

**ADDICTIONS FOUNDATION OF MANITOBA
AUDIOVISUAL RESOURCES**

SUBJECT HEADINGS

CO-DEPENDENCE (PSYCHOLOGY)

Achieving intimacy : overcoming co-dependency, parts 1 & 2

Adult; 38 minutes
VHS; 1992
Concept Media

Series : Issues in recovery

(ajvl) VTR/HV 5824/.W6/I7/1992/v.3
(ajvm)VTR/HV 5824/.W6/I7/1992/v.4

These two programs define and illustrate the struggle for intimacy within the recovery process. They present aspects of personality, development of identity, and patterns of interaction that have implications for success in achieving intimacy. Features Robert Subby and personal accounts from two recovering couples.

THE ADDICTIVE RELATIONSHIP SERIES

Kinetic

Compulsive relationships : the players and the personalities (ajsy)

Adult; 36 minutes
VHS; 1989
VTR/HQ 1075/.C65/1989/v.1

Guides the viewer to an understanding of compulsive relationships. Claudia Black and Terry Gorski describe two particular players in the addictive relationship – the counter-dependent and the Co-dependent – and they list the characteristics of each through the use of role-play and stories.

Relationship building : achieving intimacy (ajto)

Adult; 33 minutes
VHS; 1989
Kinetic
VTR/HQ 1075/.R453/1989/v.3

In this video Claudia Black and Terry Gorski explain to the viewer what constitutes a healthy relationship and what steps are involved in the building of one.

Relationship styles : compulsive, apathetic and healthy (ajsz)

Adult; 31 minutes
VHS; 1989
Kinetic
VTR/HQ 1075/.R45/1989/v.2

Three types of addictive relationships are examined by Claudia Black and Terry Gorski. Through the use of the Relationship Score Board, they explain the differences applied to the three types of relationships.

Adult children of alcoholics (aiun)

Adult
VHS; 1985
Alcoholism Counselors
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.

**BREAKING THE CYCLE OF THE DYSFUNCTIONAL FAMILY
SERIES**

New Vision

As the tree is bent, it shall grow (aizo)

Adult; 25 minutes
VHS; 1990
VTR/HV 5132/.A8/1990

This program examines the consequences of co-dependency by exploring how growing up in a dysfunctional family affects learning, socialization, self-esteem and relationships. Interviews within a focus group give viewers a deeper insight into the profound effects of growing up with co-dependency. Viewers will also learn what resources are available in the community, and how to incorporate prevention strategies into the classroom without a budget.

Bridging the gap with self-esteem (aizl)

Adult; 25 minutes
VHS; 1990
VTR/HV 5132/.B75/1990

Children from dysfunctional families often suffer poor self-esteem. This program shows how one school district developed a self-esteem team to help children cope with the stress and the hardship of living in a dysfunctional family. Viewers will witness a session of the Esteem Team as it discusses strategies and techniques to help one particular child. Ideas and techniques from these sessions can be employed to help schools and organizations start their own esteem teams.

Co-dependency : who, what, where (aizn)

Adult; 25 minutes
VHS; 1990
VTR/HV 5132/.C63/1990

This program breaks new ground in understanding co-dependency. A major emphasis of this presentation is educating viewers on how to recognize behavioural characteristics stemming from growing up in a family where alcoholism or drug abuse exists. Viewers will learn how some children become the family hero, the scapegoat, the loner, or the mascot, and identify strategies on how to cope with each. Interviews with adults who grew up in dysfunctional families vividly illustrate major points of this program.

Functional curriculum for the dysfunctional child (aizp)

Adult; 25 minutes
VHS; 1990
VTR/HV 5808.5/.F85/1990

This program demonstrates how two schools developed unique prevention programs based on their community's needs. Some of the ideas generated from these case studies include how to involve parents in the schools, establishing opportunities for student success, the importance of a

positive environment, and where to find role models. Viewers will also learn how to incorporate activities from a teacher's esteem club into any classroom or organization.

Caring for ourselves : hope for healthy relationships (ajef)

Adult; 50 minutes

VHS; 1989

Hazelden

VTR/RC 569.5/.C63/C37/1989

Finding a balance between caring for others and caring for yourself is the key to healthy relationships. In this video, Melodie Beattie and others discuss how you can improve your life by offering yourself the same compassion you willingly give others, and suggestions for learning how to affirm and nurture yourself.

CO-DEPENDENCY SERIES

New Vision

The What & why of co-dependency (ajtz)

Adult; 23 minutes

VHS; 1990

VTR/RC 569.5/.C63/1990/v.1

Using a combination of mimes and family vignettes, gives an overview of the history of co-dependency. Describes current thinking regarding the disorder and discusses its origins, including family traits such as faulty communication, inadequate boundaries and abuse.

Characteristics of co-dependents (ajtp)

Adult; 26 minutes

VHS; 1990

VTR/RC 569.5/.C63/1990/v.2

Using vignettes of three individuals – a nurse whose life is centred on an overweight daughter, a recovering alcoholic who is experiencing little satisfaction from life, and a woman who is enmeshed in an unhealthy relationship – discusses common characteristics of co-dependents, including being externally focused, overly responsible, controlling, rigid and engaging in compulsive behaviour.

The Path to recovery (ajtm)

Adult; 21 minutes

VHS; 1990

VTR/RC 569.5/.C63/1990/v.3

Discusses common concerns of co-dependents entering treatment: effects of treatment on significant others, spiritual issues, and use of will power and analytic thinking in overcoming co-dependency. Discusses common treatment modalities: the importance of groups, letter writing to parents, a personal "bill of rights" to establish boundaries and personal affirmations.

Healing the family within (ajto)

Adult; 30 minutes

VHS; 1990

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

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".

Pieces of silence (ajtn)

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

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.

Co-dependent woman, The (ajet)

Adult; 45 minutes
VHS; 1989
Canadian Learning
VTR/RC 569.5/.C63/C63/1989

A major thrust of this video is for the co-dependent woman to "put away the magnifying glass and pick up the mirror" in order to get on with her own recovery as soon as possible.

Dealing with denial (ajuk)

Adult; 30 minutes
VHS; 1991
Kinetic
VTR/RC 564/.D43/1991

Series : High level recovery

This video explores the importance of dealing with life issues that remain for the addict after the addiction has been arrested such as; every addict is always co-dependent; denial of these co-dependent issues invites relapse; denial easily leads to switched addictions in recovery.

Enablers, The (ajgm)

Adult; 23 minutes
VHS; 1978
Johnson
VTR/HV 5132/.E52/1978

This film is for all the protective spouses and friends, all the children who hide a parent's alcoholism, all the parents who try hard not to recognize the symptoms of chemical dependency in their offspring, and for anyone else who wants to understand the family illness of alcoholism/chemical dependency.

Enabling : masking reality (ajtd)

Adult; 22 minutes
VHS; 1988
VTR/RC 564/.E54/1988

Series : Back to reality

Audiences will discover how our normal, healthy social instincts become distorted by chemical dependence. They see how attempts to be helpful often enable chemical dependents to escape the consequences of their problems.

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.

It's not my problem (ajdc)

Adult; 32 minutes

VHS; 1987

Kinetic

VTR/HV 5132/.177/1987

Hosted by John Bradshaw, a recovering co-dependent, this film shows the problem of co-dependence, pierces the denial of the family system and shows the family the way to their own recovery.

Most common family illness, The (ajpl)

Adult; 57:50 minutes

VHS; 1986

VTR/HV 5132/.B73/1986/v.7

Series: [\[#7 Of 10\]](#)

[Bradshaw On: The Family](#)

Reveals America's most common and unrecognized addiction – co-dependency, the giving up of one's own wants and needs to live for others' wants and needs.

Reclaim your life : how to take care of yourself when alcohol and drugs threaten your family (amhw)

Adult; 48 minutes Closed captioned

VHS; 1998

Hazelden

VTR/RC 569.5/.C63/R4/1998

Each person in this video has struggled with the pain of codependency and each has found a path to recovery. Their stories open the door to healing. "Reclaim Your Life" is about learning the art of living and loving, and the art of living joyfully in a world where many of us wonder if that is possible.