

**ADDICTIONS FOUNDATION OF MANITOBA  
AUDIOVISUAL RESOURCES**

**SUBJECT HEADINGS**

**RELATIONSHIPS**

**THE ADDICTIVE RELATIONSHIP SERIES**

Kinetic

**Compulsive relationships : the players and the personalities (ajsy)**

Adult; 36 minutes

VHS; 1989

Kinetic

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.

**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.

**Baggage cart, The** (akdm)

Adult; 30 minutes  
VHS; 1996  
Kinetic  
VTR/RC 564/.B34/1996

This video asks the viewer to take a look at the bags they have been carrying through life. Claudia Black will walk the viewer through an opportunity to look at the beliefs, feelings and skills they carry and to question whether or not they still serve the purpose they did when they were originally created.

**Boundaries, precious boundaries** (aqar)

Adult;  
VHS; 199?  
E. Power & Associates  
VTR/HN 132/.B6/199?

One of the most difficult topics made easy. You'll learn what boundaries are, how we make them, why they become problems, how to identify yours, and what to do to change them.

**Can we talk? Couples communication** (ajec)

Adult; 53 minutes  
VHS; 1994  
Lethbridge Community College  
VTR/HQ 801/.C35/1994

Communication is often the way people in a relationship work out meaning. The goal of communication is understanding, not agreement. Learning the difference might mean more than an attitude adjustment; it could be the beginning of a change in what you have learned about talking and listening since childhood.

**Couple skills : making your relationship work** (ajfa)

Adult; 30 minutes  
VHS; 1995  
VTR/HQ 801/.C68/1995

Features Julie and Alex, a typical American couple, who quarrel about time and money and commitment. They display all the aversive strategies that get couples into trouble: blaming, name calling, withdrawing, minimizing, and so on. Between fight scenes, Julie and Alex attend therapy sessions in which real-life therapist Matthew McKay, Ph.D., trains them in basic couple skills.

**HEALING FAMILIES : LIFE'S JOURNEY HOME SERIES**

**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.

**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.

**Self-care** (akli)

Adult; 26 minutes  
VHS; 199-  
VTR/BF 698.35/.I55/H43/199-/v.5

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

**Love addict, the avoidant, and the co-addicted couple, The** (akwn)

Adult; 53 minutes  
VHS; 199-  
VTR/RC 569.5/.C63/L6/199-

In childhood our caregivers teach us how to be in relationships with others. If we have been neglected we tend to expect too much from others. If we have had to take care of others rather than ourselves we tend to avoid intimacy. People who have had such experiences are prone to attract one another and form co-addicted relationships. Here is a way to address such issues.

## **MATRIX MODEL SERIES**

**Families in recovery : the Matrix Model** (arom)

Adult; 60 minutes  
VHS; 2005  
Hazelden  
KIT/HV 5132/.M3/Part 3/2005

The Matrix Model

This video reinforces the concepts discussed in Triggers and Cravings and Road Map for Recovery. It then explains how the phases of addiction and recovery affect family members – and why involvement helps the entire family.

**Family unit : a 12-session alcohol & drug education program for patients and families : the Matrix Model, The** (aron)

Adult; 125 pages  
Guide; 2005  
Hazelden  
KIT/HV 5132/.M3/Guide/2005

The Matrix Model

In this program, patients and their families meet as a group once weekly. The program consists of twelve one and one-half hour group sessions for the first three months. All patients and family members attend the Family Education group for twelve weeks. Because this is the one element of the program that regularly involves family members, the sessions are designed to be interactive, allowing the group leader to include the most pressing issues for both patients and family members. Three lecture videos accompany this program.

**Road map for recovery : the Matrix Model (arol)**

Adult; 52 minutes

KIT; 2005

Hazelden

KIT/HV 5132/.M3/Part 2/2005

The Matrix Model

This video helps clients understand how they'll feel at every stage of recovery, why they'll feel that way, and how they can feel better.

**Triggers and cravings : the Matrix Model (arok)**

Adult; 56 minutes

KIT; 2005

Hazelden

KIT/HV 5132/.M3/Part 1/2005

The Matrix Model

This video explains how triggers and craving affect the client during the process of addiction. Clinical concepts and biological processes are compared to familiar events and examples, resulting in the "aha" moments for the client.

## **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

**Sons & daughters / drugs and booze (arqt)**

Adult; 29 minutes

VHS; 1984

Gerald T. Rogers Productions

VTR/HQ 755.85/.S66/1984

One of the most difficult things parents might ever have to face is drug use by their children. Using examples, children's drug use is explored within family contexts. Illustrates what parents might do if they suspect drug use and how to confront their children about the problem.

**Suckerfish (asdy)**

Senior 1 - Senior 4; Adult; 8 minutes

DVD; 2004

National Film Board of Canada

DVD/E98/.D7/S8/2004

When she was 8, Lisa Jackson began to suspect that she was part Native. Then her mother told her that their Indian name was Nahmabin, or Suckerfish. When she was 10, Lisa fled Toronto to live with relatives in Vancouver to escape her mother's depression, alcoholism and prescription drug abuse - legacies of the residential school experience. Twenty years later, as she sifts through memories and letters from her mom, Lisa constructs a portrait of a woman whose drive to love her daughter triumphed over her demons of addiction. Animation, childhood photographs, stylized recreations and the young child's whimsical voice add to this moving, at times humorous, look at the director's relationship to her mother and Native identity.

**Taking charge of change (apzn)**

Adult;

VHS; 200?

VTR/BF 637/.B4/T3/200?

This video gives clear, concise information about making and managing change, whether business or personal.

Viewers are exposed to models that help them as individuals.

**The trouble with feelings (aqas)**

Adult;

VHS; 199?

E. Power & Associates Products

VTR/BF 723/.D34/T7/199?

An easy to understand tape on what feelings are, how we learn them, why they become trouble, what you can do about it, and lots of how-to tips on feeling and managing your feelings safely.

**What do I say to my kids? (atzx)**

Adult; 26 minutes

DVD; 2005

Kinetic Inc.

DVD/HV 5132/.B533/2005

In this warm and highly instructional video, Claudia Black offers mothers and fathers a language in which to talk with their kids of any age about drugs and alcohol. Based on her most recent book, Straight talk : what

recovering parents should tell their kids about drugs and alcohol, Claudia addresses the value of talking openly about addiction as a disease, multiple addictive disorders and recovery practices.

Recognizing that "walking the walk" is vital to parents, Claudia presents strategies for reconnecting with even the very skeptical, non-trusting child as well as an adult child. For parents with children still at home, she identifies protective factors that lesson the risk factors and she offers hope and direction.

Throughout this presentation are five young people, ages seven to twenty-two, expressing common thoughts and attitudes relating to being in an addictive family system.

**When dating turns dangerous** (akpu)

Gr. 7-Senior 1; 33 minutes

VHS; 1995

Sunburst Communications

VTR/HQ 801.83/.W4/1995

Addresses the growing problem of dating violence, describes the patterns it takes and why abusers act the way they do, and how the abuse gradually destroys a victim's self-esteem.