

DVD Resource List for Suffolk County Community College CDC Program

1. ***On Motivational Interviewing by William Miller (DVD 1 hr)***
On Motivational Interviewing-1 Hour DVD

In this compelling interview, Miller elucidates how people change and how we, as clinicians, can effectively facilitate the process. By watching this video you will be able to:

 - Describe the Motivational Interviewing approach to change, including the spirit of Motivational Interviewing and specific techniques used to help people change.
 - Identify when Motivational Interviewing is and not recommended.
 - Explain how a clinician employing Motivational Interviewing techniques would respond to resistance.

2. ***Harnessing the Power of Genograms In Psychotherapy by Monica McGoldrick, LCSW (DVD 1 hr. & 53 min.)***
Harnessing the Power of Genograms in Psychotherapy-1 hr. & 53 min.

This is a rare opportunity to watch the therapist who developed and popularized genograms demonstrate how to actually and utilize them in a therapy session. In this video, you will see Monica McGoldrick in action as she masterfully conducts an initial interview with a new client, demonstrating the step-by-step process of gathering historical information, creating the genogram, and contextualizing the client's presenting problem within a multigenerational family system framework. By watching this video you will learn to:

 - Utilize the genogram to place clients' presenting problems in a historical and social context.
 - Respond when a client resists exploring family issues.
 - Explain to clients why exploring family background is relevant.

3. ***A Step Along the Way: A Family With A Drug Problem by, Virginia Satir-The Virginia Satir Series (DVD 59 min.)***
A Step along the Way: A Family with A Drug Problem DVD 59 min.

This is an essential resource for therapists looking to learn more about family systems, assessment, creative interventions and Satir's unique, bold style. With both commentary and full-length bonus video from Satir's early students, plus a didactic introduction from Satir herself, this is a video you'll enjoy from start to finish.

4. ***Healing the Shame that Binds You by, John Bradshaw (DVD 1 Hour)***
Healing the Shame that Binds You- DVD 1 Hour

John shares his insights on childhood and family relationships and particularly the long term effect if issues like abuse, neglect, addiction, co-dependency, trauma and emotional instability, have revolutionized our perception of emotional instability. In the DVD john reveals his theory and therapeutic processes on the healing of toxic shame in an honest and emotionally revealing style based largely on his personal experiences.

5. ***Addiction HBO Documentary Film-4 Disc Set***

Several of the nation's leading experts on drug and alcohol addiction, together with a group of accomplished filmmakers, have assembled to create ADDICTION, an unprecedented documentary aimed at helping Americans understand addiction as a treatable brain disease. It is

a subject that touches all our lives. One in four Americans has a family member who is struggling with addiction. Currently addiction affects over 22 million Americans, yet under 10 percent of those individuals are receiving treatment. The documentary addresses different aspects of the disease in order to shed light on the current, promising developments in the field. Though personal stories from addicts and the loved ones who struggle to help them find treatment, common misconceptions are replaced by insight into addiction's complexity.

This DVD includes:

Addiction: The Supplementary Series

Over 5 hours of additional material, including;

- Thirteen comprehensive segments, including What Is Addiction?, Understanding Relapse, The Search for Treatment: A Challenging Journey, The Adolescent Addict and more.

Interviews with noted authorities on the subject of addiction and co-occurring psychiatric disorders as well as the most effective treatments.

6. **Edge St. Turn in the Road-DVD 18 Minutes**

In this last episode of Maple Ave, teen ghost Christine Dawn has her hands full when the spirit of a student recently killed by a distracted driver needs her help to find closure for his embittered, grieving sister. When Christine discovers that the distracted driver was a fellow student, she knows she had her work cut out for her in a high school turned upside down by tragedy.

7. **The Anonymous People DVD Documentary on Addiction and Recovery**

8. **Recovery is Out to Change the Addiction Conversation from Problem to Solutions**

9. **Motivational Interviewing video series by, Cathy Cole, LCSW**

a. **Core Concepts of MI-DVD 2hr 15min.**

Thousands of helping professionals-including counselors, nurses, dieticians, and parole officers and now using Motivational Interviewing with outstanding results, These in depth videos provide you with a unique opportunity to learn MI's core concepts and understanding of how MI helps people overcome their internal obstacles to change and learn to help your clients make decisions they can willingly and confidently enact.

By watching this video you will:

- Describe the spirit of Motivational Interviewing and how it differs from other approaches.
- Understand how MI is applied in counseling sessions, including developing a partnership, and listening and responding to the language of change.
- Identify and practice specific techniques used in MI to engage clients, help them ambivalence to change, and develop an action plan.

b. **Increasing Importance in MI-DVD 2hr 3min.**

A key component of making any change is to consider the change important. MI, a widely used methodology for helping clients make change, provides specific tools for addressing this critical first step. In this second video in the series Motivational Interviewing Step by Step, MI expert and trainer Cathy Cole demonstrates how to address the issue of importance with clients. Through three full-length sessions, extensive commentary, and pre- and post- session interviews. Cole Provides viewers with an exclusive opportunity to see MI in action in diverse settings with people who initially reluctant to change.

By watching this video you will:

- Understand the critical issue of importance in MI.
- Learn how to conduct an MI session with people who initially don't think changing in important.
- Identify specific strategies and techniques used to address importance.

c. ***Resolving Ambivalence in MI-DVD 1hr 41min.***

Ambivalence is often at the heart of our struggles to embark upon change. In this third video in the series Motivational Interviewing Step by Step, expert MI practitioner and trainer Cathy Cole conducts three full-length demonstration sessions where the focus is on fully exploring both sides of ambivalence. Extensive commentary and pre- and post-session interviews help viewers understand the strategies and guiding principles of MI.

By watching this video you will:

- Learn MI strategies useful with clients struck in ambivalence.
- Recognize the difference between sustain talk and change talk.
- Identify specific techniques used to reinforce change talk and move toward a change plan.

d. ***Building Confidence in Motivational Interviewing-DVD 1hr 56 min.***

In this video expert MI practitioner trainer Cathy Cole demonstrates various strategies to address clients' lack of confidence. In three full-length sessions, Cole provides viewers a unique opportunity to see MI in action in diverse settings with clients who lack confidence in their ability to achieve their goals.

By watching this video you will:

- Identify in sessions various roadblocks to confidence in effecting change.
- Learn to utilize personal strengths, values, and past successes.
- Use MI techniques best suited for clients who want to change but are low in confidence.

10. **Meth Inside-Out 3 DVD series**

a. ***Human Impact-DVD 34 Min***

Provides an eye opening introduction to meth's impact on individuals, families, and communities across the globe. Focuses on the magnitude and consequences of use, including physical and mental health problems, job loss, violence, incarceration, and effects on children. Explores motivations for use and examines why women and gay men are disproportionately affected, and how specialized treatment can benefit these groups. Concludes with concrete solutions.

b. ***Brain & Behavior-DVD 34 Min.***

Brain and Behavior equips viewers with an understanding of how meth changes the brain and, consequently, behaviors. 3D animations, accessible explanations, and personal accounts help viewers understand complex scientific concepts. Users learn how to better cope with the stages of meth addiction and recovery by gaining an understanding of the biological underpinnings of the high, tolerance, craving, paranoia, aggression, anhedonia, and healing.

c. ***Windows to Recovery-DVD 42 Min.***

11. **7 Skills for Addiction-Free Living Series**

a. ***Managing Emotions with Peter Palanca, MA DVD 1hr 57min's***

Taking ownership of our behavior is a major part of recovery, but difficult emotions can often hinder our progress. As the recovery process deepens, we often face the hurdle of getting back in touch with our emotions, and learning to handle them appropriately rather than simply reacting or "numbing out." Using a simple step-by-step process, therapist Peter Palanca will help you identify the powerful and confusing feeling that many people in recovery struggle with, and learn to manage them in productive, healthy ways.

In this video you will:

- Recognize emotions that are often overwhelming and confusing.
- Successfully manage your emotions as they arise
- Utilize self-talk to "deflate" strong negative emotions
- Express feelings effectively to other people in order to achieve positive outcomes in difficult situations

b. **Problem Solving with Terrence Real, MSW DVD 1hr 56min's**

If you are in recovery, then you have already moved toward solving one of the biggest problems anyone might face. But once recovery has begun, it can seem paradoxically like life gets more complicated as all the smaller daily problems come into focus-relationship troubles, workplace conflicts, unpaid bills, and more. It is essential to find reliable methods of addressing problems as they come up, without slipping back into the old strategy of avoiding them using drugs and alcohol. This empowering video breaks down the process of problem solving to five manageable steps: defining the problem, visualizing solutions, and dealing with obstacles, identifying sources of help, and making an action plan. Real life participants and viewers alike tackle a range of problems, from unsatisfying romantic relationships to troubled children, from poor study skills to unclear career paths. Learn along with the studio audience as they move from frustration to clarity and optimism in just a few short hours.

In this video you will:

- Learn to define the problems you face and answer the question of whether change or acceptance is the right solution.
- Get creative in generating potential solutions.
- Distinguish between internal and external factors of a problem, and choose strategies for handling each.
- Practice laying out short-term and long-term action plan, including dealing with obstacles and identifying internal and external resources to help you.

c. **Stress Management with Jon Carlson, PsyD, and Judy Lewis, PhD DVD 1hr 56min's**

For those recovering from substance abuse, coping with daily stress of living can be especially taxing. This video offer four simple yet effective strategies for managing stressful situations, from paying bills to planning weddings.

In this video you will:

- Learn two relaxation and meditation strategies for use in any situation.
- Discover the importance of creating good habits for diet, exercise, and sleep that improve the body's ability to handle normal daily stress.
- Identify common stress-creating thoughts patterns and practice techniques to replace these with stress-relieving thoughts.
- Make plans to cope with and prevent future stressful situations you encounter in your day to day life.

d. **Social Skills with Lorraine Collins, PhD DVD 1hr 52min's**

This video illuminates the fundamental social skills we all need to help us start and strengthen rewarding relationships with new friends. With a live studio audience in various stages of substance abuse recovery.

In this video you will:

- Identify tricks to initiating and ending casual conversations in any situation.
- Practice strategies for offering constructive feedback to resolve conflicts.
- Rehearse accepting and considering criticism.
- Learn how to strengthen new friendships by requesting and reciprocating emotional and practical support.

e. **Alternatives to Substance Abuse with Robert Myers, PhD and Ellen Smith, PhD DVD 1hr 54min's**

For many people in recovery from substance abuse, one of the most challenging aspects of living life is learning how to "fill the void" previously occupied by drugs and alcohol with

activities that are pleasurable, healthy and meaningful. With the help of a live studio audience Meyers and Smith take viewers through various exercises and a step by step process that focus on helping you restructure your lifestyle and make life without alcohol and drugs not only healthy and satisfying, but also fun.

In this video you will:

- Have the opportunity to brainstorm a list of pleasurable activities that you'd like to incorporate into your life.
- Rate various areas of your life on a happiness scale and identify steps to increase your happiness.
- Learn how to overcome obstacles that will enable you to create a rewarding social life that supports you in your recovery and overall well-being.

f. **Assertiveness with Robert Alberti DVD 1hr 50min's**

In this engaging and informative video, Dr. Bob Alberti, renowned expert on assertiveness training, teaches us the nuts and bolts of this crucial skill. Learn techniques and strategies that will give you choices about how and when to be assertive, and enable you to navigate challenging life situations without compromising your self-respect and your commitment to recovery.

In this video you will:

- Learn how to say no and express yourself more easily, firmly and powerfully without demeaning others.
- Develop the skills and attitude that will help you overcome obstacles to standing up for yourself.
- Gain more self-respect by identifying ways to make choices that support you in living your best life.

g. **Behavioral Self- Control with Reid Hester, PhD DVD 1hr 54min's**

In and stage of recovery, the question arises again and again: "How do I just stop doing something that feels like such a fundamental part of my life?" In this illuminating video, Dr. Reid Hester, a leading expert in evidence-based substance abuse treatment, shares his philosophy that all our not-so-healthy addictions and bad habits-including heavy drinking, smoking, overeating and procrastination-can be changed following the same basic principles.

In this video you will:

- Learn how to set reasonable goals for changing or eliminating problematic behavior patterns.
- Practice self-monitoring of your habitual behaviors to discover their effects on your life.
- Discover "new roads" to the lifestyle you wish to have, by identifying healthy behaviors that will reward you in the same way as your old habits did.

12. **The Maple Ave Series**

a. ***Ep. 1 Jenny's Reasons: A Story About Teen Depression-DVD approx. 20 Minutes***

Bridging the gap between education and entertainment, 'Jenny's Reasons' provides a haunting look at teen depression and the often unwitting family dynamics that surround it. The Powerful, ward-winning short finds its main character, Jenny, in the throes of clinical depression, unable to understand the reasons she 'feels so bad all the time'. Deeply confused and desperately overwhelmed, Jenny makes plans to end her life—plans that are ultimately thwarted when her best friend, Tanya, confronts her and shares a dark secret of her own.

b. ***Ep. 2 Ghosts in the Hall: The Aftermath of Bullying-DVD approx. 23 Minutes***

The second episode in the award-winning 'Maple Ave' series focuses on teen bullying and the tragedies inherent when parents as well as their teens unfairly label on another. Jim has reached the edge of violence after being the victim of incessant bullying. Unfortunately, Jim's family doesn't help him cope with his problems and things get progressively worse. In contrast, Jenny's family engages in healthy confrontations as they cope with their concerns following Jenny's period of depression.

c. ***Ep. 3 The Hurting: Cutting for Relief- DVD approx. 22 Minutes***

In this episode, series character, Ashley resorts to 'cutting' to cope with an abusive father, who regularly victimized her family as far back as she can remember. Like a growing number of teens nationwide, Ashley regularly cuts her arms and legs, substituting her overwhelming inner pain and rage with an external pain that she is seemingly better able to manage. This last illusion is finally dispelled in a heart-wrenching finale that finds a desperate Ashley reaching out to a sympathetic teacher for help.

d. ***Ep. 4 P.S. I Miss You: The Aftermath of Suicide-DVD approx. 22 Minutes***

This episode focuses on series regular, Tanya and the toll her family situation has taken on her in the year following her older brother's suicide. During this time, Tanya has been coping by helping others, but gradually this proves not to be enough, and she turns to drinking to ease her pain (in between haunting dreams about her dead brother). Ultimately, Things get out of control and her best friend, Jenny intervenes to get her friend some much needed help.

e. ***Ep. 5 Hating Tami: A Look at Female Bullying- DVD approx. 26 Minutes***

Angela and her friends take every opportunity to make Tami's life miserable, even going as far as to pose as a boy interested in Tami on a social networking site. During the film, we are also introduced to Tami and Angela's respective parents, ultimately providing clues to their behavior and various life stressors.

f. ***Ep. 6 More than This: Steroid Abuse and Eating Disorders-DVD approx. 27 Minutes***

Living in the shadow of his older brother's past athletic glories, Donnie turns to steroid abuse to help him 'measure up' on the basketball court. Not long after, he finds his life slowly spinning out of control as his girlfriend, Angela tries in vain to help him kick his addiction. In the meantime, Angela is also struggling to convince her friends Dara and Lucy, that, contrary to what they've read on the internet, anorexia and bulimia are not lifestyle choices' but, instead, serious mental disorders, Angela should know; she too once struggled with bulimia but now finds herself reluctant to share this potentially helpful fact with her two misguided friends.

g. ***Ep. 7 Promise Me: Parents with Addictions-DVD approx. 18 Minutes***

In this episode, Ann is forced to face the grim reality that her parents' addictions (alcoholism and problem gambling) are slowly destroying her family. While her older brother Mike's quiet stoicism is sorely tested by their alcoholic mother's denial of reality, Ann's own initial reluctance is also an issue. However, after Ann's father gambles away with her college fund, she can no longer avoid the truth and son grows deeply depressed. Though her brother and best friend, Tami sense something's wrong, will they be in time to avert a potential tragedy...?

h. ***Ep. 8 Loves Me Not: Dating Violence-DVD approx. 17 Minutes***

This episode focuses on dating/domestic violence from the POV of a 17 year old girl named Cari. Cari was relentlessly beaten by her boyfriend, Marcos and so viciously bullied by his friends after leaving him that she ultimately, took her own life. Now Cari finds herself helplessly watching the same thing happen all over again to another girl, Sharon (Marcos' new girlfriend). Between her manipulative and violent boyfriend and her self-absorbed parents, Sharon would appear to have the deck stacked against her but her best friend, Tina refuses to give up on her. Even as Sharon

pushes her away, Tina desperately searches for a way to save her friend from meeting the same fate as Cari.

i. ***Ep. 9 After I'm Gone: Suicide Awareness-DVD approx. 23 Minutes***

This episode takes a haunting look at teen suicide from the perspective of Cari; a young girl who appears to have taken her life due to relentless abuse from her parents and peers. As Cari observes life from the other side, she meets Christine, an older more rebellious spirit who, reluctantly acts as her guide and confidante. Together they observe Michael, an artist friend of Cari's, who has also been the victim of bullying and abusive parents, as a desperate Michael begins to contemplate suicide, a helpless Cari is suddenly forced to revisit her own nightmares...and find a way home.

13. **Close to Home: Bill Moyers**

a. ***Portrait of Addiction-DVD 57 Minutes***

In this DVD, Bill Moyers profiles nine men and women, all recovering from drug and/or alcohol addiction: a former narcotics agent; a mother of three who is a marketing specialist; the founder of Stand-Up Harlem, a community of HIV-positive addicts and recovering addicts; and a journalist who actually served as the researcher for the series, to highlight only four. Their candid testimony leaves no doubt that addiction and recovery are possible for anyone. In addition, this disc includes a special video introduction by Mr. Moyers and a menu of chapters, segments derived from the program that single out important aspects to facilitate instruction and discussion.

b. ***The Hijacked Brain-DVD 57 Minutes***

Aided by powerful diagnostic tools, scientists have made dramatic discoveries about how addiction affects the brain. In this DVD, Bill Moyers goes into the laboratory to observe scientists engaged in brain scanning and genetic research. Evidence is presented that supports the theory that addiction is a chronic relapsing brain disease and that genes have an influence on alcoholism.

c. ***Changing Lives-DVD 81 Minutes***

Changing behavior is the aim of rehabilitation, but no single treatment program can work for all people with addictions. In this DVD, Bill Moyers travels to Ridgeview Institute, near Atlanta, to interview recovering addicts and to sit in on a group therapy session. Mr. Moyers also visits Project SAE, an innovative treatment program that reaches out to disadvantaged mothers who have addictions and to their children, who are at serious risk of following in their mothers' footsteps.

d. ***The Next Generation-DVD 57 Minutes***

Experts are increasingly focusing on addiction prevention efforts based on community and family. In this DVD, Bill Moyers looks at two of those initiatives: one that works with parents addicted to heroin and another that monitors and counsels children in high-risk schools. A nicotine addiction program is also presented.

e. ***The Politics of Addiction-DVD 57 Minutes***

The story of how America meets the challenge of translating what scientists, doctors, counselors, and recovering addicts have learned into rational public policy is complex and sometimes contradictory. In this DVD Bill Moyers examines Arizona's struggle to find an alternative to established drug-related policies through its proposition 200, The Drug Medicalization, Prevention, and Control Act of 1996.

14. **Terrence T. Gorski-Biopsychosocial Model**
 - a. ***Addiction: a Biopsychosocial Model- DVD 100 minutes***
 Accurate information is the most crucial tool in recovery from addiction. It's impossible to recover from something you don't understand. This DVD has three video presentations. The first presentation, *Mind-Altering Substances*, takes a hard look at alcohol and other mind altering substances that can activate abuse and addiction. The second presentation, *Addictive Risk Factors* explains the physical, psychological, and social risk factors that set people up for abuse and addiction. *The third presentation, Substance Abuse and Addiction, describes the symptoms of substance abuse and addiction and shows how denial can be recognized and stopped so that action can be taken to break out of the addiction cycle.*
 - b. ***Recovery-A Developmental model-DVD 108 Minutes***
 This is a series that presents the most recent research on what people do to successfully recover from addiction. Part 1: *The Recovery Process* gives you an overview of what happens when people successfully recover. Part 2: *Building A Foundation for Recovery* reviews the first three stages of the recovery process. Part 3: *Creating Quality Recovery* reviews the last three stages of the recovery process and teaches clients how to responsibly cope with ongoing changes in their lives in a sober and responsible way.
 - c. ***Relapse-DVD 105 Minutes***
 In this three-part video series, Terry Gorski explains basic information about how to prevent and manage the problem of relapse. Relapse is a common problem that threatens the recovery of nearly two-thirds of all addicted people who attempt to stop using alcohol and other drugs. This powerful video series explains in clear and easy-to-understand language the basic principles of relapse prevention, the common warning signs that lead from stable recovery to relapse, and how to establish a relapse prevention and relapse the relapse management plan.

15. **DVD and Guild on: Ethical Decision Making for Helping Professionals-Subtle Boundary Dilemmas by, Sheila McGuire, LSW, CCDP-** DVD 23min's

16. **The Neurobiology of Addiction by Carlton K. Erickson, PH.D**
 - a. ***DVD 50 minutes***
 In this video, Dr. Carlton K. Erickson, director of the Addiction Science Research and Education Center at the University of Texas, explains how new discoveries about the human brain are transforming our approach to addiction treatment, mental health, education and human development. His ideas will help you understand chemical dependency as a brain disease, psychosocial and pharmacological treatments, and how abstinence, treatment, and recovery can restore the neurobiology of the brain to equilibrium.
 - b. ***Manual***
 This manual builds on the content in the video.

BOOKS FOR REVIEW

1. ***"Substance Abuse Treatment and the Stages of Change"-Selecting and Planning Interventions by, Gerard J. Connors, Carlo C. DiClemente, Mary Marden Velasquez, Dennis M. Donovan***

2. ***"Motivational Interviewing"-Helping People Change (third Edition) by, William R. Miller and Stephen Rollnick***

3. **“Group Treatment for Substance Abuse”-A Stage of Change Therapy Manual** by, Mary Marden Velasquez, Gaylyn Gabby Maurer, Cathy Crouch, Carlo C. DiClemente

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