

**ADDICTIONS FOUNDATION OF MANITOBA  
AUDIOVISUAL RESOURCES**

**SUBJECT HEADINGS**

**SELF-MANAGEMENT (PSYCHOLOGY)**

**Acting on your values** (ajvh)  
Senior 1-Senior 4; 30 minutes  
VHS; 1988  
Hazelden  
VTR/BF 724.3/.V3/A37/1988

Series : The Power of Choice

Discussion about what the choices we make reveal about values in our society. Kids speak about materialism, the power or money, and the pursuit of self-gratification.

**Art of living with change, The** (aiwy)  
Adult; 50 minutes  
VHS; 1992  
Hazelden  
VTR/BF 637/.B4/A78/1992

Changing our lives means choosing powerful new behaviours – not just doing busywork. In this video Ernie Larsen explains how to turn good intentions into genuine progress and how to change self-limiting habits such as procrastination or people pleasing.

**Believing in yourself** (ajds)  
Adult; 60 minutes  
VHS; 1991  
Hazelden  
VTR/BF 637/.B4/B45/1991

Ernie Larsen explores the process that causes feelings of low self-esteem and lack of self-confidence. He presents a program that enables viewers to identify problems and change behaviours in order to guide themselves towards more successful lives.

**Body image** [amgk]  
Senior 1-Senior 4; 27:12 minutes  
VHS; 1998  
Sport Medicine Science Council  
VTR/RC 455.4/.S42/B63/1998

Body image is a half-hour program designed to separate media hype from reality, to help young people make the right choices, and develop an effective, healthy lifestyle.

**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.

**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.

**Connecting body, mind and spirit through movement (alog)**

Adult; 24 minutes  
VHS; 2000  
VTR/BF 637/.M4/C6/2000

In this video, you will learn simple movement that will help you integrate body, mind and spirit. Claire Cassell leads you in movement and meditation in the beauty and serenity of nature. The soothing woodland flute music that accompanies this video is written and performed by Jim Schattauer. His original composition "So Many Colours" is interpreted by Claire in American Sign Language.

**Criminal and addictive behavior : tactics video (aqwz)**

Adult; 23 minutes  
VHS; 2002  
Hazelden  
VTR/RC 564/.C755/2002a

Inmates, not actors, candidly discuss the tactics they have used to exact power and control over others – in prison and out of prison. In a group setting as participants in a cognitive-behavioural treatment program, the inmates share personal stories about manipulating, intimidating, physically assaulting, and even murdering individuals, who got in the way of what they wanted. Raw, real and tragic, the inmates' stories reveal :

- how distorted thoughts and unresolved feelings fuel criminal behaviour
- why using drugs and committing crimes are fundamentally linked
- what it really means to take charge of your life and respect others

**Criminal and addictive thinking – thinking about your thinking video : part 1 (aqxa)**

Adult: 32 minutes  
VHS; 2002  
Hazelden  
VTR/RC 564/.C755/2002b

Continued from the video : Criminal and addictive behaviour : tactics video. Among the inmates discoveries about the way they think are:

- seeing yourself as a victim allows you to victimize others
- distorted thinking leads to manipulative and aggressive behaviours
- feelings of entitlement and criminal pride play into distorted thinking

- in criminal thinking, self is first and everybody else is second

**Criminal and addictive thinking – thinking about your thinking video : part 2 (aqxb)**

Adult; 30 minutes

VHS; 2002

Hazelden

VTR/RC 564/.C755/2002c

Inmates, not actors, present a series of eight real-life, everyday prison scenarios that could easily escalate into violent incidents. After each scenario, viewers are asked to analyze the event, identify the feelings and distorted thinking involved, and determine possible replacement thoughts and behaviours. Using their own words and drawing from their own experiences, the inmates role-play situations that realistically portray how criminal and addictive thought patterns lead to destructive behaviours. The situations include:

- an inmate's overreaction to a routing shakedown
- a discussion among three inmates about whether to retaliate for a fight
- a scuffle after an egregious foul on the basketball court
- an inmate's angry phone call to his spouse who refuses to send money
- a quarrel between roommates about how to resolve a conflict

**Criminality and substance abuse (aqwy)**

Adult; 28 minutes

VHS; 1993

Hazelden

VTR/RC 564/.C75/1993

Challenges criminal thinking and the link between criminal behaviour and substance abuse. This video is crucial for understanding the connection between substance abuse and criminal behaviour, and defining how to escape those kinds of behavioural patterns.

**Dependent woman, The (ajfh)**

Adult; 45 minutes

VHS; 1989

Canadian Learning

VTR/HV 5137/.D46/1989

Explores the concepts of "supermom", shame, guilt, and women's self-hatred as recovery issues, proposing that the recovering woman deserves the same quality of treatment that men receive.

**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.

**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".

**Healing the shame that binds you (ajcs)**

Adult; 60 minutes  
VHS; 1988  
Kinetic  
VTR/BF 575/.S75/H43/1988

No emotion brings greater unhappiness than toxic shame. In this program John Bradshaw outlines various stages of recovery from shame.

**INSIDE STORIES : JOURNEY INTO SELF-ESTEEM SERIES**

Adult; 4 tapes, 30 minutes each  
VHS; 1990

The journey into self-esteem is a journey of exploration into a deeper awareness and appreciation of who we are. This video, divided into four shows, gives you an inside look at the lives of ordinary people, different from one another, but sharing a common purpose. They all want to improve their self-esteem and thereby lead happier and more fulfilling lives.

(ajuo) **Show 1 : Self esteem begins in the family**

VTR/BF 637/.S4/I58/1990/v.1

(ajup) **Show 2: Self-esteem and how we learn**

VTR/BF 637/.S4/I58/1990/v.2

(ajuq) **Show 3 : Family in recovery**

VTR/BF 637/.S4/I58/1990/v.3

(ajur) **Show 4: Seniors' esteem issues**

VTR/BF 637/.S4/I58/1990/v.4

**Kissing guilt and shame goodbye (ajum)**

Adult; 29 minutes  
VHS; 1991  
Kinetic  
VTR/BF 575/.S75/K55/1991  
Series : High level recovery

In this video we learn the nature and power of guilt to limit the quality of recovery: what guilt is and is not; how to recognize guilt when a shame attack strikes; sure fire methods of avoiding falling prey to guilt.

**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.

**Please understand me (aiwh)**

Adult; 75 minutes

VHS; 1987

VTR/BF 801/.P54/1987

A video about temperament, character, and personality – based on the book “Please Understand Me”, by David Keirse and Marilyn Bates.

## **POWERS AND BECOMING SERIES**

AADAC

**Highlights (ajvr)**

Adult; 15 minutes

VHS; 1984

VTR/BD 372/.P68/1984/v.1

The Powers and Becoming Series by Ken Low is a three-part introduction to freedom skills. This preview tape highlights some of the main points of the series.

**Freedom trap (ajvq)**

Adult; 20 minutes

VHS; 1884

VTR/BD 372/.P68/1984/v.2

To stay free, individuals should be alert to freedom traps which are any situations that decay personal powers and create dependency. Freedom skills stay in shape when people continue to explore, test and express their powers.

**Freedom to . . . freedom from (ajvp)**

Adult; 25 minutes

VHS; 1984

VTR/BD 372/.P68/1984/v.3

Freedom is more than the absence of restrictions; freedom is also the power to act, the ability to make things happen. We can only become what we have been equipped to become, but at some point everyone is free to choose their own equipment.

**Self-design (ajvo)**

Adult; 20 minutes

VHS; 1984

VTR/BD 372/.P68/1984/v.4

Character skills such as courage, determination, curiosity and flexibility are vitally important for independence and are the skills everyone uses to control their own powers. By selecting our challenges, and how we respond to them, we are designing ourselves.

**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.

**Secret to a satisfied life, The** (aiyc)

Adult; 50 minutes

VHS; 1992

Hazelden

VTR/BF 378/.A75/S43/1992

Ernie Larsen shows that it's not enough to just know something – you also need to understand the "why" of it. Dramatic vignettes help you understand the "whys" of your own actions and attitudes and to realize that it's not what happens but how you respond to what happens.

**Self-esteem** (ajvn)

Senior 1-Senior 4; 30 minutes

VHS; 1988

Canadian Living

VTR/BF 637/.S4/1988

Series : The Power of choice

The way we feel about ourselves affects every aspect of our private and social lives, and has tremendous influence on the kinds of choices we make. In this program host Michael Pritchard and high school students consider what self-esteem is, what it does for us, and how we can tap into it. The underlying message is that good self-esteem leads to good choices, and good choices lead to greater self-esteem.

**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.

**Spiritual awakening** (aizr)

Adult; 25 minutes

VHS; 1986

Hazelden

VTR/HV 5275/.S65/1986

Helps clients understand how Twelve Step living, spirituality and AA principles work in recovery. Featuring Damian McElrath, Ph.D., the program approaches a spiritual awakening as a gradual internalization of the Twelve Step way of life.

**Spiritually alive : finding joy and freedom** (akov) **STAFF ONLY**

Adult; 20 minutes

VHS; 1997

Kinetic

VTR/B 132/.S6/1997

Transcending the individual is a force greater than all of us. In this video, spirituality is vibrantly defined as the universal force that connects each of us to others, a Higher Power, and ourselves. Discussions included in this tape are: organized religion in Twelve-step programs; overcoming roadblocks to recovery; how a Higher Power can help; communication with a Higher Power.

**Touch of the Master's hand, The** (ajjas)

Adult; 20 minutes

VHS; 1987

VTR/BJ 1533/.H9/T68/1987

A film that speaks to the worth and potential of every individual and illustrates why all life is valuable and that anyone can find renewal and begin again.

**Understanding eating disorders : teens view their bodies, food, self-esteem and recovery** (apzl)

Adult; 28 minutes

VHS; 1996

Aquarius

VTR/RC 552/.C65/U5/1996

This video explores anorexia, bulimia, compulsive overeating and obesity through the voices of their victims and medical professionals. As a society at large, we are obsessed with the "battle of the bulge," unaware of the environment we are creating that is ripe for eating disorders. From colleges to elementary schools, we see a resurgence in teaching individuals about healthy eating habits to either avoid potential health risks, or begin the healing process for those with an eating disorder. Hearing directly from people of all ages in recovery provides insights into the disease, what to look for and avenues for help. A great video for people working with teens, self-esteem and health issues.

**Values & personal responsibility : living skills** (ajbh)

Adult; 23 minutes

VHS; 1994

Hazelden

VTR/BF 778/.V35/1994

Examines the importance of taking responsibility for your life and illustrates how you can get in touch with your values to make good decisions for solving problems in your recovery, relationships and job.

**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.