

**ADDICTIONS FOUNDATION OF MANITOBA  
AUDIOVISUAL RESOURCES**

**SUBJECT HEADINGS**

**COUNSELLING**

**Alcohol and pregnancy : taking a drinking history and counselling and referral (aiut)**

Adult; 17 minutes

VHS; 1985

Pennsylvania State University

VTR/RG 627.6/.D79/A53/1985

A two-part program demonstrating how to conduct an interview with a client in a pleasant and non-threatening manner.

**BRIEF THERAPY FOR ADDICTIONS**

*Each video in this series includes footage from an actual counselling session featuring real clients facilitated by an expert in the field, and follows a three-part format of instruction, demonstration, and follow-up discussion.*

**Harm reduction therapy for addictions with G. Alan Marlatt (auuy)**

Adult

VHS; 2007

VTR/RC 564/.H3/2007

This model focuses on working with the individual client toward the goal of reducing the harmful consequences of drug use. The therapist accepts clients on their own terms and tries to reduce barriers to treatment. In this tape, Dr. Marlatt works with a heroin-addicted client who is considering entry into a methadone program.

**Integrating therapy with 12-step programs with Joan Ellen Zweben (auuw)**

Adult

VHS; 2007

VTR/RC 564/.I6/2007

Dr. Zweben's approach to therapy proceeds under the assumption that therapy and self-help groups have complementary roles in the process of recovery. In this video, Dr. Zweben focuses on the role of "12-step" self-help groups such as Alcoholics Anonymous and Narcotics Anonymous. She works with a Desert Storm veteran who is currently drinking and who is considering the possibility of contacting Alcoholics Anonymous.

**Stages of change for addictions with John C. Norcross (auux)**

Adult

VHS; 2007

VTR/RC 564/.S8/2007

Years of research by Dr. Norcross and his colleagues have helped to identify the stages people go through in addressing and dealing with addictions. In therapy based on this model, strategies and relationship stances are matched to the individual client's stage. In this tape, Dr. Norcross works with a client who is in early recovery from cocaine addiction and contemplating changing his use of alcohol.

**Challenge to care, A (ajei)**

Adult; 38 minutes

VHS; 1991

Canadian Learning

VTR/RG 627.6/.D79/C43/1991

This program sheds new light on the problems of substance abuse in pregnancy. It was created to define addiction, humanize the substance abusing woman, and offer specific strategies to health providers and social workers who care for pregnant and newly parenting women with chemical dependencies.

**Choices and consequences** (ajeo)

Senior 1-Senior 4; 26 minutes

VHS; 1987

Kinetic

VTR/HV 5824/.Y68/C465/1987

Shows the special ways of intervening successfully with adolescents in trouble with alcohol/drugs. Dramatizes the story of three teenage friends, all involved with alcohol/drugs but at different levels. The story reveals in action how the intervention process works at each level.

**FATHER MARTIN SERIES**

**Alcohol** (ambk)

Senior 1-Senior 4, Adult; 16:56 minutes

VHS; 1988

VTR/HV 5045/.A53/1988

Series : Father Martin

Father Joseph Martin discusses what alcohol is and what it does.

**School personnel : opportunity to influence** (ajwe)

Senior 1-Senior 4, Adult; 19 minutes

VHS; 1988

VTR/HV 5808/.S34/1988

Series : Father Martin

School staff members have the perfect opportunity to educate on the dangers of chemical addiction. This video will help school personnel sort out their rights and responsibilities. A Father Martin video.

**Silence condones** (ajwf)

Senior 1-Senior 4, Adult; 19 minutes

VHS; 1988

VTR/HQ 755.5/.S5/1988

Series : Father Martin

Father Martin tells parents that they shouldn't be afraid of their children – speak up.

**Students, parents and school personnel – the right triangle** (ajwh)

Senior 1-Senior 4, Adult; 57 minutes

VHS; 1988

VTR/HV 5808/.S7/1988

Series : Father Martin

Father Martin suggests that all must cooperate to create a drug-free lifestyle in our society.

**Values** (ajwd)  
Senior 1-Senior 4, Adult; 57 minutes  
VHS; 1988  
VTR/BF 724.5/.V3/1988

Series : Father Martin  
Some principles to live by – alternatives to alcohol, drugs, etc.

## **HOPE AND HELP FOR CHEMICALLY DEPENDENT DEAF PEOPLE AND THEIR FAMILIES SERIES**

Adult; Set of five VHS tapes of varying lengths.  
VHS; 1985

(aixi) **Tape 1 (14:45) For chemically dependent deaf people**  
VTR/HV 4999/.D43/H66/1985/v.1

(aixj) **Tape 2 (12:49) For chemically dependent deaf people**  
VTR/HV 4999/.D43/H66/1985/v.2

(aixk) **Tape 3 (16:00) Alcoholics Anonymous**  
VTR/HV 4999/.D43/H66/1985/v.3

(aixl) **Tape 4 (12:19) For deaf family members of chemically dependent people.**  
VTR/HV 4999/.D43/H66/1985/v.4

(aixm) **Tape 5 (28:40) For hearing and deaf counsellors, social workers and others who work with chemically dependent deaf people.**  
VTR/HV 4999/.D43/H66/1985/v.5

**Inhalant abuse** (ajia)  
Adult; 28 minutes  
VHS; 1987  
VTR/HV 5822/.S65/I54/1987

Developed for teachers, parents and health professionals, this video documentary outlines the issues of solvent and inhalant abuse (sniffing glue, gasoline, etc.) and provides recent information on the health hazards. ARF scientist, Luis Fornazzari, describes cases of permanent brain damage caused by inhalants. **(NOT TO BE VIEWED BY POTENTIAL ABUSERS)**

**Inhalant abuse : kids in danger/adults in the dark** (ajib)  
Adult; 18 minutes  
VHS; 1990  
Kinetic  
VTR/HV 5822/.S65/I54/1990

Provides an overview of the inhalant abuse problem while suggesting community-based alternatives and peer-to-youth strategies for prevention and intervention. **(RESTRICTED TO ADULT VIEWING)**

**LINK : violence against women and children in relationships and the use of alcohol and drugs** (ajzz)  
Adult; Kit includes 15 minute video, masters of handouts for distribution, trainer's guidebook, background materials for each module, needs assessment to help trainers adapt the LINK presentation for particular audiences.  
KIT; 1995  
KIT/HV 6626/.L55/1995

LINK is designed to help you better understand the co-relationship between family violence and drug and alcohol addiction, in order to recommend complimentary treatment services that will help meet the full range of your clients' needs. (Also available in French).

**Motivating adolescents to recover**

Adult  
SADAC  
VHS; 1990

Series of two videos. This video series will be of interest to professionals and volunteers who work with adolescents. The series consists of four programs as follows:

(aiud)

VTR/HV 5823/.M67/1990/v.1

**Program 1: 59 minutes: The pre-treatment process:**

Strategies for motivating involuntary or resistive adolescent clients.

(ajue)

VTR/HV 5824/.M67/1990/v.2

**Program 2: 59 minutes: Motivational structures:**

Techniques to motivate the adolescent.

**Program 3: 58 minutes: Adolescent perception:**

An understanding of the dynamics of pre-treatment.

**Program 4: 48 minutes: Pre-treatment program development:**

Strategies for resolving the pre-treatment tasks.

**Motivation and change 1 (akys)**

Adult; Cassette 1 consists of 2 parts, 39 minutes

VHS; 1990

Centre for Addiction and Mental Health

VTR/BF 637/.B4/M6/1990/v.1

Many professionals have great difficulty dealing with the resistance of their substance-abusing clients. This program will help the viewer gain an enlightened understanding of motivation, resistance and change.

Part 1: The Theory of motivation:

Explains motivation as an interactional process, which is influenced by the characteristics of the client and the therapist as well as by environmental factors.

Part 2: The Process of change:

Covers the stages people go through as they change and the primary therapeutic strategies that help them move from one stage to the next.

**Motivation and change 2 (akyt)**

Adult; Contains parts 3 and 4, 1 hour, 27 minutes

VHS; 1990

Centre for Addiction and Mental Health

VTR/BF637/.B4/M6/1990/v.2

Part 3: Demonstrates some methods that the helping professional can use in dealing effectively with resistance presented by the substance abuser. Resistance is defined as any client or counsellor behaviour that blocks the attainment of therapeutic goals. It is viewed as a natural part of the change process since the prospect of change typically elicits anxiety and fear

Part 4: Demonstrates the major components of the therapeutic process applicable to clients with addiction problems. Through the use of counselling skills the interviewer assists the client in moving from stage to stage.

**Motivational interviewing for addictions with William R. Miller (auac)**

Adult  
VHS; 2002  
Pearson Education Company  
VTR/RC 533/.M68/2002

Motivational interviewing helps people resolve their ambivalence about changing addictive behaviors. The therapist creates an atmosphere that is conducive to change by expressing empathy, helping clients explore the gaps between their current behaviors and the lives they would like to lead, avoiding argument, rolling with resistance, and using encouragement. In this tape, Dr. Miller works with a client who is considering the possibility of making changes in two areas : alcohol use and smoking.

## **MOTIVATIONAL INTERVIEWING SERIES**

**Tape A : Introduction to motivational interviewing (anpv)**

Adult; 41 minutes  
VHS; 1988  
University of New Mexico  
VTR/RC 533/.M56/1998/V.1

A conversational interview with Bill Miller and Steve Rollnick. They review the background and current directions of motivational interviewing.

**Tape B : Phase 1, part 1 : Opening strategies (anpw)**

Adult; 39 minutes  
VHS; 1988  
University of New Mexico  
VTR/RC 533/.M56/1998/V.2a

Illustrates the skill involved in the opening phase of motivational interviewing. Phase 1 focuses on identifying and strengthening the person's intrinsic motivation for change. It begins with the first contact and continues until the transition into Phase 2, illustrated on Tape F.

**Tape B : Phase 1, part 2 : Opening strategies (anpx)**

Adult;  
VHS; 1988  
University of New Mexico  
VTR/RC 533/.M56/V.2b

Illustrates the skill involved in the opening phase of motivational interviewing. Phase 1 focuses on identifying and strengthening the person's intrinsic motivation for change. It begins with the first contact and continues until the transition into Phase 2, illustrated on Tape F.

**Tape C : Handling resistance (anpy)**

Adult; 62 minutes  
VHS; 1998  
University of New Mexico  
VTR/RC 533/.M56/1998/V.3

Discusses and illustrates how motivational interviewing includes a set of strategies for handling a decreasing resistance.

**Tape D : Feedback and information exchange (anpz)**

Adult; 55 minutes  
VHS; 1998  
University of New Mexico  
VTR/RC 533/.M56/1998/V.4

The focus of this tape is to illustrate how to take a more active, information-giving role and still be consistent with the spirit of motivation interviewing.

**Tape E : Motivational interviewing in medical settings (anqa)**

Adult; 48 minutes  
VHS; 1998  
University of New Mexico  
VTR/RC 533/.M56/1998/V.5

This tape explores how the spirit of motivational interviewing can be applied in busy health-care settings.

**Tape F : Phase 2 : Moving toward action (anpx)**

Adult; 51 minutes  
VHS; 1998  
University of New Mexico  
VTR/RC 533/.M56/1998/V.5

The focus of this final tape is to know when to move from Phase 1 into Phase 2 (consolidating commitment to a change plan). What counselling methods are used in Phase 2 and how do they differ from the opening strategies of motivational interviewing?

**Motivational strategies for promoting self-change : dealing with alcohol & drug problems (aopv)**

Adult; 38 minutes  
VHS; 1993  
CAMH  
VTR/RC 533/.M675/1993

For health professionals new to the addictions field and for experienced therapists who want to further enhance their skills.

Demonstrates a motivational approach to helping people who abuse alcohol and other drugs. The video's three sections – Assessing and Enhancing Commitment to Change, Dealing with High-Risk Situations, and Maintaining Change – show therapists and other health professionals' valuable strategies for increasing their clients' commitment to change. Using a dramatic enactment, the video demonstrates key motivational interviewing techniques, including open-ended questions, reflective listening, summary statements, self-motivational statements and advice/feedback using questionnaires.

**Mountain, The (ajda)**

Gr. 4-Senior 4, Adult; 12 minutes  
VHS; 1979  
FMS Productions  
VTR/BF 723/.P8/M68/1979

This fable is an allegory for a multitude of problem-solving situations, ranging from substance abuse to social issues. "The Mountain" or any problem should be placed in proper perspective, realizing that informed individual choice is the key to responsible group action.

**Peer intervention : drug abuse (aiwf)**

Gr. 7-Senior 4, Adult; 17 minutes  
VHS; 1990  
Canadian Learning Company  
VTR/HQ 799.2/.P44/P44/1990

This film shows young people what to do if they decide to intervene in a friend's drug use. It stresses that intervening is not risk free and nobody should feel that they must become involved. They're also helped to recognize the difference between a problem and a crisis of emergency and to know how to get help.

**Planning for success : preventing relapse (akaa)**

Adult; Kit includes video, training manual and pamphlets  
KIT; 1987  
KIT/RC 564/.P58/1987

Provides counsellors with a strategy for helping clients maintain abstinence. The kit stresses the development of personal resources and prepares clients to handle high-risk situations, reduce stress and develop a balanced lifestyle.

**The Process : presentation tape (aorr)**

Adult; 13 minutes  
VHS; 2001  
Health Communications  
VTR/RC 489/.P7/P7/2001

Takes participants through a form of experience that helps them heal through role-playing by re-enacting each participant's trauma. The film takes the audience on a journey into the lives of nine characters. Each character has a troubled past evolving from drug addiction, violence, and types of trauma.

**The Process : feature documentary (aors)**

Adult; 70 minutes  
VHS; 2001  
Health Communications  
VTR/RC 489/.P7/P76/2001

Takes participants through a form of experience that helps them heal through role-playing by re-enacting each participant's trauma. The film takes the audience on a journey into the lives of nine characters. Each character has a troubled past evolving from drug addiction, violence, and types of trauma.

**Relax (aixo)**

Adult; 60 minutes  
VHS; 1988  
Pfeiffer & Company  
VTR/RA 785/.R45/1988

Hosted by Dennis Weaver, this is a video for combating workplace tension and strain through a series of relaxation techniques. May be used for stress reduction training sessions, after intense management sessions, during off-site group sessions, with team building and training courses, or at home.

**Seen . . . but not heard (aiyd)**

Adult; 30 minutes  
VHS; 1993  
VTR/HV 6626/.S44/1993

By combining documentary interviews with dramatized scenes, this video explores many serious emotional and physical effects on children who witness violence in their homes. Provides valuable information for any

professional working with children, abused women and assaultive men and is suitable for general adult audiences who have been properly briefed.

**Solvent inhalation (aizf)**

Adult; 53 minutes

VHS; 1985

VTR/HV 5822/.S65/S65/1985

For nurses. Two doctors describe how to diagnose and treat a substance abuser.

**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.)

**Story of hope (ajae)**

Gr. 4-Senior 1, Adults; 14 minutes

VHS; 1993

VTR/HV 5132/.S76/1993

A video about how counselling helps children cope with parental addiction. Featuring interviews with recovering alcoholics and children of alcoholics, the film shows children and adults the benefits of seeking assistance. Suitable for viewing by elementary and middle/junior high school-aged children of alcoholics as well as parents, guardians and other caretakers.

**Tell someone (akpz)**

Adult; 4:37 minutes

VHS; 1987

VTR/HV 5132/.T4/1987

An introductory or discussion starter film for professionals, teachers, or for use with youth in a safe, therapeutic environment. Deals with alcoholism in the family.

**Touchstones : A family drug education course (ajat)**

Adult; Kit contains 12-minute video, two guides designed for five weekly sessions of two to five hours each or as a two-day workshop using five two-hour sessions.

KIT; 1988

KIT/HV 5824/.Y68/T68/1988

The purpose of the course is to introduce the concepts of drug education and drug abuse prevention, identify necessary communication skills, describe adolescent development stages, identify methods of building self-esteem.

**Treatment of alcohol dependence (ajre)**

Adult; 10 minutes

VHS; 1991

Medical Audio Visual

VTR/HV 5275/.T77/1991

Series : Alcohol dependence

Alcohol abuse can be treated successfully in a variety of settings including clinics, individual and group therapy, and self-help groups. This tape describes common treatments such as counseling, and the value of peer support groups like Alcoholics Anonymous.

**Twelve steps (ajbb)**

Adult; 35 minutes

VHS; 1986

Kinetic

VHR/HV 5275/.T84/1986

Designed to offer general understanding of the Twelve Step Program and its principles as well as to encourage individuals and their families to participate in the many wonderful support groups who embrace the program.

**Understanding addictions & emotional child abuse (apzk)**

Adult; 24 minutes

VHS; 2002

Aquarius

VTR/RC 569.5/.C55/U5/2002

Psychologist Oliver Tuthill takes viewers into the often misunderstood world of drug and alcohol addiction and explores the link between addictions and how one was treated as a child. Three recovering addicts share their stories while researchers and clinicians offer insights into this often ignored hypothesis. This is an excellent video to use for training with therapists and to share in support groups. It is a great discussion starter.

**Walk the walk : the art of building resilience in youth (alhm)**

Adult; 20:30 minutes

VHS; 1999

VTR BF 637/.S4/W3/1990

In this video, meet three people who were "at risk" kids (experiencing difficult childhoods), and the special adults that made a difference in their lives. Their stories illustrate the power of caring and supportive relationships.

**Walking in pain (ajbo)**

Adult; 50 minutes

VHS; 1989

VTR/HV 5276/.W35/1989

This documentary offers rare insight into an intensive and successful approach to the treatment of alcoholics. Recommended for use in counselor training, for comparison in counseling skills and, most essentially, for inspiration.

**What about us? (ajbq)**

Gr. 7-Senior 2; 28 minutes

VHS; 1993

Kinetic

VTR/HV 6626.5/W37 1993

Presented entirely from the child's point of view and is intended for use in a group counseling setting to help children talk about and cope with their own experiences of abuse and to reassure them that they are not alone, children learn to accept that they are not to blame for their parents' conflict and the violence at home, that help is available and that they can reach out for it.

## **YOUTH AND DRUGS: AN EDUCATIONAL PACKAGE FOR PROFESSIONALS SERIES**

Adult; 5 tapes  
Kit consists of a study guides, and a book of readings

### **Unit 1 : Adolescent development**

(ajxd)  
VTR/HV 5808.5/.Y68/1991/v.1

An introduction to the issues of adolescent development, and a context for understanding youth substance use and abuse.

### **Unit 2 : Drugs and their use**

(ajxe)  
VTR/HV 5808.5/.Y68/1991/v.2

Outlines key concepts in the addictions field, plus drug information and a discussion of patterns of use by young people.

### **Unit 3 : Identification**

(ajxf)  
VTR/HV 5808.5/.Y68/1991/v.3

Helps youth workers to recognize young drug users, assist in analyzing the pattern of their use and examining beliefs and attitudes which may be preventing a worker from becoming involved in the identification process now.

### **Unit 4 : Assessment**

(ajxg)  
VTR/HV 5808.5/.Y68/1991/v.4

Video equips the viewer to undertake comprehensive drug assessments with adolescents, acquaints the viewer with a series of assessment instruments that can assist in understanding a client's drug use and to plan intervention and treatment which is tailored to the specific needs of each client.

### **Unit 5 : Case study " Chris "**

(ajxh)  
VTR/HV 5808.5/.Y68/1991/v.5

This unit describes some approaches to the treatment of young drug users who have been identified and assessed.