recovery means to them. It is a film that fills you with hope for the possibilities of the people in it and in the possibilities for you yourself after watching it.

**WM 140 S863 2008**
**STOP POINTING!**
22 minutes – DVD

"STOP POINTING!" is about the stigma of mental health. Consumer/Survivors candidly discuss their experiences with work and stigma, family and stigma, self stigma, and what can and should be done about stigma. "STOP POINTING!" is twenty-two minutes in length.

**WM 167 F57 2009**
**INVISIBLE CHILD ABUSE**
55 minutes – DVD

Emotional child abuse is frequently overlooked in our focus on physical and sexual abuse, often invisible to those both outside and inside the family. However, the damage that emotional child abuse can sustain has severe impact late on life on a person’s self-esteem, relationships, and career. In this film actual group participants discuss how despite their successes they continue to treat themselves the way they were treated as children ....
### Neurotic Disorders

<table>
<thead>
<tr>
<th>WM 171 A36 1989</th>
<th>ADOLESCENT DEPRESSION</th>
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<td>10 minutes - VHS</td>
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Adolescence is a time of great change. This program presents information on the nature of this change, the warning signs of unusual mood or attitude changes and the importance of intervention where serious problems are developing. The problem of suicide is also discussed.

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<tr>
<th>WM 171 B43 1996</th>
<th>BEATING WINTER DEPRESSION</th>
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<tr>
<td>60 minutes - VHS</td>
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As the days get shorter and darkness covers more of the world, it’s easy to become sluggish and gloomy. But for the more than 10 million Americans who suffer from Seasonal Affective Disorder (SAD), the sadness won’t go away until Spring - at least not without help.

<table>
<thead>
<tr>
<th>WM 171 C57 1998 V. 1-4</th>
<th>CHRONIC DEPRESSION SERIES</th>
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<tr>
<td>VHS</td>
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This four volume series presents the most current research available in eight specific areas of expertise:
- **VOLUME 1.** Epidemiology | Course and outcome
- **VOLUME 2.** Comorbidity | Psychosocial and family functioning
- **VOLUME 3.** Psychosocial treatments | Strategies and tactics
- **VOLUME 4.** Pharmacologic treatments | Outcomes of treatment.

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<tr>
<th>WM 171 D42 2002</th>
<th>DEPRESSION</th>
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<tr>
<td>43:52 minutes - DVD</td>
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This documentary follows five people who have struggled for years to overcome depression. Their personal stories are enriched by the perspectives of leading researchers, and by glimpses of the sophisticated imaging technologies which now enable us to see what is happening in the human brain during depression and treatment. In addition to medication, the video discusses some new and experimental treatments, but it also stresses the value of combining traditional medical treatment with psychotherapy and support groups, and of public education.

<table>
<thead>
<tr>
<th>WM 171 D44 1990</th>
<th>THE ROAD TO RECOVERY: SIGNS AND SYMPTOMS OF CLINICAL DEPRESSION, AND THE TYPE OF TREATMENTS AVAILABLE.</th>
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<tr>
<td>12 minutes - VHS</td>
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PICTURE OF HEALTH DOWN IN THE DUMPS OR CLINICAL DEPRESSION

60 min – VHS

EIGHT LEADING EXPERTS ANSWER THE FIVE MOST COMMON QUESTIONS ABOUT CHRONIC DEPRESSION

20 minutes - VHS

What’s the difference between feeling “down” and “blue”, and chronic depression? What’s the latest, state-of-the-art treatment for depression? These questions plus others are answered by the nation’s leading depression experts, presented in language you can understand.

THE USE OF PSYCHOTHERAPY

17 minutes - VHS

Professional Mental Health Counselors, Physicians and Therapists review several types of therapies offered for depressed patients. Video includes interviews with patients in both individual and group therapy sessions.

REAL HURDLES

VHS

This program is designed to educate about childhood and adolescent depression and to de-stigmatize the topic. An often unidentified illness, the symptoms of depression are frequently misunderstood, but identifying the symptoms, such as poor appetite and sleep, is critical. The program discusses the importance of family history and genetics, and treatment options such as counselling, medications and support. In addition, the story of Olympic Gold Medallist Derrick Adkins offers young viewers words of encouragement to come forward and deal with their problems. Includes a vinyl binder teacher’s guide. Grades 7-12

SURMONTER LA DEPRESSION

9 minutes - VHS

La dépression est une maladie très mal comprise qui passe souvent inaperçue. Environ 15% des hommes et 20% des femmes en souffrent à un moment de leur vie. Il est fréquent que les personnes déprimées ne reconnaissent pas leurs symptômes ou qu’elles ne consultent pas un médecin à cause du stigmate social rattaché à la dépression. Cette vidéo a pour objectif d’expliquer la dépression et de la démystifier. Also available in English under title, “Overcoming Depression”.

31
<table>
<thead>
<tr>
<th><strong>WM 171 T74 1993</strong></th>
<th><strong>TREATING DEPRESSION : PREVENTING SUICIDE</strong></th>
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<tbody>
<tr>
<td><em>30 minutes - VHS</em></td>
<td>Video explores the nature of clinical depression, and how it leads to suicide. Two psychiatrists are interviewed to discuss the causes of depression and suicide, and the treatments that are available.</td>
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<tr>
<th><strong>WM 171 D53 2008</strong></th>
<th><strong>DIAGNOSING DEPRESSION</strong></th>
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<tbody>
<tr>
<td><em>28 minutes – DVD</em></td>
<td>This program highlights the latest breakthroughs in treatment and diagnostic tools spotlighting several people who have suffered with depression their entire lives, but are finding relief through a combination of treatment strategies and lifestyle changes.</td>
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<tr>
<th><strong>WM 171.5 B56 2010</strong></th>
<th><strong>BIPOLAR: LIFE BETWEEN TWO EXTREMES</strong></th>
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<tbody>
<tr>
<td><em>45 minutes – DVD</em></td>
<td>“...This program examines the lives of people who have struggled for decades with bipolar disorder, once known as manic depression. Through case studies and discussions of recent research, the film shows how each patient has overcome the grip of debilitating despair and hyperactive euphoria, and how advances in psychology and neuroscience are helping such individuals lead better, more productive lives.”</td>
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<tr>
<th><strong>WM 171.5 B6271 2005</strong></th>
<th><strong>DEPRESSION TOOLBOX: DOUBLE JEOPARDY</strong></th>
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<tr>
<td><em>28 minutes, 35 seconds – DVD</em></td>
<td>Three interactive tools for use with individual clients or groups; workbook, CD and DVD.</td>
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<tr>
<th><strong>WM 171.5 C73 2002</strong></th>
<th><strong>CREATING WELLNESS: A WORKSHOP WITH MARY ELLEN COPELAND</strong></th>
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<tbody>
<tr>
<td><em>112 minutes – DVD</em></td>
<td>Three-part series from a workshop with mental health recovery educator and author Mary Ellen Copeland. Presents simple, effective, and non-invasive self-help strategies for anyone dealing with emotional, behavioural or psychiatric challenges.</td>
</tr>
</tbody>
</table>
### WM 171.5 D46 2008
**DEPRESSION: OUT OF THE SHADOWS**  
90 minutes – DVD  

"Depression: Out of the Shadows tells the dramatic stories of people of different ages, from diverse backgrounds, who live with various forms of depression. Leading mental health experts highlight the latest scientific research and innovative treatments, offering greater understanding and hope for the millions of people living with this complex, but treatable, disease."

### WM 171.5 D53 2009
**DIAGNOSIS BIPOLAR: FIVE FAMILIES SEARCH FOR ANSWERS**  
49 minutes – DVD  

"Suicidal impulses, hyper-sexuality, recurring nightmares--these are only a few of the symptoms of bipolar disorder. But what is it like for families of bipolar children and teens? This documentary takes viewers inside five households ravaged by the illness, revealing painful dilemmas over medication, school, and family dynamics. Weary of her tantrums, Liv’s parents have twice hospitalized her. Siblings Annie and Casey were a high-risk adoption and, sadly, Annie’s sickness shows why. The mother of Jessica and Matt fears she'll outlive them, while Andrew requires intensive private tutoring and siblings Levi, Dana, and Asher all take meds with disturbing side effects. Experts in bipolar disorder are also featured."

### WM 171.5 F43 2005
**FEEL LIKE YOURSELF AGAIN**  
24 minutes – DVD  

It is estimated that 700,000 women experience postpartum depression each year. Affected women describe it as a dark fog that overwhelms their lives. This DVD explores the symptoms of the five postpartum mood disorders and examines treatment options. There is also the story of a mother who suffered from depression and how she received successful treatment.

### Anxiety. Anxiety disorders

### WM 172 A59 1996
**ANXIETY, PHOBIAS & PANIC ATTACKS**  
42 minutes – VHS  

You will learn what anxiety is and how it may cause harm; the different types of anxiety; anxiety attacks and phobias; medications that help anxiety states; counselling and therapy techniques to help anxiety states and where you can get more information and help.
**WM 172 A77 1993**  
**ARE YOU IN A PANIC**  
15 minutes - VHS

Your hands start to sweat, your heart begins to race and you can’t catch your breath. Such symptoms may be signs of a panic disorder. We discuss what causes panic episodes and explain how repressed memories and thoughts affect the subconscious.

---

**WM 172 L326 2008**  
**HUMOR YOUR STRESS WITH LORETTA LAROCHE**  
60 minutes - DVD

Loretta Laroche is a nationally recognized speaker on stress management. In this live tape of her seminar, Loretta shows us how to “lighten our ways”, find humour in everyday situations, and find the “bless in all the mess.”

---

**WM 172 L67 2007**  
**HOW SERIOUS IS THIS**  
80 minutes - VHS

Loretta LaRoche of The Joy of Stress and Humor Your Stress examines the irrational and exaggerated patterns of thinking that drives us all nuts. Loretta also helps us find the path to “the joy of living.” Letting loose, viewers will move and a-groove through some practical exercises – everything from how to breathe “the right way” – to exaggeration therapy, a technique for examining life’s worries and seeing how quickly they can be moved from the sublime to the ridiculous.

---

**WM 172 L67 2008**  
**THE JOY OF STRESS**  
56 minutes - DVD

Loretta LaRoche is a nationally recognized speaker on stress management. She is also an adjunct faculty member for the Behaviour Institute of Medicine, an affiliate of Harvard Medical School.

The role of humour has long been recognized as an indispensable tool for maintaining good health and a sense of well-being. Current medical research suggests that this age-old remedy is physically and mentally beneficial. “The Joy of Stress” explains how humour helps strengthen our immune system, reduces stress and prevents “Hardening of the Attitude.”

---

**WM 172 L72 2006**  
**LIFE IS NOT A STRESS REHEARSAL**  
48 minutes - DVD

Too often, ‘stuff” gets in the way of the things that really matter. Find the path to a simpler, more rewarding lifestyle with the wit and wisdom of the always irreverent Loretta Laroche. Tap into what our grandparents always knew, slow down, simplify and improve your life and relationships.
**WM 172 P36 1999**

**PANIC DISORDER (TROUBLE IN MIND)**

30 minutes - DVD

Kate Jackson leads viewers through the distressing aspects of Panic Disorder. Dr. Jacques Bradwejn explains recent scientific findings and conducts an experiment in which the subject experiences a panic attack. Peter Keefe guides viewers through a dramatization of the subtle signs of "panic" and Dr. Edward Shorter reveals how panic and anxiety have affected us from early times, Joe DiNardo reveals how he found ways of dealing with Panic Disorder, which struck him over 20 years ago.

**WM 172 S63 1997**

**PICTURE OF HEALTH SOCIAL PHOBIA: FROM SHYNESS TO STAGE FRIGHT**

20 minutes - VHS

**WM 172 S77 2008**

**STRESS: PORTRAIT OF A KILLER**

52 minutes – DVD

A Stanford University neurobiologist has been advancing our understanding of stress - how it impacts our bodies and how our social standing can make us more or less susceptible. Research reveals that the impact of stress can be found deep within us, shrinking our brains, adding fat to our bellies, even unravelling our chromosomes. Yet understanding how stress works can help us figure out a ways to combat it and how to live a life free of the tyranny of this contemporary plague. In 'Stress: Portrait of a Killer', scientific discoveries in the field and in the lab prove that stress is not a state of mind, but something measurable and dangerous.

**WM 172 T44 2004**

**ANXIETY AND CO-OCCURRING DEPRESSION**

VHS

**WM 172 C57 2002**

**CIRCUITS OF FEAR**

52 minutes – DVD

Anxiety disorders, the most common mental illnesses in America, account for approximately one third of the nation's direct and indirect mental health costs each year. Drawing on the experiences of patients and the insights of medical professionals, this program examines panic disorder, obsessive-compulsive disorder, and post-traumatic stress disorder. Medications, therapies, and imaging technologies that are leading the way to total recovery for people with anxiety disorders are spotlighted.
The nineteenth segment in a 22 part series that takes an in-depth look at the evolving world of psychological science. Samuel Barondes, characterizes psychological disorders as "exaggerations of what we all experience." But these disorders that fill hundreds of pages in the American Psychiatric Association's Diagnostic and Statistical Manual ... make life more challenging for our neighbor next door and across the world. This episode looks at the incidence and symptoms of anxiety disorders, in all of their many variations, and personality disorders.

Learn from experts about the causes of stress and how to lessen its negative impacts.

Eating disorders

Documentary on anorexia nervosa and bulimia, eating disorders that have grown increasingly prevalent in contemporary American society. Experts in the field discuss some of their underlying causes (especially cultural pressures to be thin), their physiological and psychological effects, and some medical and therapeutic treatments that have been developed. The interviewees include patients representing particularly vulnerable groups: young women from troubled families, dancers, fashion models, and athletes.

Obsessive-compulsive disorders.
Compulsive behaviour. Obsessive behaviour

Explains what obsessive-compulsive disorder (OCD) is, how having a child with OCD affects the family, and suggests strategies for coping.

We discuss how understanding this disorder's disruptive effect is the first step toward helping the entire family, and also share steps families
can take to rebuild relationships.

<table>
<thead>
<tr>
<th>WM 176 O27 1996</th>
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<tr>
<td><strong>PICTURE OF HEALTH: OBSESSIVE COMPULSIVE DISORDER IN ADULTS</strong></td>
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<td>60 minutes - VHS</td>
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Discusses the differences between normal personal traits and obsessive compulsive behaviour. Describes what is known about the disorder and identifies what works and what doesn't in treating it.

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<th>WM 176 T67 2009</th>
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<tr>
<td><strong>TOP GUN</strong></td>
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<td>42:30 minutes - DVD</td>
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Video gaming addiction.

<table>
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<tr>
<th>WM 176 W53 1994</th>
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<tr>
<td><strong>WHAT YOU REALLY NEED TO KNOW ABOUT: OBSESSIVE-COMPULSIVE DISORDER (OCD)</strong></td>
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<td>30 minutes - VHS</td>
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Introduced by John Cleese and presented by Dr. Robert Buckman, this video will show you that OCD is a true psychiatric condition and not a voluntary behaviour pattern; details the symptoms of OCD and how they may interfere with daily life; how the diagnosis of OCD is made; therapy and lifestyle changes that may help the symptoms of OCD; medications that may help and where to get more information and help.

**Phobic disorders**

<table>
<thead>
<tr>
<th>WM 178 A87 1995</th>
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<tbody>
<tr>
<td><strong>PICTURE OF HEALTH: ASSIGNMENT: SCHOOL PHOBIA</strong></td>
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<tr>
<td>60 minutes – VHS</td>
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The actual treatment of a patient with a specific phobia will be demonstrated. The goal of the World Rounds presentations is to offer participants an opportunity to observe some of the world's most experienced CBT actually doing therapy. First, the therapist describes the session from their perspective. Second, the audience has a chance to discuss with both the therapist and the "patient" specific reactions to the interventions used in the demonstrations. Finally, the audience will have the rare opportunity to see the therapy work as it unfolds. In all cases, simulated patients (SPs) will be used to provide confidentiality and stay within ethical bounds.
Dealing with discouragement - learning the signs of discouragement and how to avoid discouragement's powerful pull. Overcoming fear - learning to understand and overcome fear in its many faces. Self-confidence - learning why self-confidence is the treasure house of successful living.

This straight talking, empowering video program offers essential information on how problem gambling develops, its damaging impact on individuals and families, and how it can successfully be treated. Through candid first-hand accounts from four recovering gamblers, along with illuminating commentary from mental health experts, the program shows gamblers, their families, and professionals.

We are all gamblers. Games of chance fascinate us. Some people cannot stop gambling regardless of whether they win or lose. It's a high which causes financial ruin and personal devastation. On this American family you'll learn how addicted gamblers face their demons and begin to recover.

Some causes of emotional distress frankly have no simple remedy, or can't be changed at all. But all of us have short-term crises of one kind or another. What we do about them and how we do it can have a profound effect on our ability to get through them. In this video you'll learn how to master, step-by-step, a set of crisis survival skills that are remarkably simple, do-able, easy to remember, and ready to put into practice. Here in part one, you'll learn how to identify a crisis, and ways to treat oneself that help get through it more comfortably. Marsha Linean, Ph.D., guides you with warmly human examples that touch, teach and train with warmly human examples that touch, teach and train with techniques proven to work.
Psychogenic aspects of movement disorders

**TOURETTE SYNDROME: A GUIDE TO DIAGNOSIS**

- **WM 197 T68 1990**
  - Video demystifies the genetic disorder called Tourette syndrome. It illustrates three basic categories of symptoms - motor, vocal, and behavioural. An excellent video to show to families, patients, clients as well as to clinicians for a basic introductory understanding of this disorder.

Psychotic Disorders

**WORKING TOGETHER: THINGS CAN GET BETTER : A PROGRAM FOR FAMILIES DEALING WITH EARLY PSYCHOSIS**

- **WM 200 W67 2000**
  - Most psychiatric problems have their onset before the age of 30. In particular, late adolescence and early adulthood is the time period at which we are most likely to see the beginning of those psychiatric symptoms which we call psychosis. These videos will discuss the impact of psychosis and its treatment on the family. The videos are entitled: Immediate Concerns (module 1); The Treatment of Psychosis (module 2); and Getting Back on Track (module 3). A booklet accompanies the videos in a boxed set.

Schizophrenia and schizophrenic syndromes

**SCHIZOPHRENIA: ABC NEWS**

- **WM 203 A22 2007**
  - Explores the mystery of Schizophrenia, a mental illness.

**A BRILLIANT MADNESS**

- **WM 203 B74 2002**
  - Called 'the most remarkable mathematician of the second half of the century,' Nash suffered a devastating breakdown at the age of thirty. He suddenly claimed that aliens were sending him messages, became obsessed with secret numbers and saw conspiracies all around him. Diagnosed with paranoid schizophrenia, Nash spent a decade in and out of mental hospitals, surviving with the support of his wife and former colleagues. During that time, a mathematical proof he'd written at the age of twenty became a foundation of modern economics. Sometime in the 1980s, he gradually began to recover. In 1994, Nash capped his remarkable return from madness by winning the Nobel prize.
A woman’s mental health puts her family and her own life in jeopardy, and she is taken from the family. Now her husband must raise a family alone and deal with her schizophrenia.

This video series offers mental health professionals an opportunity to share in the advances and the challenges of community-based schizophrenia management. The toolkit includes practical applications of the model by demonstrating case management approaches to schizophrenia which can be applied in diverse institutional settings.

This presentation brings to light how cannabis can lead to mental illness causing a change in the brain function for users.

William MacPhee, the publisher of Schizophrenia Digest was diagnosed with schizophrenia in 1987. He explains what it is like to be paranoid, hallucinatory, frustrated, depressed and suicidal. He also speaks about the importance of hope, optimism and a never-give-up attitude.

Video presents an accurate portrayal of schizophrenia, while being both optimistic and realistic. Overall, the message is positive and important: people can live rich, enjoyable lives with schizophrenia, especially if they are able to learn how to manage their illness.
<table>
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<tr>
<th>WM 203 L58 2008</th>
<th><strong>LIVING WITH SCHIZOPHRENIA</strong></th>
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<tr>
<td></td>
<td>60 minutes - DVD</td>
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<tr>
<td></td>
<td>William MacPhee, the publisher of schizophrenia digest was diagnosed with schizophrenia in 1987. He explains what it is like to be paranoid, hallucinatory, frustrated, depressed and suicidal. He also speaks about the importance of hope, optimism and a never-give-up attitude.</td>
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<table>
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<tr>
<th>WM 203 M72 1991</th>
<th><strong>UNDERSTANDING RELAPSE: MANAGING THE SYMPTOMS OF SCHIZOPHRENIA</strong></th>
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<tr>
<td></td>
<td>61 minutes - DVD</td>
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<td></td>
<td>Discusses the causes, early warning symptoms and stages of schizophrenic relapse. Includes common coping techniques, an assessment tool to monitor symptoms, and testimony from family members and afflicted individuals.</td>
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<tr>
<th>WM 203 O98 2006</th>
<th><strong>OUT OF THE SHADOW: REALITY IS A STATE OF MIND</strong></th>
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<td>67 minutes – DVD</td>
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<td>Filmed over five years, 'Out of the shadow' chronicles the filmmaker's mother, Millie, who suffers from schizophrenia. With grace and compassion, this intimate film illustrates the painful complexities of severe mental illness and the woefully inadequate public health system set up to deal with it. A story of madness and dignity, shame and love, 'Out of the shadow' illuminates a national plight through one family's struggle and helps to dispel the stigmas and misconceptions surrounding this harrowing illness.</td>
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<tr>
<th>WM 203 P47 2005</th>
<th><strong>PERSON TO PERSON</strong></th>
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<tr>
<td></td>
<td>27 minutes - DVD</td>
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<tr>
<td></td>
<td>In this interview, Bill shares with Paula what it was like to be tormented by hallucinations and delusions and how he pushed himself to put his illness in check in order to live a happy, productive and successful life.</td>
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</table>
WM 203 P57 1003
PORTER SECOURS
22 minutes - VHS

Il contient une vidéo d'une durée de 20 minutes ainsi qu'une trousse de l'enseignant complète... le tout conçu afin d'améliorer la compréhension de la schizophrénie et de favoriser l'intervention et le traitement rapides. Les symptômes précoces s'apparentent à ceux de la consommation de drogues, ou peuvent être attribués à une "crise de croissance," mais ce sont les amis intimes et les enseignants qui sont le plus en mesure de remarquer des changements de comportement importants... afin qu'une intervention et l'établissement d'un diagnostic soient effectués rapidement.

Also available in English: REACHING OUT

WM 203 R43 2003
REACHING out
22 minutes - VHS

A 20 minute video and full teacher resource kit...all designed to improve understanding of schizophrenia and assist in early intervention and treatment. This is important since schizophrenia first presents itself between the ages of 15-25...yet most young people have limited knowledge of mental illnesses, resulting in a negative stigma being attached to the disease. Students will learn how to approach a responsible adult if they are concerned so that the sufferer can obtain the support and treatment he or she needs.

Also available in French: PORTER SECOURS

WM 203 S34 2003
SCHIZOPHRENIA (TROUBLE IN MIND)
25 minutes – DVD

Kate Jackson leads viewers on an insightful journey through the disorder. Peter Keefe offers thorough dramatizations of obvious signs of schizophrenia. International schizophrenia expert, Dr. Mary Seeman, explains how anyone can get schizophrenia. Dr. Edward Shorter provided insight into the horrific early treatments of this disorder. Finally, schizophrenia sufferer Barry Arymowicz details his life with this mental disorder, a journey that took him from the perils of the streets to learning how to live successfully with the disease.

WM 203 S53 1989
SHATTERED DREAMS
28 minutes - VHS

Video is a exploration of the experiences of a family forced to deal with the tragedy of schizophrenia in a loved one; not once, but twice. A brother narrates the film, sharing with us his family’s journey through a world of confusion, guilt, and loss and ultimately, hopes.
A "first person account of a woman's troubled relationship with her father and his mental illness. Delany Ruston, a Seattle general physician, went into hiding to protect herself from her dad's erratic behavior and episodes of paranoia. After more than a decade of separation she decides to reconnect. Ruston documents her reconciliation with her father in a film that exposes the pain that mental illness inflicts on families, and the urgent need to repair the American mental health system."

**Autistic disorder**

This video documentary takes us inside autism. It shows us the world through autistic eyes and ears, and take the viewer through the remarkable therapy practiced at The Listening Centre in Toronto. The video follows the progress of two children, Jordan and Sarah, through a treatment regimen that turns ears from passive sound receptors into active partners in listening, communicating and movement.

Produced by the University of Wisconsin Hospitals and Clinics. Purchaser is granted permission to broadcast Picture of Health programs over the air, by cable or via closed-circuit television. No duplication rights are granted. All programs must be broadcast in their entirety, including introduction, one-minute break, credit roll and copyright.

The birth of a baby is often described as a miracle - the most treasured moment of a parent's life. For thousands of parents, though, the dream of a normal, healthy child is slowly shattered with the growing suspicion that something is wrong. At first the child’s differences may be subtle: not wanting to be hugged, gazing without eye contact, showing little emotion, not developing verbal communications or not enjoying interacting with other children. It is these types of observations that can precipitate a clinical diagnosis of autism. This program focuses on understanding what autism is, how it is diagnosed and what it is like to have a child with autism.
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You suspected there was something wrong with your child and now your fears have been confirmed. Your child is diagnosed with autism and your world swirls into emotional turmoil. Finding educational and treatment resources for your child and support for you is the next challenge you face. In this program, we explore the various approaches to treating autism and their levels of effectiveness, and identify support services for affected families.

**Psychotic affective disorders**

WM 207 B57 1998
**PICTURE OF HEALTH: BIPOLAR DISORDER: MORE THAN JUST MOOD SWINGS**
60 minutes – VHS

Discussion focuses on diagnosis, medical causes, and treatment of bipolar disorder.

WM 207 B57 2002
**LIVING WELL WITH BIPOLAR DISORDER**
47 minutes - VHS

Six individuals describe the impact bipolar disorder has had on their lives and the strategies they have learned for dealing with it. Provides discussion of the elements of effective clinical management. Shows how individuals can stay well by combining medication, counselling or psychotherapy, attention to early warning signs of relapse, and sensible lifestyle choices.

WM 207 B57 2003
**TROUBLE IN MIND: BIPOLAR DISORDER**
30 minutes – VHS

Provides an in-depth look at the mania aspect of bipolar disorder, also known as manic-depressive illness.
BIPOLAR DISORDER: UNDERSTANDING THE FULL SPECTRUM.

This insightful video pairs patient interviews with commentary by experts in the field of bipolar disorders. It provides a balanced and thoughtful presentation of bipolar disorder that will prove useful for patients and families as well as psychiatric professionals in educational settings.

DARK GLASSES AND KALEIDOSCOPES

Host Tony Dow explores the symptoms and treatment of manic depression through honest, emotional testimony of people and families who live with these illnesses. You'll learn of the powerful resources available through the NDMDA. This video provides information, answers and hope for those who suffer, and their families and friends.

MANIC DEPRESSIVE (BIPOLAR) ILLNESS

In this video, patients and Dr. Brian Bexton, Psychiatrist, discuss manic depression (or bipolar disorder) and its treatment with Lithium. You will learn what manic depression is, what the causes of manic depression are, what the symptoms of manic depression are, why lithium (Carbolith) is used to treat manic-depression, and what you can expect from you lithium treatment.

UNDERSTANDING AND COMMUNICATING WITH A PERSON WHO IS EXPERIENCING MANIA

This program focuses on bipolar disorder and specifically how to help a loved one or client when he or she is experiencing one of the many forms of mania. In easy to understand language, Mary D. Moller describes the signs and symptoms of mania, alterations in brain function, medical management using lithium and most importantly, takes the viewer step-by-step through communication techniques proven to be very helpful when working with this illness. The program also includes testimony from individuals who are living with bipolar or who have shared the pain of a friend with the illness. (with study guide)

Organic psychoses. Dementia
Substance-Related Disorders

**WM 270 A33 1996**
**INFORMATION FOR ACTION: A SURVEY OF ALCOHOL AND OTHER DRUG USE IN SUDBURY**
22 minutes - VHS

Highlights survey findings done in 1992 and 1993 to provide background information on the perceptions, knowledge, attitudes and behaviours regarding the use of alcohol and drugs.

**WM 270 B56 2008**
**UNDERSTANDING BIPOLAR DISORDER AND ADDICTION**
DVD

Explains the different features of bipolar disorder and the interactions between mania and depression and chemical dependency. Examples illustrate the importance of medication, abstinence, and spirituality to achieve and maintain emotional or psychiatric stability and sobriety.

**WM 270 C436 1999**
**CHALK TALK ON DRUGS**
55 minutes – DVD

Father Martin with Dr CC Nuckols and a group of recovering addicts join forces to make this film. Father Martin explains the answer to recovering from drug addiction regardless of the drug of choice while Dr. Nuckols explains the classification of drugs, what they do, and how they affect the user. Personal experiences from people in recovery are interjected throughout.

**WM 270 D47 2004**
**DEPRESSION & SUBSTANCE ABUSE**
19 minutes – DVD

This video describes the dynamic of how alcohol and drugs affect a person with depression. Issues such as: genetics, psycho-social dynamics, coping behaviours and brain mechanics are explored. Treatments such as psychological therapy, twelve-step programs and anti-depressant drugs are also presented.

**WM 207 D7943 2003**
**DRUG ABUSE & BIPOLAR DISORDER**
19 minutes – DVD + Guide

This video describes exactly what bipolar disorder is. The dynamic of how alcohol and drugs affect a person with bipolar disorder is examined. Issues such as: genetics, depression, mania and brain mechanics are explored. Treatments such as psychological therapy and anti-depressant drugs are also presented.
<table>
<thead>
<tr>
<th>WM 270 F36 2007</th>
<th>FAMILY SECRETS: INSIDE ADDICTION</th>
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<td>40 minutes – DVD</td>
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ABC News follows actor Daniel Baldwin for several months as he undergoes treatment for drug addiction in the Renaissance Malibu drug treatment facility.

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<tr>
<th>WM 270 F57 2009</th>
<th>THE FIRE WITHIN</th>
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<td>20 minutes – DVD</td>
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"The Ontario Provincial Police, Canadore College and Nipissing First Nation – Nbisiing Secondary School have collaborated in the production of a short documentary film dedicated to the memory of Jay Hall, a Nipissing First Nation youth who died on April 17, 2010 at the age of 17– his death the result of an accidental drug overdose."

<table>
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<tr>
<th>WM 270 G85 2008</th>
<th>A GUIDE TO LIVING WITH CO-OCCURRING DISORDERS: HELP AND HOPE FOR CLIENTS AND THEIR FAMILIES</th>
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<td>83 minutes – DVD</td>
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A guide for living with co-occurring disorders educates clients, families, and clinicians on the history, challenges, and most effective treatments for co-occurring disorders. It offers compelling interviews with clinicians, physicians, and researchers, along with inspiring client testimonials.

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<tr>
<th>WM 270 L48 2001</th>
<th>LE VOYAGE: LE TRIBUNAL DE TRAITEMENT DE LA TOXICOMANIE ALLIE LE TRAITEMENT DES TOXICOMANES À LA RIGUEUR D'UN TRIBUNAL SPÉIALISÉ</th>
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<td>28:30 minutes - VHS</td>
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<tr>
<th>WM 270 P69 2008</th>
<th>THE POWER OF RECOVERY</th>
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<td>26 minutes – DVD</td>
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Interviews with seven recovering addicts and their families and friends about their struggles with addiction and their recoveries.

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<tr>
<th>WM 270 P8391 2003</th>
<th>PORTRAIT OF ADDICTION</th>
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<td>60 minutes – DVD</td>
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Bill Moyers explores the issues of drug and alcohol addiction. Nine men and women, all recovering from drug and/or alcohol addiction, tell their stories.
There's a new drug treatment that is said to break the grip of addiction with a short series of treatments. Addicts who have tried everything and have remained hooked on methamphetamine and cocaine say their drug cravings ended almost overnight on the treatment plan Prometa. But where are the scientific studies that prove the testimonials? Is Prometa just too good to be true? Is it really better than other treatments? Scott Pelley investigates.

Shows the three-fold physical, psychological, and spiritual nature of chemical dependency. Designed to help recovery candidates see that chemical dependency is more than a physical disease.

This video presentation fully explores the correlation between substance use disorders and severe mental illness. Prominent co-occurring disorders expert Robert E. Drake, director of the new Hampshire-Dartmouth Psychiatric Research Centre, shows why it’s essential that substance abuse treatment and mental health treatment be closely integrated.

Recovery isn't easy, but it's possible. This video examines the causes of borderline personality disorder (BPD), helps clients overcome negative self-thoughts, and explores how the disorder interacts with chemical dependency. Candid stories from individuals who are in recovery let your clients know they're not alone.
**WM 270 W1771 1988**  
**WALKING IN PAIN**  
50 minutes – DVD

There is one really special feature to Walking in pain that makes it stand out; the fact that it features a Native American counselor and patients in session at a Canadian treatment center located on a reserve. This program offers rare insights into an intensive and successful approach to the treatment of all alcoholics and especially native.

**WM 270 W355 2009**  
**A WAVE OF COMPASSION: SPIRITUALITY AND THE RECOVERING ADDICT**  
48 minutes – DVD

What does it mean to be a "functioning" alcoholic? How does it feel to struggle with substance abuse day after day? What keeps addicts from truly recovering? This program explores such questions from a range of unconventional viewpoints, creating an honest look at addiction that avoids judgmental or strictly clinical approaches. At the center of the film is Jimmy, a 41-year-old surfer who describes the drinking problem he has had since age 13. The challenges of recovery are also discussed by several experts: a physician, a psychologist, a nutritionist, and a social worker—while unique and insightful commentary is provided by a Native American shaman, a stand-up comedian, and other voices of reason and personal experience.

**WM 270 W66 2006**  
**WOMAN ABUSE IN THE PERINATAL PERIOD: WORKING TOGETHER TO IMPLEMENT UNIVERSAL SCREENING, OCTOBER 25, 2006**  
VHS

**WM 274 A87 2008**  
**ASSESSING ALCOHOL PROBLEMS USING MOTIVATIONAL INTERVIEWING WITH LINDA CARTER SOBELL AND MARK SOBELL**  
100 minutes – DVD

Demonstration of and discussion on cognitive-behavioural motivational interviewing techniques for assessing a patient's alcohol use. Motivational interviewing is a client-centered, directive method for eliciting intrinsic motivation to change by exploring and resolving a person's ambivalence to change using open-ended questions, reflective listening, and decisional balancing. This non-judgmental, non-confrontational interviewing style is designed to minimize a patient's resistance. The goal is to construct an interaction with patients so they feel comfortable discussing their risky or problem behaviour.

**WM 274 C43 2009**  
**CHALK TALK ON ALCOHOL**  
65 minutes - DVD

Outlines the effect of alcohol on the body and behaviour. A complete discussion on the personal and social problems of alcohol dependency.
**HUMOR IN RECOVERY**  
*60 minutes – DVD*

*An infallible sign of a return to sobriety is a sense of humour. This film is one full hour of jokes by Father C. Martin. Hasn't it been too long since YOU last laughed?*

**ONE DAY AT A TIME**  
*33 minutes – DVD*

*Most alcoholics and drug addicts ask questions regarding the future. Will I still be drinking or using 5 years from now? Will my family ever love me again? Will I ever be able to repay all my debts? Will I ever stop hurting? Father suggests, "Easy Does It". First plan something to do today; then do it. Remember, Rome was built "One Day at a Time."*

**GOING HOME**  
*30 minutes – DVD*

*In this film, Father Martin shares some of his thoughts and suggestions for those leaving treatment. He suggests some of the things that will protect and deepen the alcoholic's new found sobriety: joining a home group, working the steps, attending meetings and seeking sponsorship. First things first. He or she must avoid slippery places, people and circumstances that could precipitate going back to active addiction. This film provides the newly sober individual a few hints on how to preserve his or her sobriety as they return home from treatment and embark on their journey in recovery. Father Martin is one of the world's most knowledgeable and effective educators on the disease of alcoholism and drug addiction.*

**RECOVERY AND THE FAMILY**  
*39 minutes – DVD*

*Father Martin talks about the changed relationships within the family when the substance abuser recovers. Healing must take place for all family members, since all were affected by the disease.*

**STEPS 1-3 OF AA**  
*45 minutes – DVD*

*Steps One, Two and Three on one DVD! "I can't, He can, I think I'll let him." Father Martin discusses how to develop a foundation in recovery. Honesty, open-mindedness, and willingness are thought to be indispensable parts of recovery. Primary treatment counsellors will find that clients love this film!*
**My Name Is Bill W.**

World War I veteran William Wilson has everything: loving wife, good health, Wall Street career -- and a "drinking problem." Penniless overnight when the stock market crashes, Bill quickly descends into a stormy sea of booze. Then he meets Bob Smith, an Ohio surgeon with the same "problem." Together they discover a way to stay sober -- one day at a time, and their mutual triumph would soon become the world's.

**Relapse: Your Guide on the Road to Recovery**

Some sober alcoholics go back to drinking after a period of sobriety. This program examines why and what to do about it.

**Maple Ave: Promise Me: Parents with Addictions**

Ann is forced to face the grim reality that her parents' addictions (alcoholism and problem gambling) are slowly destroying her family.

**Changing Channels: and Alcohol Prevention Package for Grades 6, 7, and 8**

Challenges the influences and misconceptions which lead young adolescents to think that alcohol use is part of growing up. It reminds them of the potential they have to control their lives and make healthy decisions, reinforcing the idea that alcohol use is wrong and harmful.

**Cold as Ice**

This program provides a comprehensive snapshot of the crystal meth phenomena and explores the impact of this drug on the user, the family and the community. Comprehensive coverage includes: a description of the drug and ways it is ingested, the impact of crystal meth on mental health, treatment issues, and potential permanent impact on the brain, the very real danger from meth labs to the neighbourhoods where they are located, to first responders, and to the environment in general, loss of life and other costs resulting from stolen cars driven by meth addicts and involved in deadly motor vehicle accidents.
Jesse’s Story – My Battle with Meth

Jesse, a young meth addict, now incarcerated in the State of Indiana, talks openly about [his] battle with meth, his attempted suicide and the struggles he lives with daily. Jesse’s story truly depicts the power and the horrors of methamphetamine addiction.

All About Marijuana

Discusses what marijuana is, how it affects the brain, and how to get treatment for addiction.

Marijuana: Escape to Nowhere

In this program, personal stories are interwoven with interviews from a treatment professional and a research pharmacologist to uncover the devastating effects of long-term marijuana use on the body, mind, and spirit. The program ends on a message of hope as recovering addicts share their accomplishments and dreams fulfilled since breaking the chains of marijuana addiction.

Oxycontin and Other Prescription Drugs

Individuals who have overcome addiction to painkillers talk about how they got clean, and what they learned about surrender, willingness, and support along the way.

Mental Retardation

The Myths of Mental Illness

Tells the story of the burnout and breakdown of a successful journalist and his courageous battle to regain meaning in his life. (National Film Board of Canada)

Therapies

CPI’s Conflict Resolution Series: From Argument to Agreement

Negotiating your way through conflict.
"Program objectives: The goal of this video is to help your participants become Alpha Interveners. [Alpha Interveners is a term to indicate something that is first or best and in this instance it’s intent is to make verbal intervention look easy]. You will learn: 1) the differences among techniques, strategies, and goals, and why all three are necessary components of every verbal intervention -- 2) how to develop an intervention strategy using short-term, median, and long-term goals -- 3) how to use the basic tools most often used by Alpha Interveners."

Describes techniques for recognizing signs of an impending crisis and de-escalating the situation through verbal and nonverbal techniques. Shows ways to block or break away from a physically violent action, plus methods for restraint to help calm the acting-out individual. Encourages planning and preparation as keys to safety during home visits and when encountering fights or violence while working alone.

Disc 1: Overview -- Case history "Jamie" -- Conceptualization "Jamie" -- Common beliefs -- Treatment principles I -- Treatment principles II../. --
In this videodisc you will gain a first-hand look at what happens in a live session; learn how experienced practitioners translate theoretical concepts into practice; observe how therapists deal with specific critical incidents in treatment; and demonstrates specific therapeutic interventions. Lorne Ladner discusses his approach to incorporating mindfulness techniques into psychotherapy and demonstrates the process with an anxious teacher, ultimately helping her to feel hopeful about changing her life.

Includes: Case examples -- Role plays -- Treatment strategies -- Specific strategies to handle common therapy roadblocks.

Use of psychodrama, continuum, historical test of schema, therapeutic relationship.


WM 420 P1234 1993
**Cognitive Therapy for Panic Disorder**
50 minutes – DVD

- CBT panic disorder -- Sensations & thoughts -- Panic model --
- Induction experiment -- Debrief experiment -- Two hypotheses --
- Treatment plan -- Homework assignments -- End credits.

WM 420 P1234 1993
**The Continuum & Positive Data Log**
1 hr. 40 minutes – 2 CDs

- Learn how to use core belief records in tandem with continuum methods to help even your most challenging clients begin to change core beliefs. Disc 1: Introduction -- Schemas & PDs -- Cognitive model of personality disorders -- Use of continuum -- Role play: Continuum -- Comments -- Role play: Continued -- Debriefing. Disc 2: Criteria continuum -- Two way continuum -- Continuum summary -- Positive data logs -- Case example: Collect appropriate data -- Questions & answers.

WM 420 P1234 1994
**Brief Cognitive Therapy for Phobias and GAD**
1 hr. 57 minutes – 2 CDs


WM 420 P1234 1994
**Cognitive Therapy for Anxiety Disorders**
2 hrs. 20 minutes – 2 CDs


WM 420 P1234 1994
**Cognitive Therapy for OCD & Hypochondriasis**
59 minutes – CD


WM 420 P1234 1996
**Guided Discovery Using Socratic Dialogue**
44 minutes – DVD

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<tr>
<th>WM 420 P1234 1996</th>
<th>TESTING AUTOMATIC THOUGHTS WITH THOUGHT RECORDS</th>
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<tr>
<td>69 minutes – DVD</td>
<td>Beliefs &amp; interventions -- Situations, mood, thoughts -- &quot;Hot&quot; thoughts -- Supporting evidence -- Non-supporting evidence -- Search for hidden evidence -- Alternative/balanced thoughts -- Summary &amp; feedback -- End credits.</td>
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<tr>
<th>WM 429 P1234 1997</th>
<th>BEHAVIORAL EXPERIMENTS: TESTING THE RULES THAT BIND</th>
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<tr>
<th>WM 420 P1234 1997</th>
<th>COGNITIVE THERAPY OF DEPRESSION</th>
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<tr>
<td>1 hr. 36 minutes – 2 CDs</td>
<td>Disc 1: Conceptualization -- CT protocol -- Increase skills -- Exercise: 7 column thought record -- Columns 1-2 -- Column 3 -- Hot thought./.-- Disc 2: Columns 4-5 -- Columns 6-7 -- Troubleshooting -- Suicide beliefs -- Search for evidence.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WM 420 P1234 1999</th>
<th>THERAPIST BELIEFS: PROTOCOLS, PERSONALITIES &amp; GUIDED EXERCISES</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 hr. 55 minutes – 2 CDs</td>
<td>Disc 1: Protocols &amp; personalities -- Two minds -- Therapist examples -- Increasing awareness -- Conceptualization worksheet -- Summary.. Disc 2: ID the problem -- Behavioral strategies -- Assumptions -- Benefits/costs -- Set goals -- New strategies -- New assumptions -- Behavioral experiments -- Conclusion.</td>
</tr>
</tbody>
</table>

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<thead>
<tr>
<th>WM 420 P1234 2001</th>
<th>COGNITIVE THERAPY WITH CHILDREN</th>
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</thead>
<tbody>
<tr>
<td>1 hr. 19 minutes – 2 CDs</td>
<td>Disc 1: Introduction -- Biopsychosocial model -- Environment -- Role play: Link body &amp; mind -- Role play: Thoughts. Disc 2: Behavioral problems -- Role play: &quot;Saying hi&quot; -- Debriefing -- Modify CT Protocol -- Levels of thought -- Case example: Depression.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WM 420 P1234 2001</th>
<th>GROUP COGNITIVE THERAPY: A BALANCING ACT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 hr. 21 minutes – 2 CDs</td>
<td>Discover the six principles of effective group cognitive therapy: Alliance -- Collaboration -- Structure -- Guided discovery -- Total group participation -- Management of group interaction patterns.</td>
</tr>
</tbody>
</table>
WM 420 P1234 2001
MIND OVER MOOD: IN THERAPY
1 hr. 17 minutes – CD

Introduction -- Self-help manuals -- Myths & issues -- Job descriptions
-- Alliance & skills -- Role play: alliance & protocols -- Debriefing --
Stumbling blocks -- Questions & answers.

WM 420 P1234 2002
COGNITIVE THERAPY FOR COUPLES CONFLICT
2 hrs. 24 minutes – 2 CDs

Disc 1: Background -- True love -- Cognitive model: From love to hate
-- Example: Critical incident -- Role play: The frame -- Belief systems --
Therapy: 9 stages. Disc 2: Increase positives -- Build skills -- Role play:
Explore anger -- Cognitive model of anger -- "What lies beneath" --
Problem resolution -- Questions & answers -- Final stages.

WM 420 P1234 2002
CONSTRUCTIVE & DECONSTRUCTIVE LANGUAGE IN COUPLES THERAPY
2 hrs. 27 minutes – 2 CDs

Disc 1: Dreams -- Language -- Underlying assumptions -- Stages of
therapy -- Role play: Deconstructive language -- Role play: UAs that
maintain -- Role play: Benefits vs. costs -- Role play: Summary/debrief --
Questions & answers. Disc 2: Therapist stance -- Role play: Constructive
language -- Role play: Expand the dream -- Role play: New UAs -- Role
play: Try an experiment -- Debriefing -- Discussion of constructive phase.

WM 420 P1234 2003
CONSTRUCTING NEW CORE BELIEFS
60 minutes – DVD

Core beliefs -- Session overview -- Identify core beliefs -- Continuum
ratings -- Continuum criteria -- Core belief log rationale -- Navigate
roadblocks -- Assign core belief log -- Feedback & summary -- End credits.

WM 420 P1234 2003
GOAL SETTING IN COGNITIVE THERAPY
3 hrs. – 2 CDs

Disc 1: Introduction -- Four processes -- Five dilemmas -- Demo:
structure only -- Demo: bond only -- Empathy plus action -- Debriefing --
Demo: bond & structure -- Conclusions. Disc 2: General points -- Goal
setting issues -- Demo: mid Tx goals -- Language -- Demo: beliefs --
Accept client goals -- Mind the gap -- Beliefs.
<table>
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<tr>
<th>WM 420 P1234 2003</th>
<th>GUIDED DISCOVERY</th>
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<tr>
<td>2 hrs. 27 minutes – 2 CDs</td>
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</table>

Disc 1: Central process -- Definitions -- Demo "This case is hopeless" -- Demo debriefing -- Four stages -- Leading & following -- Asking questions. Disc 2: Asking questions (cont.) -- Listening -- Summaries -- Analytic/Synthesizing questions -- Levels of thought -- Methods for each level -- Deconstructive language -- Constructive language -- Develop curiosity.

<table>
<thead>
<tr>
<th>WM 420 P1234 2004</th>
<th>CASE CONCEPTUALIZATION: AN IN-SESSION COLLABORATION</th>
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<tbody>
<tr>
<td>3 hrs. – 2 CDs</td>
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<table>
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<tr>
<th>WM 420 P1234 2004</th>
<th>COGNITIVE THERAPY FOR POSTTRAUMATIC STRESS DISORDER</th>
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<tr>
<td>2 hrs. 40 minutes – 3 CDs</td>
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</table>

Learn the updated cognitive theory of PTSD derived from empirical findings. This theory emphasizes the role of memory and beliefs about trauma events and symptoms.

<table>
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<tr>
<th>WM 420 P1234 2004</th>
<th>COGNITIVE THERAPY’S PAST &amp; FUTURE</th>
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<tbody>
<tr>
<td>60 minutes – CD</td>
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</table>

CT's evolution -- Adults & children -- CT & the human spirit -- "Good reasons" -- Training & competence -- Hallucinations -- Multiculturalism -- Art vs. science.

<table>
<thead>
<tr>
<th>WM 420 P1234 2004</th>
<th>CONSTRUCTING NEW UNDERLYING ASSUMPTIONS &amp; BEHAVIORAL EXPERIMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>55 minutes – DVD</td>
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WM 420 P1234 2008
**CBT FOR SOCIAL ANXIETY**
2 hrs. 11 minutes – 2 CDs


WM 420 1234 2008
**COGNITIVE BEHAVIORAL THERAPY FOR SOCIAL ANXIETY**
54 minutes – DVD

Fear of criticism -- Relevant history -- Treatment rationale -- Assertive defense setup -- Practice assertive defense -- Debrief experiments -- Seek criticism -- Practice "Gentle" defense -- Summary & assignment -- End credits.

WM 420 P1234 2009
**IMAGERY IN CBT**
60 minutes – CD

Beckian roots -- Important to ask -- Emotions & cognitions -- Positive imagery & new behavior -- Use in conceptualization -- Reluctance -- Personality disorders -- Client's choice -- Anxiety disorders -- Resilience -- OCD -- Cutting behavior -- Simple idea.

WM 420 P1234 2011
**STEP-BY-STEP MODEL OF COLLABORATIVE CASE CONCEPTUALIZATION**
3 hrs. 30 minutes – 3 CDs

Padesky presents a step-by-step model of collaborative case conceptualization to guide therapists' treatment planning.

WM 420.5.P8 A43 2001
**ALBERT ELLIS: “REBT FOR SOCIALLY PHOBIC CLIENTS”**
50 minutes - VHS

Rational Emotive Behavior Therapy (REBT) demonstrated by Albert Ellis. The goal of the World Rounds presentations is to offer participants an opportunity to observe some of the world's most experienced CBT actually doing therapy. First, the therapist describes the session from their perspective. Second, the audience has a chance to discuss with both the therapist and the "patient" specific reactions to the interventions used in the demonstrations. Finally, the audience will have the rare opportunity to see the therapy work as it unfolds. In all cases, simulated patients (SPs) will be used to provide confidentiality and stay within ethical bounds.
**WM 425 D53 2001**

**DIALECTICAL BEHAVIOR THERAPY FOR SUICIDAL CLIENTS MEETING CRITERIA FOR BORDERLINE PERSONALITY DISORDER**

50 minutes - VHS

In this case demonstration, DBT will be illustrated in a live interview with a chronically suicidal client who meets criteria for borderline personality disorder (as well as other Axis I and Axis II disorders), has difficulties regulating any emotion or emotion-linked behaviors (particularly shame, despair, and anxiety), and enters therapy, after being terminated from her previous therapist, still suicidal following a suicide attempt. The interview will demonstrate conducting a behavioral analysis, conducting a suicide risk assessment and managing any suicide risk that emerges, and using DBT orienting and commitment strategies to engage a client in therapy.

The goal of the World Rounds presentations is to offer participants an opportunity to observe some of the world's most experienced CBT actually doing therapy. First, the therapist describes the session from their perspective. Second, the audience has a chance to discuss with both the therapist and the “patient” specific reactions to the interventions used in the demonstrations. Finally, the audience will have the rare opportunity to see the therapy work as it unfolds. In all cases, simulated patients (SPs) will be used to provide confidentiality and stay within ethical bounds.

---

**WM 425 O962 2000**

**OVERCOMING ANGER: HEALING FROM WITHIN**

27 minutes – DVD

Maybe you don't think of yourself as an angry person, but if you find yourself frequently annoyed and upset by life's petty irritations, you could have a problem that has real implications for your health. Body & Soul meets a husband and wife team who study anger professionally, to learn how to let go of anger and become happier and healthier. Then, we learn from author Robin Casargian about the healing power of forgiveness and how to make it work for us. Finally, we visit one of the prisons where Casargian teaches inmates how to incorporate forgiveness into their daily lives, turning houses of punishment into houses of healing.

---

**WM 425.5 C6 A18 2007**

**ACT IN ACTION. [1] FACING THE STRUGGLE**

662 minutes – DVD (6 discs)

Presents the acceptance and commitment therapy (ACT) model. Notes the importance of having the informed consent of the client, the role of psychoeducation, and presenting the client with valued alternatives.

**ACT IN ACTION. [2] CONTROL & ACCEPTANCE**

Describes the ACT (acceptance and commitment therapy) approach to control and acceptance. Demonstrates the real costs of avoidance and control of painful experiences.
### ACT IN ACTION. [3] COGNITIVE DEFUSION

Presents cognitive defusion, a central process of the acceptance and commitment therapy (ACT) model.

### ACT IN ACTION. [4] MINDFULNESS, SELF & CONTACT WITH THE PRESENT MOMENT

Introduces the mindfulness components of ACT (acceptance and commitment therapy). Demonstrates using mindfulness in a session, helping clients develop a sense of self, and coaching to stay with the present moment while focusing on values.

### ACT IN ACTION. [5] VALUES & ACTION

Describes the ACT (acceptance and commitment therapy) approach to values. Demonstrates doing a values assessment. Explores helping clients move from process goals to a life oriented by values.

### ACT IN ACTION. [6] PSYCHOLOGICAL FLEXIBILITY

Teaches how to mix the ACT (acceptance and commitment therapy) processes into actual treatment sessions. Discusses the use of act as a brief intervention, the effects of act in the therapeutic relationship, and the use of traditional exposure techniques in ACT.

### WM 425.5 C6 C679 2007

**COGNITIVE BEHAVIORAL THERAPY WITH DONALD MEICHENBAUM DVD**

"...a demonstration of arguably the most frequently used therapeutic approach by one of its cofounders, Dr. Meichenbaum uses cognitive-behavioral therapy with a constructive-narrative perspective in which he looks at the stories clients tell about themselves and considers ways that the client could develop a different, more positive story..."

### WM 425.5C6 D38 2008

**COGNITIVE THERAPY WITH COUPLES**

56 minutes - DVD

Frank Dattilio runs several couples therapy sessions with Jill and Oz. In these sessions, cognitive therapy is used to help the couple regain communication with each other to improve their marriage.

### WM 430 F57 1995

**VOICES ABOUT RELATIONSHIPS**

40 min – VHS

Following Dr. Robert Firestone's methodology, participants in filmed seminars identify negative thoughts or voices toward themselves and others assimilated in childhood, that seriously impair their capacity for intimate relating.
**WM 430.5.F2 G57 1998**

**THE GIRL WITH THE CRAZY BROTHER**
44 minutes - VHS

Sixteen-year old Dana notices her brother, Bill, is acting strangely shortly after the family moves to California. When Bill is hospitalized after an outburst, Dana begins to feel ignored as her parents devote all their time and energy to her brother. Dana is torn between her love for her brother and her desire to be ‘normal’...not the girl with the crazy brother. Winner of 3 Emmy Award Nominations and the Humanities Prize.

---

**WM 600 D43 1999**

**DEALING WITH PHYSICAL AGGRESSION IN CAREGIVING**
66 minutes – DVD + 1 workbook

Teaches staff at residential facilities procedures for avoiding and containing aggressive behaviors by patients with dementia.

---

**WM 600 D43 2001**

**DEALING WITH PHYSICAL AGGRESSION IN CAREGIVING SESSION 4: FINGER GRABS**
18 minutes – DVD

Teaches staff at residential facilities procedures for avoiding and escaping finger grabs by patients with dementia.

---

**WM 600 F9311 1996 Vol. 1,2**

**FROM ARGUMENT TO AGREEMENT**
DVD + 2 participant workbooks

The first videodisc gives guidance for conflict negotiation in order to keep conflicts from escalating into crisis situations. The second videodisc discusses how to perform as a mediator and how to recognize when mediation is needed in order to resolve conflicts between other individuals. Both videodiscs concentrate on the types of conflict resolution needed in the education environment.

This program is designed to help teachers, counselors, and administrators understand the components of a successful conflict resolution program.
"Like its predecessor, The Preventive Techniques II, is a valuable tool for introducing or reviewing Nonviolent Crisis Intervention® nonverbal, verbal, and de-escalation techniques. Highlights of the DVD’s enhancements include: updated scenarios, which help maximize the viewer’s focus on core training concepts; simulated classroom training environment to align with and be more user-friendly for the Instructor; expanded content covering all major content models, such as a review of the CPI COPING ModelSM; dynamic script breaks in which the care receiver and employees offer reflections and insights into their behavior or response. The Preventive Techniques II reminds viewers how Nonviolent Crisis Intervention® principles can be valuable tools for facing challenging behavior. With a focus on promoting Care, Welfare, Safety, and SecuritySM, the DVD can also be used as an overview for administrators or as a pre-training tool for new employees."

**GYNECOLOGY**

**WP 322 F58 2003**
**YOU ARE NOT ALONE: A GUIDE FOR CANADIAN WOMEN LIVING WITH OVARIAN CANCER**  
VHS

In this video seven women who "have been there" share their experiences of devastation, sadness, courage, humour, and sometimes joy as they cope with a bitter diagnosis and challenging treatment.

**WP 840 B54 2004**
**AROMATASE INHIBITORS IN THE MANAGEMENT OF EARLY AND METASTATIC BREAST CANCER**  
60 minutes - VHS

**WP 840 B63 2003**
**LOCAL CONTROL ISSUES IN BREAST CANCER MANAGEMENT**  
60 minutes

**WP 840 S59 2001**
**HOW CAN WE LOVE YOU: BEHIND THE SCENES WITH THE PLAY “HANDLE WITH CARE”**  
71 minutes – VHS

The documentary includes excerpts from an unusual play, Handle with care? Was based on research that explored the experiences of women diagnosed with metastatic breast cancer, and the experiences of their care providers.
<table>
<thead>
<tr>
<th>WP 840 T58 2005</th>
<th>TAKE ACTION TO SURVIVE: TITS IN THE WRINGER</th>
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</thead>
<tbody>
<tr>
<td>VHS</td>
<td>This movie is intended for all Aboriginal women. The movie will inform women about breast self-exam, mammograms, and related topics such as diet, exercise and lifestyle issues so that women can take the appropriate measures to reduce their risk of developing the disease and be a 'survivor of breast cancer.</td>
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<table>
<thead>
<tr>
<th>WP 870 A44 2000</th>
<th>A HEALING TOUCH: COMMUNICATION WITH BREAST CANCER PATIENTS</th>
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<tbody>
<tr>
<td>12 minutes – VHS</td>
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<tr>
<th>WP 870 C57 1998</th>
<th>CIRCLE OF HOPE/A JOURNEY OF SURVIVAL</th>
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<tbody>
<tr>
<td>29 minutes – VHS</td>
<td>Tells about the journeys of three Aboriginal women who have survived breast cancer.</td>
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<thead>
<tr>
<th>WP 870 G715 2002</th>
<th>STANDING OVATION: PERFORMING SOCIAL SCIENCE RESEARCH ABOUT CANCER</th>
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</thead>
<tbody>
<tr>
<td>VHS</td>
<td>Video features cancer survivors performing skits about living with cancer, acting out daily situations based on interviews with other survivors and family members.</td>
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<thead>
<tr>
<th>WP 870 S57 1992</th>
<th>A SIGNIFICANT JOURNEY</th>
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<tbody>
<tr>
<td>20 minutes - VHS</td>
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<thead>
<tr>
<th>WP 870 T58 2005</th>
<th>TITS IN THE WRINGER</th>
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<tbody>
<tr>
<td>45 minutes</td>
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<tr>
<th>WP 910 U55 2002</th>
<th>BREAST RECONSTRUCTION</th>
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<tbody>
<tr>
<td>DVD</td>
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</tbody>
</table>
OBSTETRICS

**WQ 211 F4951 2004**
**FETAL ALCOHOL SYNDROME AND OTHER DRUG USE DURING PREGNANCY**
19 minutes – DVD

Focuses on American Indians to examine the cause and effect of Fetal alcohol syndrome and shows that it can cause a severe form of retardation. Also shows how other drugs can injure the fetus.

**WQ 500 P76 1999**
**POSTPARTUM DEPRESSION (TROUBLE IN MIND)**
25 minutes – DVD

Presents postpartum depression and how it affects mother, baby and the entire family.

PEDIATRICS

**WS 105.5.E5 H35 2005**
**DEALING WITH FEELINGS**
23 minutes - DVD

Explores how the way you feel about yourself, your friends, your family and your school affects your whole life. Students gain practical tips for communicating care and respect in relationships with friends and family as well as for dealing with everyday worries, grief, fear and big life changes. The importance of self-esteem is highlighted in this thoughtful program.

**WS 105.5.F2 B45 2004**
**BEING SEEN AND HEARD: THE NEEDS OF CHILDREN OF PARENTS WITH MENTAL ILLNESS**
DVD

**WS 105.E5 R46 2007**
**REMEMBERING: FAMILIES TALK ABOUT DEATH**
24 minutes – DVD

The death of a loved one is the most emotional and disruptive time in the life of any family, especially for the lives of young people. This film talks about death, taking a look at just how deeply death can impact life through personal reflections of children and their parents. We see how families come to terms with their loss and celebrate the life of the person who has died. Dr. Rosie Friedman, a grief therapist, offers her insights to families. An excellent film showing us how personal development can arise out of pain and loss.
### AND NOTHING BUT THE TRUTH: EXPLORING ISSUES IN DISCLOSURE OF INFORMATION

11:22 minutes – VHS

Should parents be truthful with their children about their disease regarding HIV?

### PROMISE NOT TO TELL? : EXPLORING ISSUES IN CONFIDENTIALITY

11:14 minutes - VHS

Should a physician or social worker keep private all discussions between an adolescent patient and themselves?

### CUTTING

11 minutes - DVD

Cutting – the habit of self-injury on the rise among teenagers, especially girls – is a sign of deep-seated anxiety and self-hatred that no one can cope with alone. This video examines the distressing, ritualized behaviour and explores how parents, friends, guidance counsellors, and those who cut themselves can work together to stop it.

### DIALECTICAL BEHAVIOR THERAPY (DBT) FOR SUICIDAL CLIENTS MEETING CRITERIA FOR BORDERLINE PERSONALITY DISORDER (BPD): MARSHA M. LINEHAN:

50 minutes - VHS

In this case demonstration, DBT will be illustrated in a live interview with a chronically suicidal client who meets criteria for borderline personality disorder (as well as other Axis I and Axis II disorders), has difficulties regulating any emotion or emotion-linked behaviors (particularly shame, despair, and anxiety), and enters therapy, after being terminated from her previous therapist, still suicidal following a suicide attempt. The interview will demonstrate conducting a behavioral analysis, conducting a suicide risk assessment and managing any suicide risk that emerges, and using DBT orienting and commitment strategies to engage a client in therapy.

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### SELF-INJURY: FROM SUFFERING TO SOLUTIONS
Through dramatic portrayals, in-depth interviews, and expert guidance, this program uncovers the cyclical nature of self-injury, examining its causes, its victims, and its effects. Students will learn ways to recognize the problem and help themselves or others. Also discussed are stress-management techniques and positive coping skills that can help guide teens toward healthy lifestyles.

### GERIATRICS. CHRONIC DISEASE

<table>
<thead>
<tr>
<th>WT 31 H52 2007</th>
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<tbody>
<tr>
<td><strong>TRANSFORMATIONAL ELDERCARE FROM THE INSIDE OUT: STRENGTHS-BASED STRATEGIES FOR CARING</strong></td>
</tr>
<tr>
<td>DVD (Facilitator’s Guide)</td>
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<tr>
<td>Henry and Henry (consultants in career development, communications, marketing, and management training with health care education experience) interviewed 37 nurses, doctors, nurse educators, social workers, chaplains and long-term care administrators who work in eldercare. The resulting video offers theory and strategies for transforming aging stereotypes and the current inadequacies of eldercare through a variety of holistic medical, educational, therapeutic, and spiritual methods. Specific topics include the four models (diminishment, leisure, achievement, spiritual growth) of aging, innovative higher education programs and elder community designs, eastern thought and healthy aging, and healing through music and art, among others.</td>
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<tr>
<th>WT 104 L66 2006</th>
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<tbody>
<tr>
<td><strong>LOOK US IN THE EYE: THE OLD WOMEN’S PROJECT</strong></td>
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<tr>
<td>27 minutes - DVD</td>
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<tr>
<td>Look at us: Let's see; here we are; look hard, speak soft; I see, you see, we all see, stop, look, listen; beholder's eye; don't look now, but isn't that you?</td>
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<tr>
<th>WT 155 A49 1990</th>
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<tbody>
<tr>
<td><strong>ALZHEIMER’S DISEASE</strong></td>
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<tr>
<td>28:17 minutes – VHS</td>
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<tr>
<td>Alzheimer’s patients provide new challenges for caregivers at home. In this program, viewers will learn how to develop solutions to such problems as failing memory and getting lost.</td>
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<tr>
<th>WT 155 C46 2007</th>
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<tr>
<td><strong>UNDERSTANDING TRIGGERS OF DEMENTIA RELATED BEHAVIOUR</strong></td>
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<tr>
<td>VHS</td>
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| WT 155 F67 2003 |
THE FORGETTING: A PORTRAIT OF ALZHEIMER’S
90 minutes - VHS
The documentary The Forgetting: A Portrait of Alzheimer's intersperses information on leading research scientists conducting experiments that are enlarging the medical community’s understanding of the disease with a look at how the disease greatly affects those who suffer from it as well as those victim's loved ones.

WT 155 M35 1983
MANAGING WITH ALZHEIMER’S DISEASE
30 minutes - VHS
This program explains how to recognize the symptoms of Alzheimer, how to make the person comfortable and what to do to make his or her life more enjoyable through proper care. Gives helpful hints on how to prepare a house for an Alzheimer patient in the same time making the caregiver less worried about leaving him or her alone.

OTOLARYNGOLOGY

WV 270 A78 2007
THE ART OF LISTENING
25 minutes - DVD
This learning seed classic has been revised for the 21st century. A hip new coffee shop provides the setting for two college students to watch and discuss their video class project on the most basic of skills, listening. We spend more time listening than any activity except breathing, yet we listen at only a fraction of our potential. Art of listening teaches practical techniques to use immediately. It presents listening as a skill your students can learn, practice, and perfect. This engaging program uses home and workplace situations to teach seven “laws of good listening’.

HOSPITAL AND OTHER HEALTH FACILITIES

WX 173 N46 2002
COMBINED ONCOLOGY ROUNDS PRIVACY ACT PRESENTATION NOV. 15, 2002 [VIDEORECORDING]/ PRESENTATION NOV. 15, 2002 BY PATTI ERYGERS, CAROLE HERBERT
45 minutes - VHS
WX 185 F57 1995
<table>
<thead>
<tr>
<th>Title</th>
<th>Duration</th>
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<tbody>
<tr>
<td>FIRE SAFETY IN HEALTH CARE FACILITIES</td>
<td>20:25 minutes</td>
<td>VHS</td>
</tr>
<tr>
<td>WX 185 F57 2001</td>
<td>EVERY SECOND COUNTS: A FIRE SAFETY TRAINING PROGRAM FOR EMPLOYEES OF CARE AND TREATMENT OCCUPATIONS</td>
<td>18 minutes</td>
</tr>
<tr>
<td>WX 185 F57 2003</td>
<td>FIRE SAFETY TRAINING: EVACUATION IN-SERVICE</td>
<td>50 minutes</td>
</tr>
<tr>
<td>WX 185 S77 1991</td>
<td>STOP IT BURNING</td>
<td>VHS</td>
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This program systematically looks at the types of fires, extinguishing agents, types of extinguishers and uses of each extinguisher.

**NURSING**

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<th>Title</th>
<th>Duration</th>
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<tbody>
<tr>
<td>WY 16 M38 2005</td>
<td>NURSES MAKING A DIFFERENCE: POLICY DEVELOPMENT AND YOUR INFLUENCE</td>
<td>VHS</td>
</tr>
<tr>
<td>WY 16 N87 2005</td>
<td>NURSING BEST PRACTICE GUIDELINES PROGRAM</td>
<td>DVD</td>
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A program introducing and describing the use of best practice guidelines for nursing care in Ontario.

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<th>Title</th>
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<tbody>
<tr>
<td>WY 18 V653 2006</td>
<td>VOICES FROM THE LIVED WORLD OF ILLNESS</td>
<td>18:40 minutes – DVD</td>
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</table>
"This guide can help nurses learn how to prevent, recognize and stop abuse. The learning package includes a video, DVD, workbook and facilitator's guide. In using this learning program, nurses will learn best practices for interacting with clients and reflect on their own values regarding client care."

Video 1; "Part I -- Brady Wilson, co-founder of Juice Inc., author and conversation expert, sets the stage with how to create and sustain a healthy work environment. Part II -- Kathleen Bartholomew, author of Ending Nurse-to-Nurse Hostility, Why Nurses Eat their Young and Each Other, discusses what nurse-to-nurse hostility looks like and shares stories from the front line. She explains why healthcare workers experience uncaring behaviour from their peers, and how to build a culture of healthy relationships. Part III -- Kathleen demonstrates how to recognize and openly discuss the problem and then how to become prepared, empowered, and determined to engage in more productive conversations. While nursing is used as an example in this presentation, the material is clearly applicable to all disciplines within the healthcare profession. In addition to nursing staff, this presentation is designed for administrators, medical, and leadership staff within the healthcare setting.”

Video 2; "Nursing staff, administrators and medical leadership professionals within the healthcare setting will benefit from this interactive presentation that includes the active modeling of powerful conversation. To deliver the highest level of safe, quality care and create the collegial relationships that will nurture and support each other, healthcare professionals must learn a new way of engaging with each other. In this presentation, Brady and Kathleen discuss horizontal hostility, the passive-aggressive style of communication and conflict avoidance regularly practiced by physicians and nurses. Ending Nurse-to-Nurse Hostility - Powerful Conversations will give you the models and tools you need to have powerful, positive conversations that will create a healthy culture and environment where it feels good to work and it is easier to get things done.”
HISTORY OF MEDICINE. MEDICAL MISCELLANY

WZ 9 N67 2007
High hopes
45 minutes - DVD

WZ 9 C363 2006
Canadian society of clinical chemists: the first 50 years
3:30 minutes – DVD

A retrospective look at the founding and early development of the society from the personal perspective of key founding members.
Describes the procedure of electroconvulsive therapy (E.C.T.). Its purpose is to correct the notion that E.C.T. is punitive, painful, and outdated. The viewer follows a patient who is undergoing E.C.T. and is introduced to improvements in the machine that delivers the electricity, improvements in the anesthetics that control pain, and improvements in the protocol surrounding the treatment.

Presents the acceptance and commitment therapy (ACT) model. Notes the importance of having the informed consent of the client, the role of psychoeducation, and presenting the client with valued alternatives.

Young women and men who have recovered from eating disorders discuss their experiences. Some therapists and parents of patients are also included in the program.
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