

MENTAL HEALTH & PSYCHOLOGY

Here's **WHAT'S NEW** in 2014 and so far in 2015 !!!



*CC - Closed Captioned or Sub-Titled

*SA = Streaming Available three years (digital file supplied)

FIVE QUESTIONS THAT WILL CHANGE YOUR LIFE: The Answers that Define You

This program shows how combining the Socratic process of questioning with the guidelines of Adler can generate life-changing questions for a therapist to utilize in assisting a client. It presents a simple approach to helping clients move from disappointment, discontent, and dysfunction to an autonomous, rewarding, values-focused life. #15982/1410 30 minutes 2014 DVD \$149.95 *SA



COGNITIVE BEHAVIORAL PERSPECTIVE ON AGGRESSION (A)

In this lively interview, Dr. Donald Meichenbaum discusses early intervention strategies for children and adolescents who are prone to bullying and violent behaviors, the neurological consequences of abuse and neglect, and the components of stress inoculation used to break the cycle of violence. Drawing upon his unique expertise, he articulates both how violent individuals are created and the thoughts that drive violent behavior. #16061/1745 33 minutes 2012 \$129.95 *CC

ANGER MANAGEMENT IN COUNSELING AND PSYCHOTHERAPY

Watch anger experts Howard Kassinove and Chip Tafrate demystify the challenging work of anger management in this indispensable video! Whatever your professional setting, you'll breathe easier with this practical, empirically validated showcase of exercises, live sessions, and tools to strengthen your practice. #15860/1745 169 minutes 2014 \$189.95 *CC

***Brand New!** VIRGINIA SATIR SERIES (THE)

In these dynamic videos from the Virginia Satir Series, watch renowned psychotherapist Virginia Satir present her pioneering views on the essential ingredients of successful therapy to a group of students, then conduct therapy with families struggling with abuse, substance use, and parenting conflicts.

In **THE ESSENCE OF CHANGE**, Satir presents the four stages of therapy to an intimate audience of psychotherapy students, and powerfully demonstrates the principles via numerous role-plays, where you'll get a sense of her disarming warmth, facility in making perceptive statements that resonate with clients, and ability to use touch to deepen a client's sense of safety.

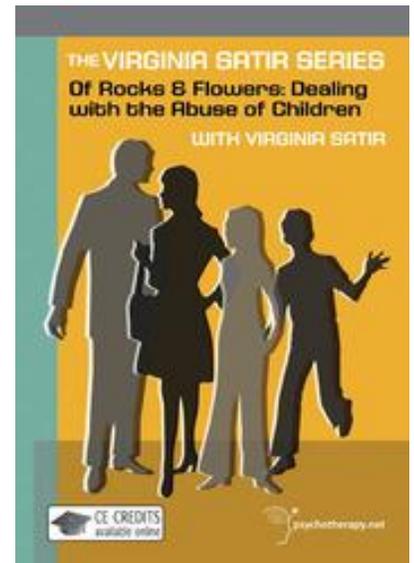
In **OF ROCKS AND FLOWERS: Dealing with the Abuse of Children**, watch Satir conduct an innovative, forward-moving session with a distraught family of four who are struggling with a legacy of abuse.

In **A STEP ALONG THE WAY: Family with a Drug Problem**, Satir facilitates a moving and, at times, confrontational session with a family struggling with one member's longstanding drug addiction.

In **A FAMILY AT THE POINT OF GROWTH**, learn how Satir makes a family assessment as she leads a tender yet ultimately hopeful session with a family in the aftermath of a brother's assault of his sister.

In **BLENDED FAMILY WITH A TROUBLED BOY**, Satir helps a blended family of four untangle longstanding parenting and communication issues, demonstrating how family engagement can be shifted through therapeutic warmth and innovative interventions.

#16080/1745 Five approx. 60-minute programs with Instructor's Manuals 2015 \$229.95 each or Series \$739.95



THERAPY RELATIONSHIP (THE) by Dr. Charles J. Gelso

Charles J. Gelso discusses his model of client-therapist relationship using illustrative examples from the therapy demonstration he conducts in this video. #15431/0157 100 minutes 2014 \$149.95 *CC

COGNITIVE-BEHAVIORAL GROUP PLAY INTERVENTIONS with Linda A. Reddy, PhD

Dr. Linda A. Reddy demonstrates evidence-based approaches to implementing cognitive-behavioral group play interventions with children who are 4 to 10 years old. Often times, children with neurocognitive and behavioral issues such as ADHD, have trouble interacting with other children and adults. #15861/0157 100 minutes 2014 \$149.95 *CC

CO-OCCURRING DISORDERS PROGRAM (THE) Updated for DSM-5

The best-selling series for addressing and treating co-occurring disorders is now better than ever and updated for DSM-5! With a beautiful new design, new titles that help you immediately find what you need, and reduced prices, this evidence-based program addresses issues that directly impact clients living with a substance use disorder and non-severe mental illness. Extremely flexible and very easy to implement. Each piece of CDP can be used effectively as a stand-alone program. However, when the components are used in conjunction with each other, they provide a proven-effective treatment protocol for your team. Use each component of CDP on its own or together as part of a system of care.

1. SCREENING AND ASSESSMENT FOR PEOPLE WITH CO-OCCURRING DISORDERS - CURRICULUM #7679
2. INTEGRATING COMBINED THERAPIES FOR PEOPLE WITH CO-OCCURRING DISORDERS - CURRICULUM #7680
3. COGNITIVE-BEHAVIORAL THERAPY FOR PEOPLE WITH CO-OCCURRING DISORDERS - CURRICULUM #7681
4. A LEADER'S GUIDE (192 pages) TO IMPLEMENTING INTEGRATED SERVICES FOR PEOPLE WITH CO-OCCURRING DISORDERS #7678
5. A GUIDE FOR LIVING WITH CO-OCCURRING DISORDERS: Help and Hope for Clients and Their Families - DVD #7677
6. MEDICATION MANAGEMENT FOR PEOPLE WITH CO-OCCURRING DISORDERS - CURRICULUM #7682
7. FAMILY PROGRAM: EDUCATION, SKILLS & THERAPY FOR FAMILIES OF PEOPLE WITH CO-OCCURRING DISORDERS #7681

* The complete package includes five curricula, a DVD, and A Leader's Guide to Implementing Integrated Services. Many of the curricula include a clinician's guide, as well as reproducible patient handouts, and clinician forms.

#15925/0795 Seven parts 2014 \$959.95 *CC

***Brand New!** PHIL ZIMBARDO ON THE STANFORD PRISON EXPERIMENT, EVIL AND HEROISM

As clinicians, we seek to support individual change - but to what extent are we influenced by the institutions that surround us? Can we ignore the role of systems in our work with clients, or does treatment involve addressing one's environment as well? In this video, Dr. Philip Zimbardo illuminates the long-standing nature vs. nurture debate in a deep discussion about evil, heroism, and the psychological conditions that impact which way we turn. Here, the former APA president and leader of the infamous Stanford Prison Experiment goes back decades to tell us the story of its participants, the ways in which we internalize the roles given to us, and the compelling ways these factors are still playing out today. Zimbardo discusses issues such as compliance (what causes us to look the other way), learned helplessness (through the gradual acclimation to fearful situations), and "the illusion of personal invulnerability" - the idea that we would make better choices in similar situations. He goes on to discuss his work as an analyst during the Abu Ghraib trials, bringing his expertise to bear on the psychological processes at work among the guards. Ultimately, though, Zimbardo's objective is hopeful: to uncover what inspires heroic acts and promote the development of our collective moral compass. If you're interested in understanding how psychological and systemic forces create good or evil, you won't want to miss this compelling interview. #16078/1745 96 minutes 2015 \$169.95 *Includes Instructor's Manual

LOCKED UP IN AMERICA: Solitary Nation and Prison State

For decades, the United States has been fixated on incarceration, building prisons and locking up more and more people. But at what cost, and has it really made a difference? FRONTLINE goes to the epicenter of the raging debate about incarceration in America, focusing on the controversial practice of solitary confinement and on new efforts to reduce the prison population, as officials are rethinking what to do with criminals. Award-winning director and producer Dan Edge gives viewers these raw and unforgettable firsthand accounts from prisoners, prison staff, and people whose lives are forever altered by this troubled system.

#15883/1725 Two programs 2014 \$129.95 *CC

PSYCHOLOGY BEHIND TODAY'S ADVERTISING (THE)

Today, consumers are continuously exposed to advertising. Therefore, it's imperative that advertisers understand the psychology behind buying motives when creating advertising and buying media. Discussed are the psychological dispositions of different consumer groups and the rationale behind common creative appeals. Shows research-proven psychological insights used in selecting traditional media as well as Internet advertising, permission email, and social media. Includes print ads, TV commercials, Internet ads and short comments by advertising professionals.

This video is fast-pasted in HD to keep student interest. #15692/0495 22 minutes 2014 \$159.95 *CC *SA



EMOTIONALLY FOCUSED THERAPY WITH SAME SEX COUPLES by Sue Johnson

There are very little resources available for therapists working with same sex couples. This long-awaited video features one of the best and most popular couples therapists today, Dr. Sue Johnson, founder of Emotionally Focused Therapy (EFT). The underlying assumption in EFT, says expert couples therapist Dr. Johnson, is that vulnerable emotions, emotion regulation strategies, and attachment needs and fears are universal. In this illuminating video, Johnson applies her ground breaking therapeutic framework to the relationship difficulties of two same-sex couples, one gay and one lesbian. If you're looking to increase your skill with same-sex couples or gain deeper insight into the EFT model for partners of any sexual orientation, you'll love this engaging and culturally important video. #15848/1745 220 minutes 2014 \$209.95 *CC

FUNCTIONAL FAMILY THERAPY FOR HIGH-RISK ADOLESCENTS

with James F. Alexander, PhD

James F. Alexander demonstrates his approach to working with families that have teenage children exhibiting behavior issues and associated emotional disruptions. Teens with behavior problems are one of the most difficult populations with whom therapists work, as adolescents and their families frequently enter treatment against their will, either under legal order or at strong insistence of authority figures such as school administrators. Family interactions can be hostile, and a sense of hopelessness is not uncommon.

#15858/0157 100 minutes 2014 \$149.95 *CC

MULTIDIMENSIONAL FAMILY THERAPY: A Research-Proven, Innovative Treatment for Adolescent Substance Abuse

Dr. Howard Liddle, developer of MDFT, works with 16-year-old Christian, who has been arrested for purchasing marijuana. Includes nine condensed therapy sessions with Christian, his mother - a single parent struggling with personal issues, and Christian's school counselor. The session highlights the key areas of focus and core interventions in the integrated MDFT approach, and enumerates the model's three stages. Dr. Liddle provides summaries of session segments and offers brief presentations on the core sections of the MDFT.

#15983/1410 75 minutes 2014 \$249.95 *SA

MENTAL HEALTH ISSUES IN LATE LIFE with Patricia A. Areán, PhD

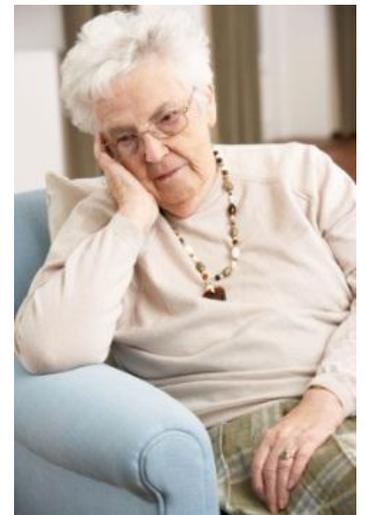
The population of people over the age of 65 is one of the most rapidly growing groups. Therefore, it is essential for therapists who work closely with older adults to be able to define and administer an effective course of therapeutic treatment. For older adults with mental health issues, problem-solving skills can weaken as a result of cognitive decline in late life. In this video, Dr. Patricia Areán demonstrates the effective use of problem-solving therapy with a 62 year old retired woman who is the sole caregiver of her grandchild, as well as both of her parents. The client has been struggling with depression, severe mood swings, and sleeplessness for about five years.

#15918/0157 100 minutes 2014 \$129.95 *CC

WORKING WITH CAREGIVERS OF THOSE WITH DEMENTIA

with Susan M. McCurry, PhD

With a continuously increasing aging population, there has been a commensurate rise in cases of dementia as well as incidences of adults assuming caregiving for family members and spouses. Because dementia is a progressive deterioration in cognitive functions that leads to intellectual, emotional, and behavioral changes, it presents significant challenges to the patient and caregiver alike. Often, the caregivers of older adults with dementia experience feelings of depression and anxiety as they attempt to care for their loved ones. In this video, Dr. Susan M. McCurry discusses and demonstrates her contextual approach to working specifically with caregivers of those who have been diagnosed with dementia. #15919/0157 100 minutes 2014 \$129.95 *CC



***Brand New! BOB I'M REALLY BUSY: The Impact of Impersonal Care on the Well-being of Persons Living with Dementia**

Impersonal care can be subtle and unintentional. Through five short trigger scenarios involving assistance for a person living with dementia, this DVD presents care situations that will open up discussion on how best to provide resident-specific support and assistance. Each brief scenario is designed to demonstrate the impact of a caregiver's tone, actions, and level of sensitivity to the resident's needs. This up-close-and-personal look at caregiving will give caregivers a chance to dissect and analyze how they provide care, and foster a deeper understanding of how to interact positively with persons living with dementia. *Includes a Viewer's Guide that outlines each scenario, and provides through-provoking suggestions on how to improve the outcomes for each situation. #16077/2010 12 minutes 2015 \$149.95 *SA

***Brand New!** **WORK-LIFE BALANCE: Success and Happiness in an Always-Connected World**

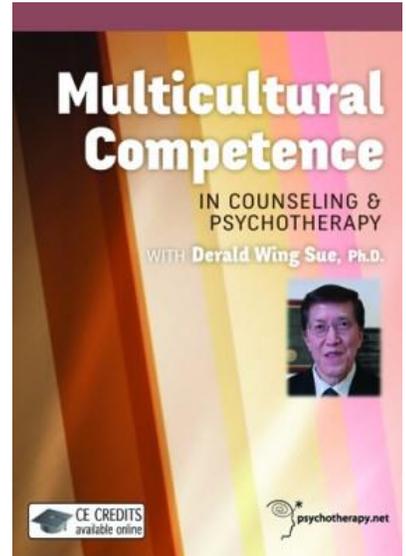
Not so long ago, people used to go to school or work, then had the rest of the day to enjoy their personal lives. But in today's always-connected world, work life and home life are blending. This video looks at the phenomenon with an eye for keeping a proper balance that leads to happiness, health and success both at home and at work. It presents strategies for coping with stress, taking responsibility, being organized, managing time and maintaining focus with interviews with experts, professionals, seasoned telecommuters and students. #16081/0635 31 minutes 2015 \$199.95 *CC

MULTICULTURAL COMPETENCE IN COUNSELING AND PSYCHOTHERAPY by Derald Wing Sue

How can therapists work most effectively with clients from different cultural backgrounds? Despite the rise in cross-cultural training, many clinicians are still mystified about how to actually integrate multicultural issues and interventions into their work with clients. In this conversation between Victor Yalom and Derald Wing Sue - the renowned psychologist who literally wrote the book on multicultural counseling - we learn about the origins of Sue's research, the ways in which conventional practice has both neglected and harmed clients of color, and clinical practices and interventions that all therapists can use to become more culturally aware and competent.

#15849/1745 84 minutes 2014 \$179.95 with Instructor's Manual

***** See also DERALD WING SUE SERIES ON RACISM #10693 and SEVEN TRAINING VIDEOS MULTICULTURAL COUNSELING & THERAPY #11805**



PRESENCE IN PSYCHOTHERAPY with Shari M. Geller, PhD

For a psychotherapist 'presence' is essentially the state of having one's whole self in the encounter with a client by being completely in the moment on a multiplicity of levels: physically, emotionally, cognitively, and spiritually. Presence supports deep listening and understanding of the client and is also a framework for psychotherapy that fosters a deep client/therapist connection through various aspects, such as the awareness of bodily sensations, emotions, and perception. Presence is a fundamental underlying quality of the effective therapeutic relationship. In this demonstration, Dr. Shari Geller works with a woman who, after the loss of her brother and father, sought out the opportunity to release long-held feelings of deep pain and depression.

#15921/0157 100 minutes 2014 \$129.95 *CC

RATIONAL EMOTIVE BEHAVIOR THERAPY by Debbie Joffe Ellis

Debbie Joffe Ellis demonstrates this influential and impactful approach to psychotherapy. Originated by Albert Ellis, rational emotive behavior therapy (REBT) is based on the seemingly simple idea that it is not external events that make people happy or unhappy, but rather their internal thoughts about the events or themselves. In this approach, the therapist works to teach clients to identify and challenge their harmful irrational thinking and develop more beneficial and rational habits of thought. The shift toward more rational thinking in turn enables clients to behave more effectively and to create healthy emotions.

#15857/0157 100 minutes 2014 \$149.95 *CC

***Brand New!** **INTEGRATING MINDFULNESS INTO COUNSELING AND PSYCHOTHERAPY**

"Mindfulness" has been a tantalizing therapy buzzword for several years now, but what exactly is it? For many clinicians - not to mention clients and the general public - the concept is mystifying, despite its increasing mainstream popularity. Wonder no more with this comprehensive new video featuring Dr. Ronald D. Siegel, a long time mindfulness-oriented psychotherapist and expert in the approach. Here, you'll discover how mindfulness differs from meditation, folds into treatment for a vast range of clinical issues, and supports our own personal and professional growth.

Mindfulness is simultaneously a set of experiential practices and a philosophical stance, and Siegel demonstrates both in four sessions with very different clients. Siegel supports his clients with practices and psycho-education, and the viewer with useful commentary that details his interventions and outlines his goals. His approach to mindfulness is both accessible and grounded, making it a suitable adjunct to modalities ranging from the cognitive to the psychodynamic to the humanistic. If you're a clinician wanting to understand what mindfulness looks like and how it can fit into your work, you'll find this to be an excellent resource. #16079/1745 191 minutes 2015 \$189.95 *Includes Instructor's Manual



CONCEPTS IN PSYCHOLOGY

These informative and useful resources will answer questions on a variety of important aspects that students find challenging when studying Psychology. Presented by Dr. Steven Taylor and chapterised for ease of use, this resource will be invaluable for all Psychology Students.

CONCEPTS IN PSYCHOLOGY - Part One

This program looks at issues such as What are Ethics? Free will and Determination, Situational Theory, Ethical Issues in Psychology along with a short clip introducing psychology as a subject.

CONCEPTS IN PSYCHOLOGY - Part Two

This program looks at issues such as reductionism, correlation and causation, the use of non human animals in research, science and psychology and more.

#16082/0545 Two 30-minute programs 2014 \$139.95 each or Series \$249.95



GIANTS OF PSYCHOLOGY

This ten-part series introduces students to key theorists whose concepts are basic to an understanding of psychology. Rare archival materials bring these seminal thinkers to life, while meticulously shot contemporary footage reinforces the vocabulary and concepts necessary to understanding psychological research. In addition, the narrator of each program has played a significant role in extending the work of the giants of psychology he or she presents. *Detailed descriptions of each program are available.

MARY AINSWORTH: Attachment and the Growth of Love

BANDURA'S SOCIAL COGNITIVE THEORY: An Introduction

JOHN BOWLBY: Attachment Theory Across Generations

JOHN DEWEY: An Introduction to His Life and Work

ERIK H. ERIKSON: A Life's Work

#16085/0635 Ten 25 to 41-minute programs 2011 \$199.95 each or Series \$1,899.95 * CC

WILLIAM JAMES: The Psychology of Possibility

MARIA MONTESSORI: Her Life and Legacy

PIAGET'S DEVELOPMENTAL THEORY: An Overview

B.F. SKINNER: A Fresh Appraisal

VYGOTSKY'S DEVELOPMENTAL THEORY: An Introduction

*** Best Seller!!!! INSIDE OUT: A Comprehensive Introduction to Psychology Series BOXED SET

This series offers a comprehensive introduction to psychology that goes beyond key concepts and principles to provide learners - and anyone interested in the study of human behavior - an up-to-date look at the evolving world of psychological science. The 22 video lessons combine interviews with leading experts and researchers; computer graphics and animation; and real-life case studies that tell the story of psychology from a human perspective. Easy-to-use navigation menus make selecting a video lesson easy. Learning segments identified in each program facilitate discussion and review. Includes bonus content called "Find Out More".

***Detailed descriptions of each of the programs in this series are available:

Disc One

THE MAGIC OF THE MIND: The Story of Psychology
ENDLESS QUESTIONS: Critical Thinking and Research
THE MOST AMAZING MACHINE: Neuroscience and Behavior
CODES OF LIFE: Behavior Genetics

Disc Two

DIFFERENT STROKES: Nurture and Human Diversity
THE GROWING YEARS: Conception of Childhood
THE BECOMING YEARS: Adolescence to Older Adults
CONNECTIONS: Sensation

Disc Three

INTERPRETATIONS: Perception
A GREAT MYSTERY: States of Consciousness
THE LEARNING MACHINE: Learning
THE MIND'S STOREHOUSE: Memory

#12571/0545 Twenty-two programs on Six DVDS 2006 \$129.95 each or Boxed Set \$489.95 *CC *SA

*** We also have one complete set in stock with 22 separate DVDs which we are offering for the same price (Regular Price is \$1,079.95)

Disc Four

THINKING AND LANGUAGE
THE SEARCH FOR INTELLIGENCE: Intelligence
IN THE DRIVER'S SEAT: Motivation
EMOTION: EMOTIONS - Distinguishing Characteristics

Disc Five

STRESSED TO THE LIMIT: Stress and Health
THE ENDURING SELF: Personality
OUT OF BALANCE: Anxiety and Personality Disorders

Disc Six

GOING TO EXTREMES: Mood Disorders and Schizophrenia
GETTING IT TOGETHER: Therapy
PEOPLE TO PEOPLE: Social Psychology

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