

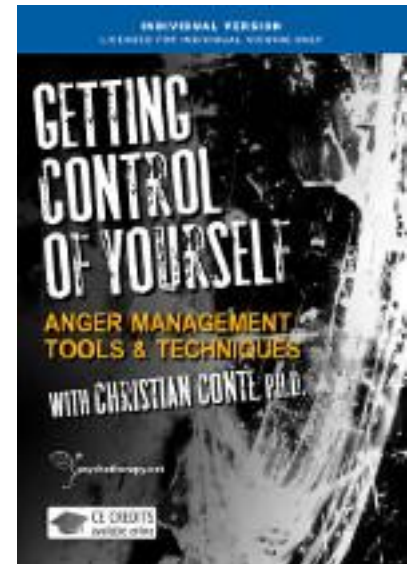
"ANGER is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured." Mark Twain

ALCOHOL AND MEN'S VIOLENCE AGAINST WOMEN *Clip on Website

While alcohol contributes to factors which may lead to violence against women, research shows that it is not the actual cause of violence against women by men. This program profiles four women who survived severely abusive relationships and offers additional insights from professionals in such areas as domestic violence, alcohol abuse, and law enforcement. #15505/2055 Two parts 27 and 33 minutes 2011 \$229.95 *SA

GETTING CONTROL OF YOURSELF: Anger Management Tools and Techniques *Clip on Website

Do your clients struggle with anger? Do you struggle with finding empathy for clients who act out in anger or violence? Are you searching for new and better ways to help them manage these issues? Going far beyond the old "count to 10, take a deep breath" models, and completely eliminating shame-based techniques, Christian Conte, PhD, offers radical new ways of understanding why people rage and how they can stop. In this video, you will learn about the neurochemistry of anger, how to recognize your client's personal anger-types, and how to help them master antidotes to each. In addition, you will become skilled at helping clients recognize their triggers, detach from their thoughts, and use their self-awareness more effectively. #15467/1745 75 minutes 2012 \$189.95 *CC



IN AND OUT OF CONTROL: Emotional, Physical, and Sexual Violence

Provides insight into the psychological complexities of violence from the viewpoint of the witness, victim, and perpetrator. Explores how heredity, environment, and substance abuse can make a person predisposed to violence. "In some people, alcohol can disinhibit their aggressive tendencies and they become violent when they drink, but the violence was sitting in them and residing in their psyche way before they picked up that first drink." Jackson Katz, Director, MVP Strategies. Viewers are also shown the influence of alcohol and other drugs on domestic, sexual, and random violence. Identifies triggers to violence and presents methods of treatment and prevention. #9097/0410 38 minutes 1998 \$229.95 *SA

TRUTH ABOUT VIOLENCE (THE)

Hiding deep within the human mind - or perhaps closer to its surface than many would care to know - are forces that can cause one person to assault and kill another. This program studies the primal centers of the brain and the behaviors they control in order to gain an understanding of violence. Illustrating the role of brain chemicals like dopamine and serotonin as well as social conditioning that brings belligerence to the forefront, the film shows how violence is accepted, celebrated, or conveniently overlooked. Specific topics include sleep deprivation, the link between brain damage and domestic violence, the thought processes of convicted murderers, and a Bolivian village in which fist-fighting settles legal disputes. BBC Production #15399/0635 52 min. 2008 \$189.95 *CC

ANGER BLUEPRINT TOOLBOX (THE) *Clip on Website

This program dramatically teaches responsible Anger, Boundaries and Safety. Based on a three-day workshop facilitated by acclaimed speaker Dr. Joann Peterson, M.S.W., A.C.S.W., Dip.C., Ph.D., this video follows twelve participants as they discover the physiological roots of anger, how to separate anger from violence, communicate boundaries, and create safety in their relationships. Dr. Peterson believes anger is a natural response to hurt, fear, frustration and loss and teaches responsible anger expression. There are many ways that anger affects our lives at home, in the workplace and our communities: Bullying, Road Rage, Domestic Violence, Elder Abuse, Gang Violence, Workplace Harassment, Physical, Emotional and Sexual Abuse. Learn how to: Stop Domestic Violence; Resolve Conflict Quickly; Give Teens Healthy Alternatives; Reduce Bullying; Improve Relationships; Learn to Communicate Win/Win; Recognize Anger Patterns; and, Prevent Escalation. #11807/0825 90 minutes 2007 \$189.95 *SA

*See also THE ANGER WORKSHOP SERIES – last two pages of this brochure. This comprehensive toolkit consists of thirteen broadcast quality DVD Programs, a 26-page Facilitator Guide and Exercise Book. *Canadian Productions



THE HAVEN
Learning Library

THE ANGER TOOLBOX
A Blueprint for Responsible Anger, Boundaries & Safety



www.kineticvideo.com

ANGER: Myths and Truths about the Emotion *Clip on Website

Is venting one's rage really healthy? Do age, gender, and self-image have any connection with anger problems? Has our society become inherently angry? This ABC News program explores the psychology and sociology behind the most dangerous of emotions. Viewers will meet Dr. Robert Millman, a Weill Cornell Medical College professor who has coined the term acquired situational narcissism to explain connections between volatile tempers and towering egos. The University of Michigan's Dr. Brad Bushman provides further connections between narcissism, aggression, and America's youth, while "angry comedian" Lewis Black points out the seeds of fury in everyday realities, from waiting in line to political disagreements. #12459/0635 30 minutes 2007 \$139.95 *CC

WHEN TEMPERS FLARE: Understanding and Managing Anger

Anger is an emotion that is often expressed in extremes. Some people avoid showing anger at all costs, while others explode in rage and even violence. Both approaches can have detrimental effects on physical and emotional health. WHEN TEMPERS FLARE explores why and how we experience anger and offers practical strategies for expressing anger in constructive, rather than destructive, ways. Features: Dr. Charles D. Spielberger, Director of the Center for Research in Behavioral Medicine and Health Psychology, University of South Florida and Dr. Doyle Gentry, Clinical psychologist specializing in the treatment of anger disorders. #10733/1710 30 minutes 2004 \$99.95 *SA

WHY ARE YOU SO ANGRY?! *Clip on Website

Explores both the cause and effect of anger, from its roots to the final stage of dealing with the aftermath. Reveals the important roles hereditary, cultural and environmental influences play in the development of a particular style of expression or repression. Four dramatic sequences of the ways that people deal with anger destructively, both to themselves and others, are shown. *Includes "Coping with Anger" Workbook. #6954/1835 33 minutes 1992 \$219.95 *SA



AGGRESSION: Is Violence Learned? *Clip on Website

Are all people capable of murder? What drives people to violence? Can TV affect our actions and even influence us to acts of violence? This interview-led documentary style program examines aggressive media, aggressive behavior and the banality of evil with the support of original film footage of research and actual crimes. An excellent resource for studies in applied psychology, this program features research psychologists providing explanations and reasoning behind aggression. #15749/0545 22 minutes 2013 \$179.95 *CC *SA

CREATING WELLNESS: Taking Time, Making Time

This program is about living in the moment and how doing so helps people to heal from the many trials and tribulations of modern life. On location at the Omega Institute, viewers see how each of us can be happier and healthier by becoming more aware of how we use our time. An interview with Stephan Rechtschaffen, M.D., explores ways to be more fully alive by consciously slowing down the rapid pace of life. The program concludes with the "raisin meditation", showing how something as simple as eating a raisin with full awareness can extend to making other parts of life more enjoyable. #10595/0145 27 minutes 2000 \$139.95 *SA

ANGER AND TRIGGERS SET *Clip on Website

Called "a modern day Father Martin" by Father Martin himself, Bob Francis is a new voice, plain and simple. His clear and friendly style promotes good will and positive expectations. These two programs may be just the message your clients need to hear NOW.

ANGER MANAGEMENT: It's the Same as Driver Education!

Short and direct, this video presents a tool for controlling anger "one day at a time". In the same manner we learn to drive cars, with instruction and with rules, we can learn to "drive" our anger instead of letting it drive us.

TRIGGERS: How to Use Them to Strengthen Your Recovery!

Just as a gun can go bang or click, depending on what's in the chamber, Bob teaches how to associate any trigger with something positive in the "chamber" of the mind. Since triggers will always be around, this strategy will enhance recovery and help prevent relapse.

#15310/0223 Two Programs on one DVD total 26 minutes 2012 \$149.95 *SA



ANGER STRATEGIES TOOL BOX with Claudia Black

This comprehensive package gives viewers a set of "tools" for recognizing, understanding and dealing with various types of anger, whether repressed or explosive. Teaches that anger - like other addictions - can be a build-up of tolerance, loss of control, negative consequences and an inability to stop - all of which can have immediate and long-term consequences. The package includes "The anger Video" plus comprehensive support material in audio, on CD and printed, reproducible anger resources as well as the "Anger Strategies" book, CD. #9231/0110 28 minutes 1997 \$259.95 *SA (The ANGER DVD #7441 may be purchased separately \$199.95)

BEYOND ANGER Curriculum Package

Features Earnie Larsen renowned author and lecturer in the fields of recovery, addiction, and unwanted behaviors. Helps clients let go of the past and prepare for a productive future - divided into four sessions:

- 1. ANGER** - defines anger, explains how it is learned early in life, and describes how cycles of anger develop when a person continues to express anger in unhealthy ways. An ex-offender shares the moving story of how he learned as a child to deal with anger, and he acts out a scene from his life where he is forced to confront his anger.
- 2. HEALING REPPRESSED ANGER** - Larsen shows how healing anger is possible. He points out each person's responsibility in the process and lays out a five-step process for healing anger.
- 3. FORGIVENESS** - Larsen explains that recognizing anger is important, but that without forgiveness, recognizing anger will only create resentment. An ex-offender tells the painful story of his struggle.
- 4. RECONCILIATION** - Addresses the question of reconciliation. A powerful scene shows the struggle of one man trying to reconcile in a deeply wounded relationship.

#9051/0795 50 minutes 1999 \$189.95



CAGE YOUR RAGE: An Inmate's Guide to Anger Control

This interactive package was developed by the American Correctional Association to help inmates better control their anger and other volatile emotions. Utilizing dramatic scenes of anger leading to loss of control, viewers learn how to recognize rage coming up, know what's behind it, and have techniques to manage it. ***These four programs offer inmates the skills necessary for surviving inside and - most importantly - for successfully re-entering the community.

- 1. ANGER PAST AND PRESENT**
- 2. ANGER AND AGGRESSION**
- 3. WHAT CAUSES ANGER**
- 4. MANAGING YOUR ANGER**

*ALSO includes a complimentary workbook and Leader's Guide designed to help the non-mental health professional conduct the course using the video and workbooks. At the time of purchase, you may also buy a package of 10 workbooks at a special price.

#2890/1805 Four programs 1993 \$549.95 *SA

THE VOICES OF VIOLENCE

Effective therapy with criminals has the power to significantly reduce violence in our communities, yet forensic populations can be volatile and especially intimidating to work with. These videos provide deep insights into one of society's most intractable issues, and in opposition to the punitive approach to violence prevention, make a compelling case for treating violent offenders with human dignity and responding to violence with psychological treatment and education. It will likewise challenge the viewer to see the humanity within violent individuals and inspire new ways to think about how to reduce violence in our communities. :

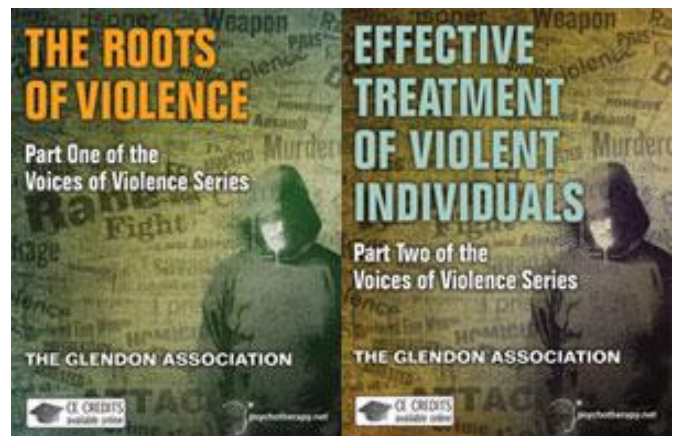
THE ROOTS OF VIOLENCE

In this program ten experts elucidate the root causes of violent behavior. They offer a probing look into the unsettling childhood experiences of violent offenders, examining the disturbed parent-child attachment styles, destructive thought processes, and distorted social perceptions that underlie violence. In addition to the expert commentary, riveting interviews with both incarcerated and rehabilitated offenders offer direct insight into the thinking that led to violent crimes.

EFFECTIVE TREATMENT OF VIOLENT INDIVIDUALS

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

#14470/0795 Two 59-minute programs 2011 \$189.95 each or Series \$379.95



PULLING PUNCHES: A Curriculum for Rage Management

While designed for those in alcohol and drug recovery, this informative series will be very useful to anyone dealing with anger-management problems. Explains that terms like denial, tolerance and enabling are applicable to anger as well as to addictions and that treatment for this anger must be undertaken seriously for recovery to occur. The production is ethnically diverse, and deals with crucial skills for realistic changes.

UNDERSTANDING YOUR RAGE - Even viewers in denial about their anger problem will identify with these true stories exploring what constitutes problem anger, anger blackouts and getting high from anger, how anger and drug/alcohol use are connected, the roots of anger, and how triggers make sense.

TOOLS FOR MANAGING ANGER - Anger management through practical, specific, proven strategies; this program helps viewers identify triggers and learn to avoid them, recognize when a short fuse is most likely, know warning signs and prevent "going off" and use self-talk to calm down. #10516

ANGER REDUCTION AND LONG-TERM CHANGES - Viewers learn what alterations they have to make to reduce their 'anger load' and how best to make them by reconstructing faulty beliefs, healing the wounds of childhood, assertive conflict resolution and expression of feelings, forgiving themselves and stress reduction.

*Each program in the series ends with "snapshots" of each person featured, showing how gaining control over anger has improved their lives in miraculous ways. Series purchase includes Counselor's Guide, Handouts and Client Worksheets.

***Please note - only the TOOLS program is available for purchase separately #10516 \$249.95**

#9131/1805 Three 35-minute programs 2002 \$589.95 *SA



Anger and Forgiveness

FROM FURY TO FORGIVENESS

In this unforgettable program, a woman describes how she survived any mother's worst nightmare when her seven year old daughter was kidnapped during a family vacation. We see her past fury, and her resolve to forgive the man who terrorized and changed her family forever. #15806/0203 28 minutes 2004 \$149.95 *CC *SA

POWER OF FORGIVENESS (THE) *Clip on Website

This documentary explores recent research into the psychological and physical effects of forgiveness on individuals and within relationships under a wide variety of conditions. This includes feature stories on the Amish, the 9/11 tragedy and peace-building in Northern Ireland, along with interviews with renowned Buddhist teacher Thich Nhat Hanh, Nobel Laureate Elie Wiesel, best-selling authors Thomas Moore and Marianne Williamson and others. Also explores the role forgiveness holds in various faiths' traditions. Provides an honest look at the intensity of anger and grief that human nature is heir to. We see in the film that there are transgressions people find themselves unwilling or unable to forgive. Through character-driven stories the film shows the role forgiveness can play in alleviating anger and grief and the physical, mental and spiritual benefits that come with it.

#12680/0645 60 minutes 2008 \$169.95 *SA

POWER OF FORGIVENESS (THE): A Four-Part Study

Every human being gets hurt in ways both big and small, and in turn, we sometimes inflict hurt on others. There comes a time when we face the difficult choice to forgive others and to forgive ourselves. But forgiveness can seem impossible, even undesirable. THE POWER OF FORGIVENESS presents four studies that open our minds and our hearts to a new understanding of forgiveness so we can embrace forgiveness as a key to a wholesome and free life. This program features Dr. Everett L. Worthington, executive director of The Templeton Foundation's Campaign for Forgiveness Research. #14693/1710 40 minutes 2005 \$89.95 *SA

TO FORGIVE DIVINE *Canadian

This documentary is an examination of the concept of forgiveness from the perspective of several world religions, secular thinkers and intimate personal stories. These stories, interwoven with rituals of Judaism's Yom Kippur and the Christian Sacrament of Reconciliation, demonstrate forgiveness in a variety of human situations. We hear from individuals who have suffered deep personal wounds from intra-family betrayal, or individual acts of crime and violence, and are reminded of the wider cruelties of racial hatred and international hostility. It is through these extraordinary people who have found the power and the grace to truly forgive, that provide us with some of the guideposts to understanding the concept of forgiveness.

#14494/1333 60 minutes 2010 \$179.95 *CC *SA

Anger Counselling and Therapy

COGNITIVE BEHAVIORAL PERSPECTIVE ON AGGRESSION

(A): Interview with Dr. Donald Meichenbaum

In this engaging interview with CBT and aggression expert Dr. Donald Meichenbaum discusses violence and aggression, from origin to treatment. Drawing upon his unique expertise, he articulates both how violent individuals are created and the thoughts that drive violent behavior. Meichenbaum advocates for stress "Stress-Inoculation Training," which he describes as the "best evidence-based intervention in working with angry and aggressive individuals." #15469/1745 33 minutes 2012 \$129.95 *CC



SHORT-TERM DYNAMIC PSYCHOTHERAPY [*Clip on Website](#)

Short-term dynamic psychotherapy applies psychoanalytic principles to define and understand the dynamics and problems that clients bring to the therapy session. The aim of this approach is to uncover the feelings or thoughts that interfere with a client's relationships, communication, and daily functioning. To be effective, the therapist must work quickly to engage the client in the therapeutic process, uncovering defenses and gaining the trust of the client in a brief time. As the therapist forms an alliance that allows honest communication, both parties explore any relevant historical and current events that may prevent healthy functioning. In this video, Donald K. Freedheim works with a single parent who initially presents with concerns and anxieties about her daughter's well-being. As the demonstration unfolds, Dr. Freedheim deftly shifts the focus back to the client herself and uncovers the client's key issue - her unexpressed anger - and explores how that anger has interfered with the development of healthy relationships. #15226/0157 100 minutes 2012 \$149.95 *CC

RESPONDING THERAPEUTICALLY TO PATIENT ANGER

Patient expression of anger toward the psychotherapist is a stressful and prevalent phenomenon in the course of psychological treatment. Responding skillfully to a client's anger constitutes a major technical and interpersonal hurdle for psychotherapists, and explicit training in this area is rare. This program is designed to help fill this gap by presenting selected scenes of distinguished psychologists facing client expressions of anger. (Anger is used in the general and descriptive meaning of a strong feeling of displeasure and usually of antagonism.) Designed for clinical training, this video is appropriate for workshops or individual study for the professional development of practicing clinical psychologists, psychotherapists, social workers, counselors, and graduate psychology students. This video features clients portrayed by actors on the basis of actual case material. The therapists were not briefed in advance on the nature of the scenario being acted out, and therefore their responses are spontaneous and unrehearsed. #14587/0157 35 minutes 2007 \$129.95 *CC

ANGER MANAGEMENT IN COUNSELING AND PSYCHOTHERAPY

Because angry clients present unique challenges for clinicians, a uniquely tailored game plan is essential for success. In this engaging video for mental health professionals of all types, anger experts Dr. Howard Kassinove and Dr. Raymond Chip Tafrate present live case examples of their anger episode model - an empirically developed approach geared specifically to anger management. With behavioral definitions, thorough assessment strategies, and structured interventions, this comprehensive resource serves as an invaluable guide to best practices with this difficult population.

Highlighting both change and acceptance, the two experts demonstrate key concepts and take you through the various stages of the anger experience. In an empathic, methodical, and informative style, they cover assessing and increasing client motivation, recognizing and working with triggers, shifting maladaptive cognitive appraisals, and more. Simply put, this video is a must-have in your anger management arsenal. Whatever your theoretical orientation, you'll find a plethora of enlightening tools to help clients reduce and manage their anger. #15860/1745 169 minutes 2014 \$189.95 *CC

INTERPERSONAL COMMUNICATION AND CONFLICT

In this program, Thomas E. Harkins of New York University examines conflict, outlines the potential benefits of conflict, presents various definitions for conflict, negates common misconceptions surrounding conflict, discusses sources and patterns of conflict, and discusses conflict management and prevention. He looks at pragmatic and social constructionist views of communication and conflict; emphasizes the role of context in determining communication content; and explains how differences in core beliefs, values, attitudes, habits, and goals can cause conflicts, even when these differences occur on a subconscious level. The program contrasts constructive and destructive patterns of conflict, outlines the characteristics of destructive conflict, and presents constructive methods of conflict management. It covers such topics as flexibility, paralinguistics, avoidance and engagement, styles and tactics of conflict resolution, and the role of egocentrism in conflict. The DVD features entertaining, illustrative vignettes. #12871/0880 21 minutes 2008 \$269.95 *CC *SA

INTRODUCTION TO ACT: Learning and Applying the Core Principles and Techniques of Acceptance and Commitment Therapy

The evidence-based acceptance and commitment therapy (ACT) model is a powerful treatment for clients struggling with depression, anxiety, chronic anger, eating disorders, chronic pain, and other problems. In this eight-hour introduction to ACT theory and technique, psychologists and ACT trainers Matthew McKay and Patricia Zurita Ona explain and demonstrate the ACT treatment processes in detail and offer all the guidance you'll need to integrate mindfulness and acceptance strategies into your client sessions, spurring on lasting behavior change and values-based action.

These professional training DVDs will show you how to:

- * Conceptualize cases from an ACT perspective
- * Use all six ACT treatment processes
- * Help clients change the patterns at the root of emotional disorders
- * Experience key ACT techniques and interventions for yourself
- * Develop an order of treatment tailored to your client
- * Combine ACT processes for maximum outcomes

#15193/1803 Total 12 hours in a 4-disc set 2011 \$219.95 *SA



HIP HOP GENERATION SERIES (The) with Delbert Boone *Clips on Website

Today many of the clients sitting in your office or in your treatment program are a part of the Hip Hop Generation, a group of young adults that many find hard to understand. In

these two videos on Hip Hop Sobriety, Delbert Boone addresses the influencing factors of this often controversial group.

In Part One, **THE ROOTS OF THE HIP HOP GENERATION**, primarily a staff training program, Delbert Boone describes the Hip Hop Generation as those born between 1965 and 1984. He explains how those at the end of the Civil Rights and Black Power Generation were essentially the ones who gave birth to the movement that has been defined as the Hip Hop Generation and why those at the beginning of the generation have a vastly different interpretation of hip-hop music and culture than those at the end. Delbert then provides strategies for effectively working with these clients and explains why achieving wealth, by any means necessary, is more important than most anything else to this generation. 40 minutes

In Part Two, **BUILDING A BRIDGE TO THE HIP HOP GENERATION**, a client education program filmed with a group of young adults, Delbert Boone discusses the influencing factors of their generation and how they have relied on clothes and music to define their culture. He addresses their values and morals, rites of passage, social norms and the mixed messages they have received from the media and their peers. He discusses why most of them got their education off the street and why they felt that school and jobs were not going to do them any good. Boone also addresses interpersonal relationships and why most young people of their generation often isolate and start using drugs and why drug trafficking appeals to them. 44 minutes

#9490/2180 Two programs 2004 \$489.95

REBT FOR ANGER MANAGEMENT

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

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

See REBT in action in an actual therapy session with a client needing help with anger management. At one time or another, all clinicians have had to meet the challenge of dealing with an angry client. Skilled in empathy and active listening, we are sometimes at a loss when confronted with clients who have difficulty containing their rage. In this video with an actual client, you will learn an REBT approach to anger management. Students and interns will especially find this action-oriented approach useful when facing those clients who may only be in treatment for a few sessions. Although most people associate REBT with the confrontative and even cantankerous style of its founder, Albert Ellis, Dr. Wolfe shows how REBT principles can be practiced with a softer touch.

*Part of the series REBT IN ACTION (see #13877). #13954/1745 55 minutes 2010 \$189.95 *CC

WORKING WITH ANGER

Dr. Lorne Korman demonstrates his approach to treating clients who present with problems of anger and aggression. This integrative approach to anger treatment recognizes that the underlying causes of anger and aggression problems vary by individual. An important aspect of treatment involves assessing the underlying emotional, behavioral, cognitive, and motivational processes that may be contributing to a client's anger problems. Therapy often involves teaching clients about anger and personal anger cues, and enhancing the client's motivation to reduce anger.

In this session, Dr. Korman works with a man in his 30s with anger and aggression issues surrounding road rage. He first educates the client about anger, then provides strategies for monitoring his feelings and reducing angry behavior.

#15433/0157 100 minutes 2008 \$139.95 *CC

EMOTIONALLY FOCUSED COUPLES THERAPY IN ACTION *Featuring Sue Johnson* *Clips on Website

Dr. Sue Johnson has been hailed as "the most original contributor to couples therapy to come along in the last 30 years." Now you'll have the chance to watch her conduct an actual session with a challenging couple haunted by the "echoes of war". Matt and Rhea are dispirited from their frequent fights, and their couples therapist is struggling to contain their heated conflict and help them reconnect with positive feelings. After serving in Iraq as a helicopter pilot, Matt has returned with a PTSD diagnosis and finds himself shutting down emotionally, leaving Rhea feeling hurt, abandoned, and more like an employee than a partner. But her desperate longing to be seen and appreciated comes out as escalating anger, leaving Matt feeling overwhelmed and wanting to withdraw further. Johnson first consults with Matt and Rhea's couples therapist, aided by video clips from prior sessions. Then you'll see Johnson work with this couple in a brilliant demonstration of the subtlety and efficacy of EFT. In a single session, she helps them conceptualize their conflicts in attachment terms, gain an understanding of their negative cycle, and begin to reveal some of the vulnerable feelings that underlie their explosive anger. Commentary before, during, and after the consultation and session provides insight into her approach. *Includes two DVDs and an Instructor's Manual
#14472/1745 Two DVDs total 50 minutes 2011 \$259.95 *CC

ANGRY COUPLE (The): Conflict Focused Treatment with Dr. Susan Heitler Ph.D *Clip on Website

This program dramatically recreates key moments in the six-month course of therapy with Judith and Richard, a distressed couple whose marriage is threatened by a cycle of explosive anger and silent withdrawal. Dr. Heitler quickly reins in their anger, cuts through the impasses that have prolonged their conflict, and uncovers the core issues that have blocked intimacy from flourishing. Watch Dr. Heitler in action, and you'll learn how to:

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

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

#10866/1745 73 minutes 2007 \$189.95 *Includes Instructor's Manual



Business/Workplace/Customer Service

CONFLICTS IN THE WORKPLACE: Sources and Solutions *Clip on Website

Constructive disagreement can add value, as employees compromise and reach better decisions based on input from others. Conflict becomes destructive when anger, jealousy, and other strong emotions turn the focus away from problem solving and toward personal attacks. Destructive conflict can ruin relationships among workers, interfere with productivity, destroy teamwork, and contribute to employee absenteeism and turnover. While acknowledging common sources of conflict, this entertaining video provides eight specific, reliable solutions: skills that help you put aside your differences, control your emotions, and move forward. Now, it is true that there are many things you CAN'T control when you are dealing with your coworkers or colleagues. But there are skills you can learn to keep disagreements constructive and resolve conflicts in a positive way. The most important thing to keep in mind is that resolving conflict is not about one person proving the other person wrong. Resolving conflict is about working WITH the other person to solve the problem and maintain the relationship.

Bottom line: there will always be conflict. The secret is learning to manage it successfully. Doing so empowers you to take control of your life - and career.

*Includes 50-page Study Guide that provides the opportunity to take a pre-test & post-test to evaluate knowledge of conflict resolution, understand common sources of workplace conflicts, grasp negative consequences, learn easy-to-use techniques, and much more! #13756/1005 17 minutes 2010 \$209.95 *CC *SA



ART OF RESOLVING CONFLICTS IN THE WORKPLACE (The)

*Clip on Website *** EMMY AWARD for outstanding cinematography***

This video shows viewers how unresolved workplace conflict causes stress, frustration and lost work time resulting in delayed decisions, increased mistakes, employee turnover, illness and absenteeism. Resolution techniques are presented. Part of the famous Toastmaster's Series of business videos that offer excellent production values, dramatizations, quality of information, all at great prices.

*Includes 38-page Guide (a Leader's Manual is also available for purchase) #10018/1005 37 minutes \$129.95 *SA

WORKPLACE VIOLENCE: The Early Warning Signs Series *Clip on Website

Workplace violence. It can happen in any size organization, in any industry. Much is now known about such attacks, so that the vast majority can be prevented by paying attention to the warning signs and responding with quick, decisive action. These two dramatic programs are narrated by Stephen G. White, PhD - a leading expert on workplace violence who has consulted on thousands of threat cases for Fortune 500 companies and other organizations of all sizes, both public and private. In these programs, Dr. White draws from his experiences to dispel some of the common myths about workplace violence, while providing a better understanding of what you should be aware of to help keep your workplace safe.

EMPLOYEE VERSION - details the ten warning signs of workplace violence, as seen from the employee perspective.

MANAGER VERSION - provides supervisors with additional content, including guidelines for holding information-gathering meetings, confronting a bully, or terminating a problem employee.

*Includes a 34-page Study Guide

#13760/1005 Two programs 17 and 24 minutes 2010

\$249.95 each or Both \$449.95 *CC *SA



BULLYING IN THE WORKPLACE

Employee/Manager Combo Package

(2 Programs also available separately)

This package includes two programs one for employees and one for managers - BULLYING AND RESPECT IN THE WORKPLACE and MANAGING THE WORKPLACE BULLY. Both programs are Closed Captioned, also available separately and include two 30-page booklets which reinforce the definitions and topics covered in the videos, and include Quizzes and Certificates of Completion.

BULLYING AND RESPECT IN THE WORKPLACE (for Employees) *Clip on Website

Have respect and good manners begun to slip in your workplace? Is rude behavior becoming the norm? Bullies often act just under the radar, denying their hostile intent or shrugging off their behaviors as humorous or insignificant. Yet, the constant tension they create - and the way their harmful activities tend to build over time - not only damages the individual targets of their behavior but also the workgroup as a whole. That's why you need to bring bullying out into the open. So you can deal with it directly and put an end to it. These brand new releases are intended to do just that. There are hidden costs to bullying. Sometimes high performers get away with bullying even though the harm they cause far outweighs their accomplishments. Bullying reduces engagement and productivity, increases absenteeism and turnover, and adds stress that damages health. The costs of bullying are never justified, no matter how "irreplaceable" the bully may seem. As for any bullies who may be watching: this video clearly shows that mistreating a fellow employee makes you look bad in the eyes of others and will not be tolerated in your workplace.

MANAGING THE WORKPLACE BULLY (for Managers) *Clip on Website

What do you do if you're the supervisor or manager of a problem employee? What if you are the target of bullying behavior, yourself? Or if you are accused of acting like a bully? As a manager, it's up to you to be a role model. You need to insist on being treated respectfully yourself, and you need to provide a safe and respectful atmosphere for your people.

Sure, it takes courage to confront a disruptive team member. And, yes, you may be tempted to look the other way when a star performer is the one who is behaving badly. Or when under-performing employees disappoint you again and again - well, it's admittedly tough not to treat them harshly yourself. This brand new release tackles these issues head on, providing practical solutions that help you put an end to bullying behavior in your subordinate - and find new ways to deal with your own frustrations so that you don't end up looking like the bad guy.

#15735/1005 Two programs 2013 \$239.95 each or Both \$429.95 *CC *SA

DEALING WITH THE IRATE CUSTOMER *Clip on Website

It's hard to keep your cool when dealing with difficult customers. After all, it's only human to get defensive and fight back - or cave in and give them whatever they demand. What you need instead is a plan! The guidelines presented in this training video will help you calm angry customers. Once you bring them around, they're more likely to work with you to find a resolution that solves their complaint yet is fair to your organization. This training video includes valuable tactics, including: Connect with the angry customer; Show empathy or apologize if appropriate; Guide the customer's attention toward solving the problem; Use positive language; Have the customer make small decisions; Take a timeout or draw the line; and, Know what you can offer. Your employees will learn to stay professional and not take it personally when they have to deal with difficult customers, whether in retail, health care, government, or wherever. They'll learn that their basic customer service skills are a first line of defense-it's hard for customers to be mean to someone who's being nice to them. And they'll learn three powerful "breakthrough techniques" that can be used if the situation escalates and threatens to get out of hand. #13052/1005 21 minutes 2010 \$189.95 *CC *SA

www.kineticvideo.com

MANAGING ANGRY CUSTOMERS AND PERFORMING EFFECTIVE SERVICE RECOVERY (Healthcare)

Sometimes in healthcare, despite our best efforts, a customer may become upset or even angry. When this occurs, he or she will expect a lot of effort to make things better. This program explores how to respond appropriately to an upset or angry customer in order to meet, and then exceed their expectations.

Program Highlights

- *Common reasons why healthcare customers may become angry or upset
 - *Strategies to determine the root cause of a customer's anger or frustration
 - *How to apply skills that will repair a bad situation
 - *Highlight the benefits of a good service recovery
 - *Step-by-step example of a positive recovery experience
 - *INCLUDES 10 QUESTION POST TEST WITH ANSWER KEY
- #15881/0595 17 minutes 2014 \$379.95



TRICKY CUSTOMERS: How To Stay Cool Under Pressure

This program gives a simple plan for dealing with tricky customers. Many behaviours qualify as tricky. Customers may be impatient, rude, ungrateful, complaining or just hard to please. The behaviour that most people find hard to manage is the angry or irate customer. This program shows how easy it is for the service giver to be drawn into an argument. The focus then moves from the issue at hand to who is going to win or lose. Take the H.E.A.T. is a simple plan for dealing with angry or irate customers: Hear them out. Empathize. Apologize. Take action. Real-life scenes contrast ineffective behaviours with those used by people who can "take the H.E.A.T.". A commentary is given with a studio audience.

BONUS FEATURE - The Manager and Tricky Customers (4 minutes) - Some managers are reluctant to get involved with tricky customers. A retail situation demonstrates the difference between the manager who just observes his staff member and the one who goes to her defense.

#13614/0293 17 minutes \$229.95 *SA *Includes Training Guide

Anger and Teens

ANGRY AND VIOLENT TEENS

Violence touches almost every teenager. This dramatic program features interviews with, and profiles of, teens whose lives have been impacted by violence. Lindsay, 15, struggles to break the cycle of violence that has scarred her family. Chris, 17, recalls the road rage incident that got him arrested. Family and friends remember Katee, whose life of violence and drugs ended with a gunshot. Experts note the role pop-culture images glorifying violence play in shaping attitudes toward violence. This enlightening program concludes with the inspiring story of Devon, 17, a boxer for whom the violent sport is teaching him about discipline, rules, and the rewards of hard work. #14708/1445 20 minutes 2006 \$189.95 *SA



TEEN ANGER: Real Life Teens

"I was extremely impressed not only by the content of the program but also by the gripping honesty of those of those who shared their most personal experiences... it is the true-life stories of "real" people that have the greatest effect on young people. The message in the program is clear and to the point and seems to leave no stone unturned." Jane Heady, Executive Director, MADD, Litchfield County, Connecticut.

Anger is often the most powerful emotion for teens - but it can reveal a deep assortment of underlying emotions. This program covers teen anger and why anger can be the tip of an emotional iceberg. Subjects covered include identifying anger; why anger can be destructive; common sources of anger in teens; how to let out anger; anger and home life; anger on campus; violence and anger; and expressing emotions in a positive way. * A viewable/printable instructor's guide is available online

#13048/2003 20 minutes 2002 \$99.95 Grades 8 to 12 *SA

RAGE BEHIND THE WHEEL: A Look at Teen Drivers and Road Rage

What exactly is road rage? What can trigger it? And, most important of all, how can it be avoided? Experts in law enforcement and youth psychology answer those and other questions as the camera captures actual road rage incidents involving teen drivers. These same teens are also filmed in a group setting where they honestly express their points of view as frustrated drivers while openly taking responsibility for their inappropriate anger. Potential life-changing consequences of road rage ranging from a revoked license to a criminal conviction for aggravated assault or death by auto are hammered home.

#12169/0635 19 minutes 2008 \$119.95 *Includes Instructor's Guide

TEENS TAKE CHARGE SERIES

"I received the two programs and was impressed with the material and program content. I think they are very relevant to the youth to whom we offer services. We will be keeping both of them: Options to Anger and Efficacy." Paula Finkle, Program Manager, Youth Justice Services, Office of the Attorney General, P.E.I.

Excellent training alone, even better together, these engaging programs provide a complete curriculum on making choices.

OPTIONS TO ANGER: Tactics for Anger Management

A unique multi-media curriculum and based on years of research and best-practice models, this program empowers youth to understand and manage anger. A proven message with innovative delivery, the 19 sessions include entertaining but realistic animated segments, group discussion and exercises, homework assignments, role-play sessions, and finally, graduation. The facilitator's guide provides step-by-step instruction that's clear, complete, and inspiring. Topics include: The Anger Cycle; Invitation to anger; Warning Signs; "I" statement; Earning respect; Taking space; Anchoring; and, Negotiation. #13535

EFFICACY: Your Secret Power for Decision-Making

This program serves as a model for teens on how to solve problems and accomplish their goals in life. The Efficacy curriculum offers versatility as it weaves DVD and CD interactive activities with group sessions in 11 meetings of instruction and 3 additional meetings involving extended role-playing exercises. The included curriculum guide provides step-by-step descriptions for all the instructional activities, along with supporting notes, and appendixes with supplemental material. #13536

Topics include : The Problem Cycle; Owning Up; Risky Thinking; Costs and Benefits; Analysis; Values and Attitudes; Empathy; Active Listening; Refusal Skills; and, Negotiation Skills.

*Both of these programs entail about one hour of instruction and 10 to 30 minutes of activity on the Web. The content builds on itself and classes are presented in order. Includes the DVDs, curriculum guides with reproducible masters.

#12890/1470 Two programs 2008 \$589.95 each or Series \$1,039.95 Grades 8 to 12 *Also available in "bleeped" version #12805



ENDING THE CYCLE OF VIOLENCE SERIES ***Clips on Website**

"Skillfully conceptualized and powerfully executed, this program is an exceptional resource for any youth program."

Robin Casarjian, M.A., Director Lionheart Fdn sponsor of National Emotional Literacy Projects for Prisoners and Youth-at-Risk

This groundbreaking series provides a bold new approach to Violence Prevention by introducing youth to the essential life skills of: Understanding Consequences, Developing Empathy, Practicing Forgiveness, and Making Non-Violent Choices.

The DVD's include engaging animated sequences depicting the latest research on brain chemistry and how choices affect brain development with commentary by juvenile forensic psychiatrist, Dr. Jeffery Rowe.

1. FROM MURDER TO FORGIVENESS

2. VIOLENCE IS REAL AND HURTS EVERYONE

3. EVERYONE DESERVES TO BE LOVED & TREATED WELL

*Includes a comprehensive PDF Workbook

#11560/0395 Six 25-minute programs 2007 \$329.95 Grades 6 to A *SA

4. ACTIONS HAVE CONSEQUENCES

5. CHOOSING TO FORGIVE INSTEAD OF SEEKING REVENGE

6. MAKING THE NON-VIOLENT CHOICE

CAGE the RAGE Revised

Calm down; Assess the situation; Gauge alternatives; and Empower yourself by choosing how to react. That's the way to safely C.A.G.E. the rage. By viewing this program, students will; See how to identify anger in themselves and those around them; Understand why mismanaged anger is so destructive; Discover how anger gets repressed, and the bodily and mental illnesses that may result from it; and, Learn to release anger and express emotions in an acceptable and positive way using the C.A.G.E. method. Scenarios in which students model first unhealthy and then healthy behaviors make this video a particularly effective teaching tool. Candid interviews with experts and teens are also included. #10770/0635 23 minutes 2007 \$119.95 Grades 7 to 12 *CC

CHALLENGE OF COUNSELING TEENS (The): Techniques for Engaging and Connecting with Reluctant Youth *Features John Sommers-Flanagan, Counselor Education, University of Montana.

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

#13701/1410 60 minutes 2004 \$179.95 *SA *Includes Leader's Guide

COMBATING CONFLICT WITH CHARACTER ***Clip on Website**

Equipping students for social and interpersonal conflict is very challenging. This series of five 30-minute programs helps young viewers navigate the dilemmas surrounding bullying, peer pressure, prejudice, and unresolved anger - with an additional program focusing especially on conflict management and resolution. Emphasizing character-building as a prime ingredient in overcoming conflict, the series uses no-nonsense dramatizations, candid "school hallway" interviews, and expert commentary to define basic ideas, illustrate ways in which conflicts often play out, and ultimately present methods for diffusing them - based on honesty, awareness, and respect for others.

HANDLING PEER PRESSURE

The teen years are a time of experimenting with identity, but along with that search for self come major decisions about what groups to fit into - and how to fit into them. This video explores peer group influences; how they can cause young people to change their attitudes, values, or behaviors in order to conform; and what can be done to avoid their pitfalls. Also looks at how friendship groups can become cliques, how low self-esteem leads some people to manipulate or intimidate others to fit in, and how peer pressure, as pervasive as it is, can be countered with honesty, self-expression, and self-knowledge.

OVERCOMING PREJUDICE

Prejudice isn't something we're born with - and if we learn it, we can unlearn it. The first step in that process is to study it objectively, as this video does through candid interviews, dramatizations, and expert commentary. Offering a practical definition of prejudice, the video explores its basis in ignorance and fear of outsiders, the qualities it most frequently targets (race, ethnicity, religion, sexual orientation, gender, physique, social class, and political beliefs) as well as its principal results - namely, discrimination, racism, and oppression.

DEALING WITH BULLYING

Why is bullying so widespread? What are the various forms it can take? How should a bullying victim react to intimidation and physical aggression, or - ideally - avoid becoming a victim in the first place? This video addresses those questions as it looks at the root causes and potential solutions to bullying dilemmas.

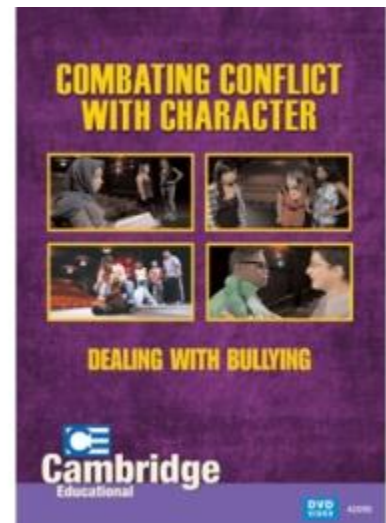
HANDLING ANGER AND FRUSTRATION

Let's face it - anger is a fact of life, an emotion everyone can relate to. But it isn't always handled well, and if it surges out of control, the effects can be devastating. This video examines the problems arising from extreme or repressed anger and presents helpful methods for loosening the grip that all-consuming rage can have on one's mind and actions.

MANAGING CONFLICT RESOLUTION

A dynamic struggle between contrasting forces is necessary - it creates ideas and drives change. But as everyone knows, life is also filled with hurtful and even tragic forms of conflict. Students learn about both types of opposition in this video, which illustrates ways to use conflict constructively while avoiding violence, alienation, and resentment.

#14125/0635 Five 30-minute programs minutes 2011 \$139.95 each or Series \$569.95
Grades 8 to 12 *CC *Includes PDF Guides



Anger and Children/Youth

SPANKING DEBATE (The): Hands On or Hands Off

***Clip on Website**

Does spanking send kids a clear message of what's right and what's wrong? Or the message that violence is how to get your way? When spanking doesn't change behavior, what's a parent to try next? This program shows viewers how parents can harness the unique power of their position to get the results they seek.

#16000/1120 17 minutes 2015 \$129.95 *CC *SA

CHILDREN ARE WATCHING

Explores how a parent's own behaviors serve as examples and influence their children by examining the relationships of four families with teenagers. Disturbing connections arise for: an absentee father facing his son's rage (the Lauingers); a mother whose repressed anger turns her daughter violent (the Partlows); a fast-driving father and his equally aggressive son (the Moyers); and a single mother whose destructive relationships haunt her daughter (the Martins). #12613/1725 60 minutes \$99.95 *CC



DIVORCE: A Survivor's Guide for Kids

Teenagers are often more traumatized by their parents divorcing than they let on. Getting them to understand that this often drastic life-change is not their fault and that others have experienced and survived the intense feelings involved is essential to their continuing mental health. Through interviews and commentary, the program outlines the six emotional stages a young person typically experiences after divorce has changed a family. One of the major stages is ANGER.

#7883/0405 15 minutes \$69.95 Grades 7 to A *CC *Includes Guide

ANGER: Handle It Before It Handles You!

Develop anger management skills with this video game motif that uses high-tech wizardry to engage children in real-life situations. Kids will practice the A-B-C-D steps for managing anger. The teacher/facilitator guide reinforces lessons with discussion questions, exercises and reproducible worksheets. Middle-junior high viewers learn what violence is, how it hurts them and others, and how learning to manage anger helps prevent violence. #8741/0795 15 minutes 1994 \$119.95 Grades 6 to 9

ANGER PIE

In this program Dr. Rick Delaney, PhD. discusses behavior in relation to anger outbursts in 5- to- 10-year-old children. Covers four types of outbursts and possible causes for the behaviors: Temper Tantrums; Assaultive Behaviors towards other children; Rage towards the mother; and, Erratic and unpredictable anger. #14339/1470 30 minutes 2009 \$129.95

ANGER OUTBURSTS

Dr. Richard Delaney addresses some of the toughest child anger behavior problems. This program gives us an understanding of the ABCs of behavior can help parents ward off angry outbursts. Slice A of the Pie represents the Antecedents, or what happens before the outburst. Slice B represents the actual Behavior or Bias. And Slice C represents the Consequences of the event.

#14341/1470 34 minutes 2008 \$129.95



CALMING THE TEMPEST: Helping the Explosive Child

Many adults have faced a child or teenager's explosiveness, unsure of how to respond. Do I punish him for the outburst? Should I try to be understanding of how she is feeling and ignore the ugly behavior? In reality, many children who have difficulty managing their anger need to be taught the skills necessary for coping with frustrating situations that demand flexibility. It is the lack of these cognitive skills that contributes to the angry outbursts. This program provides parents, teachers, and caretakers with an awareness of, and an overview on, how to teach these skills at home and school. #10732/1710 30 minutes 2004 \$89.95 *SA

DISCIPLINING KIDS without Screaming or Scolding

Ah, the jobs of parenthood! They include shaving cream all over the bathroom mirror, bubble gum in the hair, and wads of toilet paper plastered to the ceiling. What's a parent to do? Give up? Scream? or simply yell, "Stop it you little brat or I'll flush YOU down the toilet"? This practical video paints a dramatic picture of the wrong way to discipline kids and shows clear, practical alternatives.

#12259/1120 22 minutes 2008 \$125.95 *CC

POSITIVE DISCIPLINE: Without Shaking, Shouting, or Spanking

Stop child abuse with this vital parenting tool!!! The frustrations of raising a child can lead parents to discipline by behavior that all too often escalates into abuse. This positive series shows parents a different way. Using real life scenarios, contrasts harmful, reactionary parenting with more effective, positive-parenting techniques that are proven to be healthier for kids. After watching this program, parents will be able to put these new skills into practice and bring harmony into their homes.

VOLUME 1: BABIES (Birth to 1) - Topics include responding to crying, redirecting baby's curiosity, connecting to baby. Parents will learn: understanding and meeting baby's needs, anger management, interacting with baby, enjoying baby's uniqueness, babyproofing, distraction, consistency, and more.

VOLUME 2: TODDLERS (Ages 1 and 2) - Topics include setting safe limits, easing mealtime struggles, handling biting. Parents will learn: prevention, setting and practicing limits, using positive statements, redirection, offering choices, letting child help, creating cooling off periods, and more.

VOLUME 3: PRESCHOOLERS (Ages 3 to 5) - Topics include easing bedtime battles, responding to aggression, dealing with defiance. Parents will learn: creating routines, giving transition time, using motivation, correct use of time outs, setting limits and rewards, reinforcing appropriate behavior, and more.

*Includes comprehensive Facilitator's Guide, including parent handouts

#8701/0905 Three 25-minute programs 2005 \$349.95 *CC

ESSENTIALS OF DISCIPLINE (The)

As children speed along the bumpy path of growing up, parents and caregivers need positive discipline techniques that keep pace. Covering the toddler-preschool, middle, and teen years, this lively series presents candid footage of real-life disciplinary situations as experts explain how to implement a methodology designed to strengthen the parent/child relationship, develop communication, encourage trust, and teach responsibility - all while fostering independence in children of all ages.

THE TODDLER AND PRESCHOOL YEARS - Filmed with real families, this program shows how to use positive discipline techniques such as timeouts and problem-solving to guide youngsters into better behavior.

THE MIDDLE YEARS (Ages 5 to 12) - This program demonstrates how positive discipline techniques, including home rules, problem-solving, and honest communication, can be used to deal with the behavior problems associated with growing up.

THE TEEN YEARS (Ages 13 to 18) - This program illustrates how to encourage teenage independence while using positive discipline techniques that promote taking responsibility for actions and behavior.

#9690/0405 Three 25-minute programs 2000 \$279.95

PARENTING FOR PREVENTION SERIES: Self Help for Busy Parents, Teachers and other Caregivers

Who's the adult here anyway? If it's sometimes hard to tell, read on! This excellent and comprehensive series teaches six powerful parenting skills to help kids make secure decisions - and be safe from alcohol, drugs, and violence. Every parent and concerned adult can quickly learn simple skills to help toddlers through teens cope with major prevention issues.

There are six 15-minute programs on this DVD:

1. How to stop enabling and start empowering kids
2. How to set limits for kids
3. How to enforce consequences when kids violate limits
4. How to confront kids when they're doing wrong and encourage them when they're doing right
5. How to teach kids to handle anger without violence
6. How to teach kids to resolve conflicts without violence

*The Facilitator's guide on the CD provides thorough background information, class-by-class notes, and reproducible handouts. The Booklets provide parents with backup information for each of the programs.

#12324/0795 Six Programs on one DVD 90 minutes \$549.95



Anger and Bullying

GIRL BULLYING *Clip on Website

While boy bullies often fight with fists, girls battle each other with words and friendships. Relational Aggression, or girl bullying as it is commonly called, is real and surprisingly common. Hear the stories of girls who were bullied as children, often by their own friends. We'll meet the mother of a bullied girl to find out how she struggled with what to do to help her child and we'll also hear from three experts in the field as well as a teen mentor to help you understand what's behind this rampant and serious problem affecting all our daughters. #10593/0145 26 minutes 2005 \$169.95 *CC *SA

GIRLS AND BULLYING: Identify, Understand, Prevent

Bullying by girls and against girls is as commonplace as it is among boys, but often takes different forms. Female bullying is usually psychological and emotional, with effects that can include long-lasting depression, self-harm, and even suicide. This program examines female bullying, with a look also at the nature of bullying in general and why these tormentors behave as they do. Featuring dramatized scenarios and input from adolescent psychologist Michael Carr-Gregg, the video also provides some protective strategies for young people in this situation. A viewable/printable worksheet is available online.

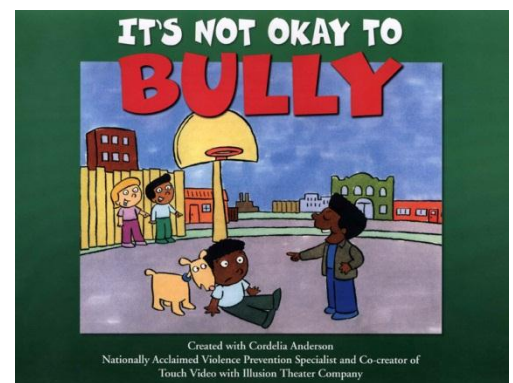
#15793/0405 22 minutes 2012 \$129.95

IT'S NOT OK TO BULLY

A powerful favorite - introduce violence prevention to young children through this lively video. Explains what bullying is and teaches children how to prevent bullying behaviors, including knowing when to stand up for yourself and when it is best to tell an adult. Mixes real children and animation with an original, easy-to-sing song.

#3759/0795 15 minutes 1994 \$119.95 Grades K to 3

www.kineticvideo.com



LESSON BOOSTER GUIDANCE SERIES: Real-life Scenarios (for Kids K to 3 and 4 to 7)

Eight "Lesson Boosters" each present real-life scenarios demonstrating the feelings that young students experience, as well as present ways to cope with and handle these emotions. Students will learn the importance of respect, self-esteem, anger control, and problem-solving within a school setting. These programs are created for either grades K to 3 and 4 to 7 as a supplement to any guidance curriculum. Each includes a DVD and a CD-ROM with a lesson plan for implementing the content. *Detailed descriptions of each program are available on our website or ask for our brochure.

1. LESSON BOOSTER - ANGRY? ***Clip on Website**

These four programs will provide ways for children to identify, talk about, and handle their anger. 13 minutes K to 3

2. LESSON BOOSTER - GOT A PROBLEM?

This program includes three episodes to help children find a solution to their problems. 11 minutes K to 3

3. LESSON BOOSTER - GOT EMPATHY?

Children will learn to understand the meaning of empathy and its importance in these four programs. 13 minutes Grades 4 to 7

4. LESSON BOOSTER - INTERNET BULLIES ***Clip on Website**

These three programs teach students the meaning of cyber harassment, why it spells trouble, and how to protect themselves from being a victim.

14 minutes Grades 4 to 7

5. LESSON BOOSTER - WHY DO BULLIES BULLY?

After watching these four programs, students will gain a better understanding of bullying and build a stronger foundation when dealing with bullies. 16 minutes Grades 4 to 7

6. LESSON BOOSTER – CLIQUES

These four programs identify through real-life examples the meaning and effects, both good and bad, of cliques. 18 minutes Grades 4 to 7

7. LESSON BOOSTER - WHAT'S RESPECT?

Each of these four programs teaches about respect. By the end of this program students will understand the importance of respecting rules, themselves, and others. 9 minutes Grades 4 to 7

8. LESSON BOOSTER EVERYBODY'S DIFFERENT ***Clip on Website**

In these three episodes, viewers learn that everyone is different in some way and that we must learn to accept those differences. 16 minutes Grades 4 to 7

#14463/0433 Eight programs in one DVD Case 2010 \$449.95 *Each program includes a Guide *Grades K to 8 *CC *SA



STOP BULLYING with Mike Hall ***Clip on Website**

Mike Hall has spent years studying and documenting the 'bullying' phenomena and speaks to about two hundred audiences of kids each year on the topic. Mike teaches kids who are the victims of bullying a proven method for disarming perpetrators; a method simply called the FOUR C's. They are CALM, CONNECTED, CONFIDENT and last but not least COMPLIMENT THE BULLY! Mike explains that what motivates bullies is not always what it seems to be so DON'T retreat into yourself, get lonely, depressed and DON'T become angry, get violent, DON'T "give them what's coming"! Mike explains how to put the FOUR C's to work instead. #15830/1710 22 minutes 2014 \$149.95



TOUGH GUISE 2: Violence, Manhood and American Culture ***Clip on Website**

TOUGH GUISE 2 stands to empower a new generation of young men - and women - to challenge the myth that being a real man means putting up a false front and engaging in violent and self-destructive behavior. In a sweeping analysis that cuts across racial, ethnic, and class lines, Jackson Katz examines mass shootings, day-to-day gun violence, violence against women, bullying, gay-bashing, and American-style militarism against the backdrop of a culture that has normalized violent and regressive forms of masculinity in the face of challenges to traditional male power and authority. Sub-titled.

*This DVD includes two ABRIDGED versions - a 52-minute version edited for length, and a 46-minute "clean" version edited for violence, sexual content, and strong language. While both versions are ideally suited for viewing in a single classroom period, the clean version may be more appropriate for junior high and high school-aged audiences. For FULL version see item #15660 Abridged Version #15778/0685 50 minutes Full Version #15660 78 minutes 2013 \$189.95 (Colleges & Universities \$349.95)

ONE HIT LEADS TO ANOTHER *Canadian!

The combination of detailed descriptions by abused women and great dramatizations helps both male and female viewers to understand the realities of spousal abuse, what motivates this kind of activity, and reveals the myths that surround it. Low self-esteem, rather than straight anger, is the central causal issue and the ability to quit habitual spousal abuse is as problematic as recovery from any other addiction. #7807/2130 15 minutes 1991 \$179.95

TIME TO CHANGE *Canadian!

This dramatic sequel to ONE HIT LEADS TO ANOTHER is about treatment options for abusive men. This highly recommended program combines explanations from counselors with dramatic vignettes to clarify elemental self-esteem questions at the root of family violence. It also shows how violent parental behavior is often inherited by children, both as perpetrators and as victims. #7798/2140 26 minutes 1992 \$179.95 * Includes Guide



IT'S NOT LIKE I HIT HER *Canadian!

"Best documentary I've ever seen."

It's not about arguing or disagreeing; it is about chronic criticism, verbal degradation, intimidation and isolation imposed on women to keep them in a socially and emotionally unsupported position and finally crush the spirits of their female partners. Tools for confronting and ending this type of abusive behavior and the treatment options available for abusers are covered. #7189/1322 23 minutes 2000 \$179.95

THE ANGER WORKSHOP SERIES *Canadian!

Society and conventional therapeutic wisdom posits that anger in any shape or form is "bad". Dr. Joanne Peterson believes anger is a feeling or emotional response to hurt, fear, frustration, helplessness and loss. The complete workshop includes thirteen DVD Programs, a 26-page Facilitator Guide and Exercise Book. ***. Detailed descriptions of each are available on our website.

IN ANGER'S PATH - how anger affects lives and relationships. 30 minutes

UNDERSTANDING ANGER'S PURPOSE - describes the physiological roots and evolution of Infantile and Adult Anger. 26 minutes

UNDERSTANDING VIOLENCE - learn about the many subtle and more insidious forms of violence 22 minutes

AGGRESS ENERGY EXERCISES - six exercises that anyone can use to engage their passion in a safe and bounded way. 35 minutes

CLEARINGS - a practical tool to express negative feelings and emotions before they build, fester or explode. 22 minutes

VESUVIUS - another practical tool to express frustrations, resentments and events that have occurred or built up over time. 29 minutes

PHYSICAL EXPRESSION - Participants explore their most recurring issue and are given an opportunity to physically express it using a number of different techniques. 36 minutes

BOUNDARIES AND THE AUTHENTIC SELF - To function in society, we must all learn and adhere to certain norms, rules and obligations - often at the cost of our self. 10 minutes

THE BOUNDARY CONTINUUM - Learn about the important distinctions between Walls and Boundaries, and the impact they have on our relationships. 22 minutes

CREATING EFFECTIVE BOUNDARIES - It's our responsibility to communicate our boundaries and act on our own behalf if others won't respect them. 12 minutes

BUILDING SAFE RELATIONSHIPS - Safety is a series of individually defined qualities, behaviors and actions. It is NOT a feeling. Learn to define what safety means to you and learn concrete Assessment Tools to prevent conflict from escalating to violence.

TAKING IT HOME - Participants explore how they will sabotage themselves and what they need to do when it occurs. Also learn about the "Anger Junkie" and the importance of looking beneath your own anger to learn from the hurt, fear, frustration, helplessness and loss that we all experience in our lives. 26 minutes

EMBRACING ANGER - There is immense freedom and empowerment in living a response-able life and that all victims make a choice to be so. The participants share their experience, lessons and aspirations as they take The Anger Workshop home. 19 min.

#11810/0825 Thirteen programs 2007 \$159.95 each or any 5 for \$139.95 each or Series \$1,595.95



kineticvideo.com Visit our Website!!!

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