

**ADDICTIONS FOUNDATION OF MANITOBA
AUDIOVISUAL RESOURCES**

SUBJECT HEADINGS

ADULT CHILDREN OF ALCOHOLICS

Adult children of alcoholics (aiun)

Adult

VHS; 1985

Alcoholism Counsellors

VTR/HV 5132/.A38/1985

Dr. Ackerman discusses critical issues confronting adult children of alcoholics. He focuses on seven reasons why adult children of alcoholics are affected differently, seven learned adoptive behaviours carried into adulthood and seven major areas of concern carried into treatment.

Bradshaw on : adult children of dysfunctional families (ajdv)

Adult; 120 minutes

VHS; 1987

VTR/HV 5132/.B73/1987

Part 1: The Problem – A legacy of shame.

Part 2: The Solution – From discovery to recovery.

John Bradshaw addresses the problem of compulsive behaviour patterns exhibited by adults raised in dysfunctional families. He outlines a three-phase process of recovery, uncovering and discovery.

BRADSHAW ON : HOMECOMING SERIES

Kinetic Video

The Problem of the wounded inner child (ajnw)

Adult; 60 minutes

VHS; 1990

VTR/HV 5132/.B73/1990/v.1

How a dysfunctional family system created a “wounded” inner child.

Original pain (ajnx)

Adult; 60 minutes

VHS; 1990

VTR/HV 5132//.B73/1990/v.2

The positive results of reconnecting with early emotional pain and the fear of abandonment are explored.

Reclaiming your infant self (ajny)

Adult; 60 minutes

VHS; 1990

VTR/HV 5132/.B73/1990/v.3

How unfulfilled infancy needs can affect adult life.

Reclaiming your pre-school self (ajoa)

Adult; 60 minutes

VHS; 1990

VTR/HV 5132/.B73/1990/v.5

How the sense of purpose developed at this stage may get misshaped by rigid family systems.

Reclaiming your school-aged self (ajob)

Adult; 60 minutes
VHS; 1990
VTR/HV 5132/.B73/1990/v.6

Moving toward competency, industry, and a conscious identity.

Reclaiming your toddler self (ajnz)

Adult; 60 minutes
VHS; 1990
VTR/HV 5132/.B73/1990/v.4

Explores the ways in which toddler needs are often violated.

Championing : new permissions

(ajoc)
Adult; 60 minutes
VHS; 1990
VTR/HV 5132/.B73/1990/v.7

Ten ways to increase enjoyment of life, and instructions on how to "give yourself a new childhood"

Championing : protection and practice (ajod)

Adult; 60 minutes
VHS; 1990
VTR/HV 5132/.B73/1990/v.8

Supplying unmet childhood needs by choosing a new "family of Choice" and finding a loving "higher power".

The Wonder child (ajce)

Adult; 60 minutes
VHS; 1990
VTR/HV 5132/.B73/1990/v.9

The emergence of the "wonder child", the authentic natural self who reclaims and champions the wounded inner child.

The Inner child as regeneration (ajof)

Adult; 60 minutes
VHS; 1990
VTR/HV 5132/.B7VT3/1990/v.10

Spiritual aspects of the "wonder child" life purpose, integration and homecoming.

CHILDREN OF ALCOHOLICS SERIES

Children of denial (ajug)

Adult; 28 minutes
VHS; 1982
VTR/HV 5132/.C45/1982/v.1

This video shares some of the experiences of children of alcoholics, explains the process of what happens and what can be done to prevent and handle their problems.

Roles (ajuj)

Adult; 48 minutes

VHS; 1987

VTR/HV 5132/.C45/1987/ v.2

Children growing up in alcoholic homes seldom learn the combination of roles, which mould healthy personalities. Instead, they become locked into roles based on their perception of what they need to do to “survive” and to bring some stability to their lives. The four different roles are explored in this video.

The Process of recovery (ajui)

Adult; 40 minutes

VHS; 1987

VTR/HV 5132/.C45/1987/ v.3

Dr. Black takes the viewer through areas of recovery that are most difficult to self-identify and express. Key points covered: recovery is a process, not an event; willingness to give up some control; it is important to feel; fears are more threatening than reality; setting limits; your needs are important; you are good enough.

Child's view (ajuh)

Adult; 29 minutes

VHS; 1987

VTR/HV 5132/.C45/1987/v.4

From the Book, “My Dad Loves Me, My Dad has a Disease”, Dr. Claudia Black explains alcoholism viewed through a child's eyes. The disease concept, blackouts, personality changes, anger, verbal and physical abuse, relapse recovery and other important topics are discussed and explained.

Empowering the inner child (aklf)

Adult; 26 minutes

VHS; 199-

Image Media Ltd

VTR/BF 698.35/.I55/H34/199-/v.4

Series : Healing families : life's journey home (#4 of 5)

Healing the wounds of childhood involves a commitment to the inner child, and to the sometimes painful work of grief, risk-taking and discovery. In this process issues of intimacy, trust, vulnerability, and boundaries come to the surface, and new feelings emerge. This program encourages viewers to seek the “magical time of childhood” – perhaps for the first time. A family therapist and client discuss how to take those first rewarding steps to empowerment.

Everything's fine (ajgo)

Adult; 17 minutes

VHS; 1990

Intermedia

VTR/HV 5132/.E83/1990

This program is a message to those who grow up in the shadow of alcoholism. It addresses the pain of people who realize that everything isn't fine in their lives – it wasn't fine when they were children, and it still

isn't.

Family business (ajgr)

Adult; 20 minutes

VHS; 1985

VTR/HV 5132/.F35/1985

About adult children of alcoholics discussing the effects of living in a family where one parent had a drinking problem, suppressing their feelings, denying the problems, living in a fantasy world, and the deep depression that continues into adulthood.

HEALING FAMILIES : LIFE'S JOURNEY HOME SERIES

The Inner child (akky)

Adult; 26 minutes

VHS; 1992

VTR/BF 698.35/.I55/H34/1992/v.3

This program maps out inner child behaviour in adults; control, trust, addictive behaviour, reliving past abusive cycles, co-dependency, abandonment, and others – helps viewers identify and accept less than ideal childhoods. Combines information with true-life stories from the hearts of those who have journeyed into their past, and relearning to nurture and embrace the wounded child within.

Empowering the inner child (aklf)

Adult; 26 minutes

VHS; 199-

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Healing the wounds of childhood involves a commitment to the inner child, and to the sometimes painful work of grief, risk-taking and discovery. In this process issues of intimacy, trust, vulnerability, and boundaries come to the surface, and new feelings emerge. This program encourages viewers to seek the "magical time of childhood" – perhaps for the first time. A family therapist and client discuss how to take those first rewarding steps to empowerment.

Self-care

Adult; 26 minutes

VHS; 199-

VTR/BF 698.35/.I55/H43/199-/v.5

Self-care techniques are outlined in informative and easy to follow steps. Tools such as affirmation, reading, keeping a journal, setting boundaries, support groups, therapy, and finding a balance are presented. A cultural anthropologist, family therapist and people who have made the journey share the insights and personal experiences, as well as stressing the importance of balance and safety in the healing journey.

Healing the family within (ajto)

Adult; 30 minutes

VHS; 1990

Concept Media

VTR/RC 569.5/.C63/C63/1990/v.4

Series : Co-dependency

Author and lecturer Robert Subby states that the program is about "learning to get along with the inner parent, adult or child of our spirit. Together these three dimensions provide us with the intellectual, moral

and emotional understanding necessary to help reach our full potential".

Inner child, The (akky)

Adult; 26 minutes

VHS; 1992

Image Media

VTR/BF 698.35/.I55/H34/1992/v.3

Series : Healing families : life's journey home

This program maps out inner child behaviour in adults; control, trust, addictive behaviour, reliving past abusive cycles, co-dependency, abandonment, and others – helps viewers identify and accept less than ideal childhoods. Combines information with true-life stories from the hearts of those who have journeyed into their past, and relearning to nurture and embrace the wounded child within.

Man alive : a circle of healing (ajjh)

Adult; 54 minutes

VHS; 1989

VTR/E 98/.D7/M35/1989

In this documentary, Man Alive returns to Alkali Lake, the Indian Reserve that has overcome alcoholism. Now the community is struggling with a secret hidden for generations under the alcoholic haze – child abuse. This documentary follows the process of family healing and reconciliation in this courageous community.

Mirror of a child, The (aiuc)

Senior 1-Senior 4, Adult; 35 minutes

VHS; 1989

Johnson

VTR/HV 5132/.M37/1989

Dramatizes the effects of being raised by an alcoholic parent. Helps ACOA's see how wounds from the past are currently affecting the quality of their lives. The need for recovery is illustrated by watching the experiences of a young child of an alcoholic who is still caught in the web of a parent's alcoholism.

On the run : growing up with alcohol (aivu)

Adult; 22 minutes

VHS; 1989

Canadian Learning

VTR/HV 5132/.O5/1989

This film shows how several adult children of alcoholics are struggling to come to terms with the conflicting emotions of childhood and trying to break the cycle of addiction in their own lives.

Out of the past (aiwc)

Adult; 52 minutes

VHS; 1989

Canadian Learning

VTR/HV 5132/.O88/1989

A Canadian filmmaker, the daughter of an alcoholic, explores the lives of three other "adult children". All are struggling to understand the effects of their parents' drinking on their lives. They have come to believe that only by confronting and understanding the past can they free themselves from it and have some choice in shaping their futures.

Pieces of silence (ajtn)

Adult; 56 minutes
VHS; 1990
Concept Media
VTR/RC 569.5/.C63/C63/1990/v.5

Series : Co-dependency

Tells the story of author and psychologist Robert Subby who not only narrates, discussing addiction and co-dependency, but gives his own perspective on being part of such a family. Interviews with family members illustrate the pain, guilt and frustration of life in a dysfunctional family.

Poor Jennifer, she's always losing her hat (aiym)

Adult; 34 minutes
VHS; 1991
VTR/HV 5132/.P66/1991

Designed to educate adults about the issues faced by children of alcoholics and to encourage them to respond appropriately to their special needs. It is especially useful for adults in community meetings, teachers and other school staff in in-service settings, and other concerned professionals who work with children and adolescents.

Shame (aiyh)

Adult; 30 minutes
VHS; 1990
Hazelden
VTR/BF 575/.S45/S52/1990

Dr. Claudia Black explains the difference between guilt, embarrassment and shame and how someone comes to feel "defective" or "bad" as a child, and offers people a language to use to describe their experiences.

Sound of silence, The (aizj)

Adult; 26 minutes
VHS; 1985
VTR/HV 6626.5/.S69/1985

Physical abuse and incest have a high rate of incidence in families where alcohol and drug abuse is problematic. In this film, Claudia Black provides a means that will allow taboo subjects to be recognized, addressed and recovery initiated. (Lending restricted to counsellors, trainers, etc.)

Standing on higher ground (aizy)

Adult; 13 minutes
VHS; 1988
Kinetic
VTR/HV 5132/.S72/1988

Gives an intimate view of addiction, recovery and ACOA issues from the perspective of a young mother. Joan, a recovering alcoholic, recounts the impact of physical abuse and addiction in her family of origin, and expresses concern for the impact of two generations of alcohol problems on her children.