

**ADDICTIONS FOUNDATION OF MANITOBA
AUDIOVISUAL RESOURCES**

SUBJECT HEADINGS

CONFLICT MANAGEMENT

All about anger (aiwt)

Gr. 2-4; 15 minutes
VHS; 1991
Sunburst
VTR/BF 723/.A4/A44/1991

Program helps students understand that anger is a normal and universal emotion, and introduces the idea that while the emotion is not under their control, what they do about it can be. Demonstrates constructive ways of dealing with anger.

Anger (akdu)

Adult; 27 minutes
VHS; 1995
Kinetic
VTR/BF 723/.A4/A35/1995

Anger is a feeling nearly all people struggle with. As with other addictions, anger can be a build-up of tolerance, loss of control, negative consequences and an inability to stop. Dr. Claudia Black guides the viewer through a recovery process. She concludes with the Seven Steps, that are designed to act as a self-help tool, that the client can use each day in his/her recovery.

Anger : you can handle it (aiwu)

Gr. 7-Senior 4, Adult; 24 minutes
VHS; 1995
VTR/BF 575/.A5/A53/1995

Helps students differentiate between normal feelings of anger and destructive angry behaviour. Shows viewers how to get back in control and deal with anger in safe, constructive ways.

The Anger guide : a blueprint for twelve structured sessions (alas)

Adult; Kit includes guide with reproducible handouts and imagery audio tape
KIT; 1996
Kinetic
KIT/BF 72/.A4/A35/1996

Guide was developed as a blueprint for professionals working with groups or individuals dealing with anger. Originally created as a tool to use with Claudia Black's video "Anger", it may be used on its own. Provides an easy to follow format for twelve sessions.

Avoiding common discipline mistakes (anix)

Adult;
VHS; 1995
Kantola
VTR/BF 575/.H6/A8/1995

This video helps managers recognize behaviours that might result in charges of discrimination, defamation of character, wrongful discharge, or constructive discharge. A three-step approach is presented that can help avoid the "I vs. You" confrontation, and an eight-step outline is provided to help keep disciplinary discussions on track.

Conflict communication skills (ajpm)

Adult; 14 minutes
VHS; 1995
VTR/BF 575/.H6/C65/1995

This video shows how we can develop better conflict communication skills in the workplace. By using a three step diffusing process of reflecting, restating and resolving, one can develop effective skills when dealing with hostility and conflict in a difficult workplace situation.

Cooling out : a field guide to managing disruptive behavior (aopx)

Adult; 30 minutes
VHS; 1994
CAMH
VTR/BR 637/.B4/C6/1994

Part 1: Using scenes set in a school, a welfare office and a bank, the video shows ways to diffuse problem situations and manage disruptive behavior by changing our own approach and the environment around us. An introduction to functional analysis describes the ABC approach (Antecedents, Behaviors, Consequences), which will help you identify antecedents, or triggers, that could provoke disruptive behavior.

Part 2: Show how to apply functional analysis techniques. You'll also learn to scan clients from head to toe, to pick up postures or gestures that may reveal their emotional states. Shows how contracts between you and your client can spell out what each party expects from the other. Also looks at the relationship between substance abuse and disruptive behavior.

Includes a user's guide.

Feelings : glad, mad, sad (ajgu)

Gr. 2-4; 17 minutes
VHS; 1993
Sunburst
VTR/BF 723.E6/.F44/1993

Helps students understand and deal constructively with their feelings by learning to differentiate between what they feel and how they act. Makes them aware of the wide range of feelings beyond a simple "good" or "bad"; helps them make better choices about their behaviour.

Handling anger (aopq)

Adult; 15 minutes
VHS; 1995
VTR/HQ 755.85/.H3/1995

The Real life parenting skills program

Shows how to manage your own anger without taking it out on your children. It also demonstrates how to handle a child's anger and to prevent angry exchanges before they happen.

It's not only murder : discovering the violence in your life (amaz)

Senior 1-Senior 4; 16:20 minutes
VHS; 2001
Hazelden
VTR/BF 723/.I645/I7/2001

That violence is more than murder – that it's anything that hurts someone – comes as news to most kids who don't see the harm in behaviour that's all too typical, from sarcasm and spreading rumors to sexual harassment and bullying. Here teens talk about how subtle and pervasive violence can be, how it starts, how it escalates and spreads, how to stop it, how to avoid it, and how to break the cycle that threatens their future.

Men's work (ajiy)

Adult; 60 minutes

VHS; 1992

Hazelden

VTR/HV 6626/.M45/1992

The violence we see and learn as children – both subtle and overt – has a dramatic and too-often destructive affect on our adult lives. Paul Kivel uses role-plays and suggests activities to show us that we have alternatives to violence. Helps us see the effect of violence on our lives, learn to recognize it in ordinary situations, and work toward personal solutions.

PARENTING FOR PREVENTION SERIES

Parenting for prevention : how to stop enabling and start empowering kids (auxe)

Adult; 15 minutes

VHS; 1997

Hazelden

VTR/HQ 755.85/.P3/1997/V.1

Includes a book and facilitator's guide.

You'll learn:

- What parental enabling is and how it can hurt your child
- How to identify some common parental behaviours that lead to enabling
- Whether you might be enabling your child
- How to empower your child

Parenting for prevention : how to set limits for kids (auxa)

Adult; 15 minutes

VHS; 1997

Hazelden

VTR/HQ 755.85/.P3/1997/V.2

Includes a book and facilitator's guide.

You'll learn:

- How to set clear limits
- How to set reasonable limits according to age, trust level, and basic needs
- Why limits should be set in advance and checked for compliance
- How to respond when your child tests the limits

Parenting for prevention : how to enforce consequences when kids violate limits (auxc)

Adult; 15 minutes

VHS; 1997

Hazelden

VTR/HQ 755.85/.P3/1997/V.3

Includes a book and facilitator's guide.

You'll learn:

- How to enforce consequences that are reasonable and related to the violation
- How to enforce consequences calmly, respectfully, and without anger
- What to avoid when enforcing consequence

Parenting for prevention : communicating : how to confront kids when they're doing wrong, how to encourage kids when they're doing right (auwz)

Adult; 15 minutes

VHS; 1997

Hazelden

VTR/HQ 755.85/.P3/1997/V.4

Includes a book and a facilitator's guide.

You'll learn:

- To identify some ineffective communication styles of parents
- How to communicate effectively with your child through active listening
- How to confront your child's negative behaviour
- How to encourage your child's positive behaviour

Parenting for prevention : how to teach kids to handle anger (auxd)

Adult; 15 minutes

VHS; 1997

Hazelden

VTR/HQ 755.85/.P3/1997/V.5

Includes a book and facilitator's guide.

You'll learn how to teach your child to use the A-B-C-D method to handle anger.

- Be AWARE of angry feelings
- BACK OFF and sort out what is really happening
- CHECK OUT CHOICES and the CONSEQUENCES of each choice
- DECIDE AND DO the safest thing

Parenting for prevention : how to teach kids to resolve conflicts without anger (auxb)

Adult; 15 minutes

VHS; 1997

Hazelden

VTR/HQ 755.85/.P3/1997/V.6

Includes a book and facilitator's guide.

You'll learn how to teach your child to use the 3 T's method for resolving conflicts.

- THINK about the conflict
- TALK about the conflict
- TRY to work it out

Positive approach to discipline (aniy)

Adult

VHS

Kantola

VTR/BF 575/.H6/P6/200?

Discipline means punishment. It's been like that for ages. But this video suggests that the old formula may be a waste of time and money. What supervisors really need to concentrate on is solving the problem behaviour. This video shows how to focus on respect and responsibility, creating a platform where the employee who's creating a problem agrees to be the one who solves it.

PULLING PUNCHES SERIES

Kinetic Video

Pulling punches : understanding your rage (aopn)

Adult; 3 part series

VHS; 200?

VTR/BF 723/.A4/P8/Part 1/200?

Even clients in denial about their anger problem will identify with the “real people” interviewed for this program, as they explore: when is anger a “problem”, anger “blackouts” and the “high” from anger, how anger and drug/alcohol use are connected, how anger can lead to relapse, the “roots” of anger, anger as a side-effect of childhood trauma, how triggers “make sense”, deciding to change.

Includes facilitator’s guide with activities and reproducible work sheets. While specifically designed for addicts in recovery, this program is useful to anyone with anger problems.

Pulling punches : tools for managing anger (aopo)

Adult; 3 part series

VHS; 200?

VTR/BF 723/.A4/P8/Part 2/200?

Presents the “nuts and bolts” – eight realistic, proven strategies for controlling anger in the heat of the moment. Real people, recovering addicts with long histories of explosive, destructive rage, show exactly how they now successfully apply tools such as: know your triggers, recognize your “danger zone” signs, remove yourself from the situation, use self-talk to calm down, repeat the serenity prayer, immediately plug into your support system, discharge anger in healthier ways. Includes a facilitator’s guide with activities and reproducible work sheets. While specifically designed for addicts in recovery, this program is useful to anyone with anger problems.

Pulling punches : anger reduction and long-term changes (aopp)

Adult; 3 part series

VHS; 200?

VTR/BF 723/.A4/P8/Part 3/200?

The series ends with “snapshots” of each person featured, showing how gaining control over anger has improved their lives in miraculous ways.

Includes a facilitator’s guide with activities and reproducible work sheets.

SHOWPIECE SERIES

National Film Board

Bully dance (alqp)

Primary – Adult; 10:06 minutes

VHS; 2000

VTR/BF 723/.I645/2000

The “stick people” in this video are imaginary, but this tale is all too familiar. Like the dance beat pulsating throughout the film, the bully’s intimidation of a smaller victim is unrelenting; no one stops the dance until serious harm is inflicted. While the video offers no simple solutions, it does compel viewers – teachers, parents and children – to take stock of their actions and to find ways to end peer abuse.

Dinner for two (alqo)

All Ages; 7:15 minutes
VHS; 1997
VTR/BF 723/.I654/1997

Peace in the rain forest is disrupted when two characters get “stuck” in a conflict, with catastrophic results. Luckily for the lizards, a frog observing the fracas turns into exactly what they need . . . (no, not a prince) . . . a mediator. Tackles conflict in lively humorous and provocative ways. It shows that amidst the chaos that differences create, there are still paths to reconciliation.

When the dust settles (alqq)

Gr. K-Senior 4, Adult; 7:11 minutes
VHS; 1997
VTR/BF 723/.I645/1997

The prairie wind is not responsible for the dirt flying in this film; the culprits are neighbouring gophers with an un-neighbourly appetite for anger and revenge. By sundown, the retaliatory rodents have all but obliterated both of their homes . . . is there any way they can put the pieces back together?

Understanding stress and conflict (ajbg)

Adult; 44 minutes
VHS; 1982
Sunburst
VTR/BF 575/.S75/U53/1982

Part 1 : What is stress? 14 minutes
Part 2 : Stress and anxiety 15 minutes
Part 3 : Coping with stress 15 minutes

Unresolved anger (aopw)

Adult; 33 minutes
VHS; 1989
VTR/BF 723/.A4/U8/1989

Helps clients learn to positively release anger and move away from self-defeating patterns.

Violence prevention ; inside out (aqfj)

Grades 7 – Sr. 4; 20 minutes
VHS; 200?
Kidsrights
VTR/BF 723/.I645/V5/200?

Through narration, interviews, and dramatization, the video examines the feelings inside oneself leading to and resulting from violence, and violence experienced externally in the home, school, society and environment in general.

Part 1:

Understanding Violence: defines violence, showing the role of feelings in violent behavior, e.g. feelings of frustration, loneliness, sadness and particularly anger.

Part 2:

Preventing Violence: discusses prevention of violence, focusing on the consequences of violent behavior, the importance of dealing with anger and other feelings, and the role of alcohol, drugs and guns and gangs in the cycle of violence.

Part 3:

Coping with Violence: is a guide to coping with violence, emphasizing the importance of basic safety strategies and conflict management including mediation skills. It addresses the role of stereotypes – sexual and racial – in the perpetrators of violence.

When you're mad, mad, mad! Dealing with anger (ajbw)

Gr. 5-Senior 1; 33 minutes

VHS; 1993

Sunburst

VTR/BF 723/.A4/W44/1993

Reassuring students that anger is a normal emotion, program helps them differentiate between angry feelings and angry Behaviour. Shows viewers that they can learn to handle feelings of anger by controlling how they act, suggests positive steps they can take.

You can choose : resolving conflicts (amgz)

Gr. K-5; 28 minutes

VHS; 1992

Sunburst

VTR/BF 723/.D34/Y6/1992/v.10

Series : You can choose

Tuggy and Rhonda learn that there are ways to resolve disagreements without fighting. When a dispute between them puts their class project in jeopardy, Tuggy and Rhonda learn to work out interpersonal conflicts in a peaceful and positive way.