

the human condition BOOKSTORE



Psychotherapy and Counselling DVDs

PSYCHOTHERAPY.NET DVDs

THE THERAPEUTIC RELATIONSHIP, INDIVIDUALISED TREATMENT AND OTHER KEYS TO SUCCESSFUL PSYCHOTHERAPY

John C. Norcross



Norcross discusses the scientific evidence that the relationship between therapist and patient accounts for success more than we may have realised. From how to cultivate the 'person of the therapist', to the importance of prizing the patient's perspective.

Learn three questions to ask in order to: tailor psychotherapy to each individual; maximise the effectiveness of treatment; and reduce the rate of premature terminations. Learn how to skillfully address and repair alliance ruptures and steps you can take to improve your therapeutic effectiveness.

81 min • Individual \$39 • Instructor \$139

EMOTIONALLY FOCUSED THERAPY IN ACTION—2 DVD SET

Sue Johnson



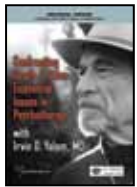
Johnson helps Matt and Rhea conceptualise their conflicts in attachment terms, gain an understanding of their negative cycle, and reveal some of the vulnerable feelings that underlie their explosive anger. Learn: the core theory and principles of EFT;

how to help couples identify the negative cycles that keep them stuck; and specific techniques to help clients access the primary emotions that drive their conflicts.

213 min • Individual \$79 • Instructor \$229

CONFRONTING DEATH AND OTHER EXISTENTIAL ISSUES IN PSYCHOTHERAPY

Irvin D. Yalom, MD



Sharing ideas from his most recent book, *Staring at the Sun*, Yalom shows us how to confront death in order to invigorate and enhance our own lives and the lives of our patients. Weaving together tales from his own clinical practice with wisdom from the great

philosophers, Yalom illuminates the existential perspective and how it can be skillfully utilized to enliven the psychotherapeutic encounter. Learn how to recognize the presence of death anxiety in your patients, and learn techniques to not only alleviate their excessive anxiety, but to truly enhance their lives.

94 min • Individual \$39 • Instructor \$139

INDIVIDUAL VERSION: for personal use only. Priced for individual practitioners.
INSTRUCTOR VERSION: for libraries, group viewing, includes Teaching Manual.

GROUP THERAPY: A live demonstration

Irvin Yalom, MD and Modyn Leszcz, MD



Witness group therapy and Yalom's novel *The Schopenhauer Cure* come alive simultaneously in two unscripted group psychotherapy sessions. Leszcz skillfully demonstrates the core techniques in Yalom's interpersonal model: activating here-and-now interactions, reflection on group process, and the judicious use of therapist transparency.

201 min • Individual \$69 • Instructor \$199

ASSESSMENT AND PSYCHOLOGICAL TREATMENT OF BIPOLAR DISORDER

Kay Redfield Jamison



In this interview Dr. Jamison uses her personal struggle with Bipolar to help clients and therapists understand the misconceptions of this lethal illness. Clinicians will find out what bipolar disorder is, what causes it, how to make an accurate diagnosis, and how to treat it effectively. Essential information about critical treatment tasks for therapists.

53 min • Individual \$39 • Instructor \$139

The Otto Kernberg Series

OTTO KERNBERG: Live Case Consultation

Otto Kernberg



Legendary psychoanalyst Otto Kernberg consults with three therapists of different theoretical orientations: client-centered, psychoanalytic, and cognitive-behavioural. Learn essential questions to ask early to make an accurate diagnosis and treatment

plan. Develop skills to effectively apply an object relations approach to assess, diagnose, and treat people with personality disorders.

146 min • Individual \$59 • Instructor \$159

PSYCHOANALYTIC PSYCHOTHERAPY FOR PERSONALITY DISORDERS:

An Interview with Otto Kernberg, MD

Otto Kernberg



Learn concrete tools and techniques from the leading expert on personality disorders. Covers Kernberg's: concept of the 'borderline personality organisation'; Structured Interview for Personality Organisation; and four core techniques of the

psychoanalytic treatment protocol—explaining interpretation, transference analysis, technical neutrality, and counter-transference analysis. Discusses the essentiality of collegial support and how to: set limits with chronically suicidal patients; work with aggression and violence; and deal with countertransference reactions.

**96 min • Individual \$49 • Instructor \$149
Set • Individual \$98 • Instructor \$258**

The Archetypal Psychology and Psychotherapy Series

JAMES HILLMAN ON ARCHETYPAL PSYCHOTHERAPY

James Hillman



Hillman argues for revisioning psychology in a way that encourages people to get curious about the psyche rather than pathologise it. He argues that the more we embrace surprise and wonder and the less we focus on rational understanding, the

more we will enjoy being alive. He speaks about the importance of imagination and dreams, while encouraging clients and therapists to cultivate a sense of awe.

67 min • Individual \$39 • Instructor \$139

JAMES HILLMAN ON THE SOULLESS SOCIETY

James Hillman



Hillman takes a critical look at American culture and delves into diverse topics such as the addiction to innocence, the value of breakdown, the oppression of being normal, and the role of elders. Discusses the role of psychology and psychotherapy in perpetuating the addiction to

security and innocence. Cultivate more curiosity and awe in everyday life and explore re-visioning psychology to include the soul.

62 min • Individual \$39 • Instructor \$139

Set • Individual \$63 • Instructor \$249

**10% DISCOUNT
APPLIES TO RRP
OF ALL DVDS**

Death, Dying and Grief in Psychotherapy Series

VOLUME I: A BRIEF PSYCHODYNAMIC TREATMENT

Milton Viederman, MD



Demonstrates a psychoanalytic approach to work with grief. Pat is primary caregiver for her dying husband and is experiencing grief and fear around his impending death. Adapts principles of psychoanalysis over four sessions. Viederman builds rapport and trust

with this engaging client, offers her a supportive environment in which insight is produced.

81 min • Individual \$49 • Instructor \$149

VOLUME II: HOSPITAL CONSULTATION WITH MEDICALLY ILL PATIENTS

Milton Viederman, MD



Viederman brings a psychoanalytic orientation to hospital consultations with cancer patients. He works quickly to assess conscious and unconscious coping mechanisms that affect the patient's experience of illness and treatment. Demonstrates when to

probe defensive structures and when to leave them.

104 min • Individual \$49 • Instructor \$149

Set • Individual \$83 • Instructor \$278

EXPLAINING PTSD:

Lessons for mental health professionals

Frank Ochberg, Angie Panos



Gives insightful and thoughtful suggestions on how to explain PTSD to clients—the first essential step in treatment. Elucidates the basic building blocks of PTSD treatment, techniques for educating the significant others and caregivers of clients about the disorder.

24 min • Individual \$39 • Instructor \$99

THE COUNTING METHOD:

A Treatment Technique for PTSD

Frank Ochberg



A method used to master the flashbacks and intrusive recollections common in PTSD. Working with a client in long-term therapy, Ochberg guides and anchors her through the recollection of a traumatic event, and debriefs her experience. Integrate a steady, safe presence, and

therapeutic connection in work with clients with PTSD.

25 min • Individual \$29 • Instructor \$99

Set • Individual \$57 • Instructor \$158

PTSD AND VETERANS:

A Conversation with Dr. Frank Ochberg

Frank Ochberg

How do we help veterans who are returning from war with PTSD? Ochberg shares his experiences, insights and suggestions in this conversation with Mike Walters. He then explains techniques developed to help his clients work through the trauma and adapt to civilian life.

57 min • Individual \$59 • Instructor \$119

PTSD AND CHILDREN:

Move in the Rhythm of the Child

Frank Ochberg



Helping children experiencing PTSD can be unsettling for health professionals. Presents information on symptoms of PTSD in children and stages of treatment. Emphasises the spiritual aspect of coping strategies and offers sound advice on psychopharmacological

therapy. Five noted PTSD specialists—Frank Ochberg, Carl Bell, Kathleen Nader, Erwin Parson and Angie Panos present the most current information on the study of PTSD in children.

60 min • Individual \$39 • Instructor \$119

WHEN HELPING HURTS:

Sustaining trauma workers

Charles Figley



Six noted therapists and experts offer stories and advice on dealing with compassion fatigue, and discuss how to recognise and address this condition. Heightens awareness of symptoms and risks. Provides new information about prevention, resilience and

treatment. Specific strategies on awareness, lifestyle balance and connecting with others.

69 min • Individual \$39 • Instructor \$119

BECOMING A THERAPIST:

Inside the learning curve

Erik Sween PsyD



What if my client doesn't like me? What if I don't know what to say? Recently graduated therapists describe how it felt to meet a client for the first time; what helped during the internship; developing clinical confidence; and how it feels now compared to when they began.

25 min • Individual \$29 • Instructor \$129

LEGAL AND ETHICAL ISSUES FOR MENTAL HEALTH PROFESSIONALS:

*Volume I: Understanding Confidentiality,
Privilege Report and Duty to Warn*

Stephen Feldman, JD, PhD



Based on a US environment, content is applicable to Australia. What's the difference between privilege and confidentiality? When are therapists allowed to break confidentiality and when are they required to? When can progress notes or confidential psychotherapy notes be subpoenaed as evidence?

140 min • Individual \$79 • Instructor \$229

LEGAL AND ETHICAL ISSUES FOR MENTAL HEALTH PROFESSIONALS:

*Volume II: Dual Relationships, Boundaries,
Standards of Care and Termination*

Stephen Feldman, JD, PhD

Explains different forms of dual relationships and boundary crossings and the complexities they can bring. Defines who your client is; your role in the therapeutic relationship; legal and ethical obligations to your client; record keeping, and ethical procedures for ending and referring.

191 min • Individual \$79 • Instructor \$229

DEPRESSION:

A Cognitive Therapy Approach

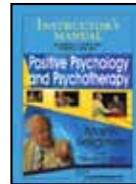
Arthur Freeman Ph.D.

Through 20-sessions, 'Edward' learns to distinguish between situations, thoughts and feelings, and to reframe his beliefs. Utilize cognitive therapy fundamentals: information-gathering; confrontation; reframing and clarification in your own work with clients.

71 min • Individual \$59 • Instructor \$159

POSITIVE PSYCHOLOGY AND PSYCHOTHERAPY

Martin Seligman



Happiness is not just the absence of disorder, but derives from an execution of our signature strengths. Demonstrates a new set of rigorously tested interventions that increase happiness while decreasing depression. Easy, fun, important techniques to help clients

live engaged, meaningful, and happier lives.

77 min • Individual \$49 • Instructor \$149

WHAT WORKS IN PSYCHOTHERAPY

Scott Miller, Ph.D. and Randall C. Wyatt

Miller shares what he knows about psychotherapy outcomes. The therapeutic alliance is one of the most important elements, and the therapist is the determining factor, not the treatment model. Therapists can learn, grow and be more effective by monitoring therapy outcomes, inviting negative feedback, and asking: 'How is this working for you?'

58 min • Individual \$49 • Instructor \$149

RESOLVING TRAUMA IN PSYCHOTHERAPY

A Somatic Approach

Peter Levine Ph.D.

Working with 'Ray' over five sessions, Levine introduces trauma resolution techniques. Based on the premise that trauma overwhelms the nervous system and needs to be addressed somatically before emotional processing is possible. Learn the Somatic Experiencing® approach and integrate somatic methods into work with trauma clients.

200 min • Individual \$89 • Instructor \$249

COGNITIVE THERAPY FOR WEIGHT LOSS:

A Coaching Session

Judith Beck Ph.D.

Clients with weight issues often become caught in a vicious cycle of losing and gaining weight. Beck works with Anne to develop practical skills to enable her to lose weight and make enduring changes. Emphasises development of a set of skills as a crucial element of weight loss.

75 min • Individual \$59 • Instructor \$159

HARVILLE HENDRIX ON THE HEALING RELATIONSHIP

Harville Hendrix

Asserts that because we are wounded in relationships, it is through relationships we must heal and grow. Introduces a dialogue process to engage couples in mutual empathy and genuine curiosity, discusses 'the defense against love' and relational challenges, explains the biggest mistake couples therapists make.

52 min • Individual \$39 • Instructor \$139

Family Therapy with the Experts



NARRATIVE FAMILY THERAPY

Stephen Madigan

12 year-old Ollie has been ordered to therapy after hitting his classmate. Beginning with the premise 'the problem is the problem, the person is not the problem', Madigan asks a questions to help Ollie and his mother tell their story. Shows how to develop a plot that supports a client's preferred identity.

112 min • Individual \$59 • Instructor \$159

EMPOWERMENT FAMILY THERAPY

Frank Pittman

Empowerment Therapy is a character-building experience. Therapists tell clients they are responsible for what they do—no matter how they feel, or what's happened. Learn to develop a therapeutic relationship with clients that empowers them to make the changes they want; develop an understanding of how to negotiate a family's resistance to change; discover how to help parents make decisions in their family's long-term interest.

114 min • Individual \$59 • Instructor \$159

SATIR FAMILY THERAPY

Jean McLendon

A live session with Janice, a single mother, and her eleven-year-old son, John. Learn the essence of the Satir method as McLendon demonstrates key aspects of the Satir approach: creating safety, making contact, and validating feelings and desires.

104 min • Individual \$59 • Instructor \$159

VALUE-SENSITIVE THERAPY

Bill Doherty

Jan is dealing with a moral dilemma: she is a wife and mother, unfulfilled in her marriage, and having an affair. Doherty honors both sides and from this values-based perspective, he encourages Jan to work on finding more fulfillment in her marriage.

115 min • Individual \$59 • Instructor \$159

ADLERIAN FAMILY THERAPY

James Bitter

Carol and Glenn are struggling with their three young children. Bitter demonstrates a foundational Adlerian technique—the 'Typical Day' assessment—revealing details of the family's interactions, generating recommendations to support the parents in co-leading the family more effectively.

115 min • Individual \$59 • Instructor \$159

INTEGRATIVE FAMILY THERAPY

Kenneth V. Hardy

Hardy creates a nonjudgmental space and weaves together seemingly disparate views facilitating a deeper intimacy. Key tenets of Integrative Family Therapy are demonstrated: embracing a 'both/and' philosophy; looking for the 'pearls of functionality'; and the significance of the broader social context.

117 min • Individual \$59 • Instructor \$159

Judy and Adrian do not understand why Pam, their 32 year-old daughter who still lives at home, is so uncooperative.

Learn how different therapists approach the same family and issues by watching the DVD titles below:

- **Solution-oriented family therapy**
- **Structural family therapy**
- **Bowenian family therapy**
- **Object-relations family therapy**

SOLUTION-ORIENTED FAMILY THERAPY

Bill O'Hanlon

O'Hanlon helps this struggling family improve their communication by highlighting habitual interactional patterns. Demonstrates the key aspects of Solution-Oriented Therapy: attending to the present and future; acknowledging feelings; the three key components of change; focusing on exceptions and possibilities.

118 min • Individual \$59 • Instructor \$159

STRUCTURAL FAMILY THERAPY

Harry Aponte

Aponte forms an alliance with Pam through curiosity and direct engagement. Demonstrates key principles of Structural Family Therapy by focusing on day-to-day issues and engaging all three family members. Aponte strikes a delicate balance of meeting the family on their terms, and making observations as well as asserting what they need to do to make the changes they so desperately desire.

114 min • Individual \$59 • Instructor \$159

BOWENIAN FAMILY THERAPY

Philip Guerin

Guerin demonstrates ways to engage a closed family system, while highlighting principles of Bowenian therapy: establishing therapeutic safety and connection with each family member; lowering anxiety; utilizing process questions; neutralizing dysfunctional family triangles; and offering relationship experiments.

117 min • Individual \$59 • Instructor \$159

OBJECT-RELATIONS FAMILY THERAPY

David Scharff and Jill Savege Scharff

The Scharffs create a psychological 'holding environment' for the family, Using their counter-transference reactions, the Scharffs join with Adrian, Judy and Pam to create thought-provoking interpretations helping the family understand Pam's symptoms in a whole new light.

117 min • Individual \$59 • Instructor \$159

Psychotherapy with the Experts



FEMINIST THERAPY

Lenore Walker

A session with a woman in the final stages of divorce from an abusive man. Focuses on her client's accomplishments and the importance of keeping safe. Walker asks direct questions about abuse without overwhelming the client. Places importance on an even power balance between therapist and client.

120 min • Individual \$59 • Instructor \$159

COGNITIVE-BEHAVIORAL THERAPY

Donald Meichenbaum

Watch Meichenbaum with a woman struggling with severe anxiety as she cares for her mentally ill father. Highlights the 'shoulds' and self-criticisms she rotates through her mind, and reveals some of the pain and anger those self-criticisms mask. Demonstrates how therapy helps heal past wounds and teach her to nurture herself.

109 min • Individual \$59 • Instructor \$159

REALITY THERAPY

Robert Wubbolding EdD

Watch Wubbolding with a graduate student who lacks focus in his efforts to complete his master's thesis. This client speaks in tangents and diverts questions. Wubbolding is able to reel him in, leading the client to realize it is his motivation, not external factors that prevent him moving on with his thesis and life decisions.

110 min • Individual \$59 • Instructor \$159

PERSON-CENTRED EXPRESSIVE ARTS THERAPY

Natalie Rogers, Ph.D.

Rogers' client is torn between responsibilities as a stay-at-home mother and a desire for independence. Rogers helps her express this conflict through drawing, exploring what she wants out of her life. Combines person-centered philosophy with expressive arts.

119 min • Individual \$59 • Instructor \$159

INTEGRATIVE COUNSELLING

Jeffrey Kottler Ph.D.

Kottler engages with a female client struggling with two losses. With the use of multiple theoretical perspectives that creatively pull together techniques from a variety of approaches, Kottler helps her develop a new focus on how she can bridge her loneliness by reaching out to people in new ways.

105 min • Individual \$59 • Instructor \$159

OBJECT RELATIONS THERAPY

Jill Savege Scharff, MD

Watch Scharff with a client who feels a sense of guilt towards his mother. Scharff creates a holding environment for unconscious material to emerge and childhood wounds to be worked through. Scharff looks for the subtle affect and patterns of speech that signal underlying conflict, and encourages the issues of the guilt to be revealed.

128 min • Individual \$59 • Instructor \$159

TRANSACTIONAL ANALYSIS

Mary Goulding MSW

Goulding gives her client permission to act out pivotal childhood moments, return to her recently passed mother's graveside for a final goodbye, help her mourn losses and open new doors for the future. Uses Redecision Therapy to help clients change paths from decisions made at a young age.

123 min • Individual \$59 • Instructor \$159

MIND-BODY THERAPY

Ernest Rossi Ph.D

Watch Rossi with 'Robin', who is constantly analyzing, but doesn't know how to imagine. Rossi leads her in mind-body exercises challenging her to think in new ways. Robin uncovers a belief that she always needs to have control, and a previously unknown desire to find some mental peace.

117 min • Individual \$59 • Instructor \$159

EXISTENTIAL-HUMANISTIC PSYCHOTHERAPY

James Bugental, Ph.D.

Bugental helps a female client let down the walls keeping her in constant survival mode. He brings attention to her implicit emotional cues, including snide laughs and self insults, bringing to light her impulsive self-judgment. Through guidance she is able to stay with her feelings in the moment.

114 min • Individual \$59 • Instructor \$159

INTEGRATIVE THERAPY

Allen Ivey EdD

Ivey works with 'Robin', who wants to capture the strengths of her family background rather than the negative legacies. Ivey helps her explore poignant details from her past that lead Robin to carry with her a core strength. Ivey uses techniques from all orientations depending on clients needs and goals.

137 min • Individual \$59 • Instructor \$159

COGNITIVE-BEHAVIORAL THERAPY

John Krumboltz Ph.D.

Krumboltz helps 'Robin' give up on struggling for her mother-in-law's approval. Through a role-play telephone conversation, she learns to shift the locus of control so she can take better care of herself in that difficult relationship—and leaves with plans to have this conversation in real life.

118 min • Individual \$59 • Instructor \$159

ADLERIAN THERAPY

Jon Carlson PsyD, EdD

Carlson explores with his client 'Gina' the family values she learned growing up, highlighting a fierce independence and how this value may have contributed to the downfall of her marriage. Diane Kjos introduces Carlson and facilitates an enlightening discussion on the approach.

118 min • Individual \$59 • Instructor \$159

SOLUTION-FOCUSED THERAPY

Insoo Kim Berg

Watch Berg connect with the client, using her language, tracking how the client frames her problems, and mirroring her skills and assets. Berg emphasises the clients' existing strengths and skills instead of problems and psychopathology.

121 min • Individual \$59 • Instructor \$159

MULTIMODAL THERAPY

Arnold Lazarus, Ph.D.

Lazarus develops his approach by trial and error: trying different techniques, watching client's reactions, and honing in on the client's constant self-criticism, providing tools to address it. Lazarus uses strategies, techniques and interventions from various modalities to tailor the therapy.

128 min • Individual \$59 • Instructor \$159

FAMILY SYSTEMS THERAPY

Kenneth V. Hardy, Ph.D.

Hardy works with a client who, in an effort to avoid conflict, creates a rift in his marriage. Hardy urges him to express his feelings to his wife, bringing to light deep fears of revealing his anger and receiving disapproval. Hardy believes in focusing on how clients influence and are influenced by their relationships and larger social contexts.

124 min • Individual \$59 • Instructor \$159

Couples Therapy with the Experts



STRATEGIC COUPLES THERAPY

James Coyne Ph.D.

Demonstrates how Strategic Couples Therapy, and the use of 'reframing', provide pathways for clear and concrete change. The session with 'Hugh and 'Alan' is preceded and followed by a discussion of Coyne's thought process and methodology.

120 min • Individual \$59 • Instructor \$159

BEHAVIORAL COUPLES THERAPY

Richard Stuart, DSW

Stuart identifies each of the client's primary concerns, and reframes their understanding of problematic behaviors. He empowers them to change their behaviors and develop insight and understanding of how their actions influence the behavior of others.

120 min • Individual \$59 • Instructor \$159

INTERNAL FAMILY SYSTEMS THERAPY

Richard Schwartz, Ph.D.

Watch Schwartz as he helps Kathy get in touch with her fear of Loren 'wandering', and Loren to his own fearful part that has an impulse to 'wander.' This approach helps individuals gain a sense of self-leadership over aspects of self they struggle with.

121 min • Individual \$59 • Instructor \$159

IMAGO COUPLES THERAPY

Pat Love

Love demonstrates how to get a couple to communicate without defenses or explosive arguments, using the Imago Dialogue Process. Imago provides a structure for clients to have calm, empathic conversations, no matter the conflict.

108 min • Individual \$59 • Instructor \$159

EXPERIENTIAL THERAPY

Augustus Napier Ph.D.

Napier uses his own personal experiences to connect with a couple whose problems have escalated to a matter of life and death. He shows how to: use frank feedback within the session; highlight the behaviors that couples need to change; secure a commitment from them both to begin regular couples therapy in order to end the dangerous cycle.

119 min • Individual \$59 • Instructor \$159

EMOTIONALLY FOCUSED COUPLES THERAPY

Sue Johnson Ed.D.

Johnson works with 'Leslie' and 'Scott' who are on the brink of divorce. She helps Leslie communicate that it is not Scott she can't be close to, but his temper that keeps her away. Johnson helps Scott explore 'softer' emotions hidden beneath his anger. Johnson's persistent and gentle coaching helps them to take risks and begin to connect in ways they've never experienced before.

115 min • Individual \$59 • Instructor \$159

Couple and Family

COUPLES THERAPY

An Introduction

Ellen Bader Ph.D. and Dan Wile Ph.D.



Describes two common patterns in couples: withdrawal from each other, avoiding critical issues; or engaging in repeated conflict leaving the partners hurt and angry. Provides reality-based encouragement on what changes are possible.

43 min • Individual \$39 • Instructor \$129

TOOLS AND TECHNIQUES FOR FAMILY THERAPY

John Edwards

Provides an overview of the fundamental techniques for effective family work: segmenting, enactments, positive reframing, mapping, draw-a-dream, circle method, colleague teamwork, new talk, guardrail, sculpting and alter ego. Includes workshop footage, family sessions, and focused interviews.

60 min • individual \$39 • Instructor \$139

I'D HEAR LAUGHTER

Finding Solutions for the Family

Insoo Kim Berg



Berg shows us how to help a family come together as a whole to build on their strengths and collaborate on solutions. Uses techniques to reconnect the family so they can build on what has brought them together in the past and hear laughter in the home again.

105 min • Individual \$59 • Instructor \$159

IRRECONCILABLE DIFFERENCES:

A Solution-Focused Approach to Marital Therapy

Insoo Kim Berg

Berg shows how effective it can be to focus a couple on their strengths and resources, moving from fighting towards collaboration. Techniques include finding Exceptions to Problems, the Miracle Question, Scaling, and Amplifying Change.

92 min • Individual \$59 • Instructor \$159

GENDER DIFFERENCES IN DEPRESSION:

A Marital Therapy Approach

Peggy Papp, MSW & the Depression Project of the Ackerman Institute for the Family

The Depression Project's treatment team works with a severely depressed couple to reduce marital discord, alleviate each partner's feelings of despair, and bolster a sense of competency and satisfaction in the marriage.

44 min • Individual \$39 • Instructor \$139

THE ANGRY COUPLE:

Conflict-Focused Treatment

Susan Heitler

Heitler works with a couple who are in a cycle of explosive anger and silent withdrawal. She shows how to: gain control and keep sessions safe; defuse anger without taking sides; teach techniques for preventing anger at home; help couples develop positive communication skills to address and resolve core issues.

73 min • Individual \$59 • Instructor \$159

MAKING DIVORCE WORK:

A Clinical Approach to the Binuclear Family

Constance Ahrons Ph.D.



Groundbreaking approach to working with divorced families, with emphasis on helping ex-spouses and new spouses manage shared parenting obligations. Productive and poignant therapy sessions with an entire binuclear family: the divorced mother and father, their two sons, and the new wife.

45 min • Individual \$59 • Instructor \$159

SHE'S LEAVING ME:

Four-Stage Treatment Model for Men Struggling with Relationship Loss

Steve Lerner Ph.D.

Using an interview with a client left by his wife, as well as an actual family session with the now-divorced couple, their young son, and their new partners, Lerner cogently demonstrates his unique four-stage approach for helping men to cope with the end of a marriage or significant relationship.

40 min • Individual \$39 • Instructor \$139

COUPLES AND INFERTILITY:

Moving Beyond Loss

The Infertility Project of the Ackerman Institute for the Family

Using a clinical illustration of a family systems approach to treatment, this DVD offers a framework for understanding the emotional and psychological impact of infertility on couples.

41 min • Individual \$39 • Instructor \$139

FAMILY SECRETS:

Implications for Theory and Therapy

Evan Imber-Black Ph.D.



Most families have secrets, handed down from generation to generation. Black, an expert on rituals, larger systems and family secrets, speaks about the implications of secrets and presents techniques to usher families through the process of identifying, understanding and resolving secrets.

43 min • Individual \$59 • Instructor \$159

LEGACY OF UNRESOLVED LOSS:

A Family Systems Approach

Monica McGoldrick LCSW, Ph.D.



McGoldrick helps us see how one family member's loss has ramifications for others. In this simulation of an 18-week course of therapy with a family, we see how the presenting problem masks unresolved loss across three generations of family members. Use genograms to assess patterns of unresolved loss.

86 min • Individual \$59 • Instructor \$159

VOICES ABOUT RELATIONSHIPS

Robert Firestone Ph.D.

Explores the kinds of negative thoughts and beliefs people hold about themselves and their partners that impair or prevent them from intimate relating, and why Voice Therapy is an effective means for challenging these negative thoughts and voices. Learn how to utilize a Voice Therapy approach with your own clients who are struggling in their relationships.

46 min • Individual \$39 • Instructor \$119

SEX, LOVE & INTIMATE RELATIONSHIPS

Robert Firestone Ph.D.

Firestone describes early childhood experiences and societal influences that impact an individual's emerging sexuality. Several couples explore their sexual and relational dynamics and identify destructive thoughts and critical voices. Clinicians are introduced to Voice Therapy to help clients challenge these voices.

54 min • Individual \$39 • Instructor \$119

THE ABUSED WOMAN:

A Survivor Therapy approach

Lenore Walker

Illustrates core principles of work with physically, psychologically, and sexually abused women. Gain understanding and skills in: the critical first session interview; developing a crisis intervention safety plan; working with cycles of violence; helping abused women to shed coping strategies that are no longer adaptive, regain self-esteem, and build healthier lives.

60 min • Individual \$59 • Instructor \$159

REBT In Action



MY KIDS DON'T APPRECIATE ME:

REBT with a Single Mother

Janet Wolfe Ph.D.

Demonstrates REBT in a session with a single mother struggling to effectively parent her teenage children. Wolfe works to help her make the connection between her irrational beliefs and the emotional and behavioral consequences of those beliefs. Moving to a more rational belief system empowers the client to sidestep the power struggle with her teenagers and parent more effectively.

55 min • Individual \$49 • Instructor \$149

REBT FOR ANGER MANAGEMENT

Janet Wolfe Ph.D.

Demonstrates REBT with a client needing help with anger management. Wolfe helps her connect irrational beliefs to their ineffectual, and sometimes violent, consequences. Wolfe helps the client understand how not only does the activating event trigger the emotional and behavioral consequences, but irrational beliefs contribute as well.

55 min • Individual \$49 • Instructor \$149

RATIONAL EMOTIVE BEHAVIOR THERAPY FOR ADDICTIONS

Albert Ellis, Ph.D.

'Orville' would like to reduce his drug and alcohol dependency but doesn't know how. Ellis focuses in on Orville's low frustration tolerance and 'self-downing' as the irrational beliefs that sustain his drug and alcohol addictions. Remaining focused on the issue at hand, Ellis pushes Orville to grapple with beliefs and behaviors that are difficult to conquer.

52 min • Individual \$59 • Instructor \$159

COPING WITH THE SUICIDE OF A LOVED ONE

Albert Ellis, Ph.D.

Ellis demonstrates REBT with a client whose husband committed suicide in front of her ten years ago. Ellis helps her reframe her belief that 'I did a rotten thing, that makes me a bad person' to 'I did a rotten thing, that means I made a mistake, but I am not a bad person.' The client repeats these teachings in her own words and from her own heart.

48 min • Individual \$59 • Instructor \$159

Suicide Titles

UNDERSTANDING AND PREVENTING SUICIDE

Lisa Firestone, PhD

How can you know if someone is suicidal? How can you help? Describes the risk factors and warning signs of suicide and offers guidelines from experts in suicide prevention and treatment for getting troubled loved ones to the professional help they need. Hear from three individuals who have made suicide attempts and lived.

28 min • Individual \$29 • Instructor \$99

VOICES OF SUICIDE:

Learning from those who lived

Lisa Firestone, PhD

Learn from three people that made lethal suicide attempts and survived. Psychologists provide important insights into the relationship between early developmental experiences and the later psychological states that lead to suicidal behavior. Includes resources on suicide prevention.

62 min • Individual \$49 • Instructor \$129

SUICIDE & SELF-HARM:

Helping people at risk

Linda Gask, MD

There is no way for us to know who is going to commit suicide, but learning to successfully assess risk and address threats will greatly improve the chance that we can prevent it. Through a variety of realistic vignettes develop skills for the assessment of suicide and self-harm risk; improve techniques in managing situations in which people are at risk; and understand the different tasks involved in crisis management, problem-solving and crisis prevention.

91 min • Individual \$59 • Instructor \$159

Brief Therapy for Addictions



REALITY THERAPY FOR ADDICTIONS

Dr. Robert E. Wubbolding

Dr. Wubbolding's practical and systematic approach helps clients evaluate the effectiveness of current behaviors and focus on practical plans of action for change. He works with a client whose recovery from cocaine addiction is complicated by depression.

107 min • Individual \$59 • Instructor \$159

MOTIVATIONAL INTERVIEWING

Dr. William R. Miller

Demonstrates how Motivational Interviewing helps people resolve their ambivalence about changing addictive behaviors. Miller creates an atmosphere conducive to change, and helps the client explore gaps between current behaviors and the life they would like. Miller works with a client considering changing his alcohol use and smoking habits.

102 min • Individual \$59 • Instructor \$159

HARM REDUCTION THERAPY FOR ADDICTIONS

Dr. G. Alan Marlatt

Expert on harm reduction therapy and relapse prevention, Marlatt, works with a heroin-addicted client considering entry into a methadone program. Watch this innovative approach that focuses on reducing the harmful effects of drug use. The therapist accepts the client on his or her own terms and tries to reduce barriers to treatment. Carlson and Lewis facilitate an in-depth discussion of the further impact and uses of the model.

115 min • Individual \$59 • Instructor \$159

COUPLES THERAPY FOR ADDICTIONS

Dr. Barbara S. McCrady

Dr. McCrady reminds us that alcohol and drug problems always exist in a context that includes families and relationships, and that couples therapy is an important model for working with addictions. She uses a behavioral approach that helps the client change his or her addictive behaviors, helps the partner learn to respond differently, and helps the couple change the relationship itself.

116 min • Individual \$59 • Instructor \$159

COGNITIVE THERAPY FOR ADDICTIONS

Dr. Bruce S. Liese

Liese demonstrates his approach for addictions, as he collaborates with the client to identify and change thought patterns and maladaptive beliefs that relate to addictive behaviors and lead to substance abuse. Watch Liese work with a client whose issues include alcohol and cocaine abuse, and involvement in the criminal justice system.

115 min • Individual \$59 • Instructor \$159

STAGES OF CHANGE FOR ADDICTIONS

Dr. John C. Norcross

Norcross demonstrates the Stages of Change model as he works with a client in early recovery from cocaine addiction and contemplating change in his use of alcohol.

105 min • Individual \$59 • Instructor \$159

Alcoholism

INTEGRATING THERAPY WITH 12 STEP PROGRAMS

Dr. Joan Ellen Zweben

Dr. Zweben focuses on the role of groups such as Alcoholics Anonymous and Narcotics Anonymous within the therapy session. Watch Dr. Zweben work with a Desert Storm veteran who is currently drinking and considering the possibility of contacting Alcoholics Anonymous.

114 min • Individual \$59 • Instructor \$159

TREATING ALCOHOLISM IN PSYCHOTHERAPY: Vol 1—The Developmental Model in Action (2 DVDs)

Stephanie Brown



A 48-year old denies that his drinking is related to problems at home and work. Brown gently but persistently brings alcohol into the focus of the treatment. Follows through four stages of the Developmental Model: Drinking, Transition, Early Recovery, and Ongoing Recovery.

130 min • Individual \$79 • Instructor \$229

TREATING ALCOHOLISM IN PSYCHOTHERAPY: Vol 2—A Live Workshop

Stephanie Brown



Presents research that led to the Developmental Model. Leads viewers step by step through the four phases of alcoholism recovery. Defines key tasks facing the therapist and client during each phase. Case examples and updated research findings ensure a relevant and useful presentation for clinicians.

86 min • Individual \$39 • Instructor \$139

Child Therapy with the Experts



SOLUTION-FOCUSED CHILD THERAPY

John J. Murphy, Ph.D.

Murphy works with two young boys who are struggling with fighting and turning in homework, leaving their single mother overwhelmed and discouraged. He transforms this family's discouragement into encouragement, building on strengths and validating successes.

116 min • Individual \$59 • Instructor \$159

NARRATIVE THERAPY WITH CHILDREN

Stephen Madigan, Ph.D.

Madigan presents an approach that allows family members to separate themselves from their problems and retell their stories. He gets to the heart of this family's frustration—a pattern of competitive taunting among the six children in the house—and helps them uncover skills, strengths and solutions to break the family pattern.

103 min • Individual \$59 • Instructor \$159

COGNITIVE-BEHAVIORAL CHILD THERAPY

Bruce Masek, Ph.D.

Masek adapts his therapy model to a mother-child dyad, helping Mum learn strategies for managing her young daughter's back talk and tantrums. He conducts a focused behavioral assessment to identify the issues that have sparked the acting out.

108 min • Individual \$59 • Instructor \$159

PERSON-CENTERED CHILD THERAPY

Anin Utigaard, MFT

Utigaard connects with a little girl's shyness and fear of doing something wrong. Interacting through play and art, she builds safety and trust, and sparks the girl's sense of initiative.

111 min • Individual \$59 • Instructor \$159

REALITY THERAPY WITH CHILDREN

Robert E. Wubbolding, Ed.D.

Wubbolding guides his young clients through a process of self-evaluation and priority clarification. Watch him help a teenage boy develop motivation and a plan of action to improve his grades and increase the boy's commitment to his homework.

101 min • Individual \$59 • Instructor \$159

GESTALT THERAPY WITH CHILDREN

Violet Oaklander, Ph.D.

Oaklander meets with a boy who is angry with his father but is unable to express it directly. She provides openings for him to show cut-off parts of himself, and collaborates to develop strategies for ongoing expression of his difficult emotions.

107 min • Individual \$59 • Instructor \$159

PSYCHOTHERAPY WITH MEDICALLY ILL CHILDREN

Gerald Koocher, Ph.D.

Watch Koocher as his warm relational stance and play therapy techniques allow children to share experiences of illness. He builds rapport with a young girl, and tests various hypotheses to identify the source of her emotional suffering. Koocher then meets with the mom to develop a plan to address some of her child's symptoms.

106 min • Individual \$59 • Instructor \$159

SEE WEBSITE FOR DISCOUNTS ON SPECIAL DVD SETS

ADLERIAN PARENT CONSULTATION

Jon Carlson, Psy.D, Ed.D.

Jon Carlson demonstrates how to bring the focus away from a child's behavior and back to the parent's actions. Carlson facilitates a parenting group, helping the parents shut down the power struggles with their teens so they can recognise when to give responsibility, when to back off and when to draw boundaries.

117 min • Individual \$59 • Instructor \$159

ADLERIAN PLAY THERAPY

Terry Kottman, Ph.D.

Kottman meets a 5-year old boy who is split between two homes and lacking a sense of control in his life. By using encouragement and suggestions through play, Kottman discovers that this young client needs to show her who's boss.

110 min • Individual \$59 • Instructor \$159

OBJECT RELATIONS CHILD THERAPY

David Scharff, M.D.

In this session the parent-child relationship is the central concern, with attention paid to the representation of the relationship in the child's mind. Using talk and art therapy techniques, Scharff demonstrates how to reach the internal world of a boy grieving his grandmother's death, who gets picked on by his dad and is struggling with separation anxiety.

112 min • Individual \$59 • Instructor \$159

ADOLESCENT FAMILY THERAPY

Janet Sasson Edgette, Psy.D.

Learn how to be candid and real with adolescents rather than fighting for control or approval. Edgette works with a mother and her teenage daughter who comes and goes as she wants. Watch as Edgette softens the teen's combative, provocative stance and empowers mum to take charge.

118 min • Individual \$59 • Instructor \$159

CONNECTING WITH OUR KIDS

George Papageorge MFT

Papageorge offers principles and tools for raising healthy kids without resorting to quick-fix parenting fads or unrealistic expectations. He takes on: pushing limits, values, the internet world, the wrong crowd, music, sex, curfews, drugs, house rules, and more.

105 min • Individual \$29 • Instructor \$89

INVISIBLE CHILD ABUSE

Robert Firestone Ph.D.

Firestone works with men and women to give them voice to the abuse they experienced, and to the child that couldn't then fight back. What emotional child abuse looks like from many different perspectives and experiences.

55 min • Individual \$39 • Instructor \$119

Live Case Consultations

ARNOLD LAZARUS:

Live Case Consultation

Arnold Lazarus Ph.D.

See Lazarus apply his Multimodal Therapy (MMT) model as he consults with two clinicians. MMT integrates techniques from a range of therapeutic disciplines, and is based on the assumption that most psychological problems are multifaceted, multidetermined and multilayered.

60 min • Individual \$49 • Instructor \$149 IRVIN

YALOM:

Live Case Consultation

Irvin Yalom

Three therapists present cases to Irvin Yalom: *Sue*: 50 year old divorced woman struggling to find meaning in her life; *Paul*: artist with work inhibition, yearning for more in his life; *Jeffrey*: group therapy patient seeking help to control angry outbursts. Yalom responds to the clinical issues and the therapists' reactions and countertransference.

90 min • Individual \$69 • Instructor \$179.00

JAMES BUGENTAL:

Live Case Consultation

James Bugental

Bugental demonstrates his group consultation style, asking seasoned psychotherapist Orah Krug to role-play her client 'Joe', allowing the case to come alive in the room. Bugental helps Orah discover her own truths about where Joe is stuck, and use her discoveries from the role-play to further deepen the therapeutic work.

68 min • Individual \$59 • Instructor \$159

Understanding Group Psychotherapy



UNDERSTANDING GROUP PSYCHOTHERAPY:

Vol 1—Outpatient (2 DVDs)

Irvin Yalom

A re-enactment of group sessions of a mixed adult psychotherapy group. Yalom provides behind-the-scene commentary regarding his interventions. See how his interpersonal model is applied and learn techniques to steer groups into the here-and-now so they remain dynamic and powerfully therapeutic.

100 min • Individual \$89 • Instructor \$229

UNDERSTANDING GROUP PSYCHOTHERAPY:

Vol 2—Inpatient (2 DVDs)

Irvin Yalom

A group session in an inpatient psychiatric setting, based on an adaptation of Yalom's Interpersonal Model of group psychotherapy. This structured approach helps to contain client anxiety, and can be adapted to work with a range of populations in diverse clinical settings. Includes explanations of the specific interventions and overall structure.

100 min • Individual \$89 • Instructor \$229

UNDERSTANDING GROUP PSYCHOTHERAPY:

Vol 3—An Interview

Irvin Yalom

Yalom elucidates the therapeutic factors that are at play in a well-running group, and tackles issues such as selection of group members, dealing with dropouts, and working with a co-leader. Discusses the professional influences in his life that inspired his interest in both group work and existential psychotherapy and his research on bereavement.

40 min • Individual \$49 • Instructor \$129

THE GIFT OF THERAPY:

A Conversation with Irvin Yalom

Irvin Yalom



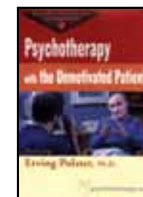
Yalom discusses central themes of his life's work as a psychotherapist and writer, and addresses the core issues facing therapists: working in the here-and-now; therapist self-disclosure; keeping therapy alive in era of managed care; avoiding burnout by staying curious;

existential and group psychotherapy; the therapist's role and fellow travellers.

60 min • Individual \$49 • Instructor \$149

PSYCHOTHERAPY WITH THE UNMOTIVATED PATIENT

Erving Polster



In vignettes over the course of treatment with a patient that resists treatment, Polster continuously engages him in here-and-now interactions, matching wits, joining him with humour and challenging his defenses with a delicate balance of empathy and confrontation. Provides illuminating commentary.

81 min • Individual \$59 • Instructor \$159

DOWN EVERY YEAR

Demonstration of Depth Oriented Brief Therapy

Bruce Ecker MFT.



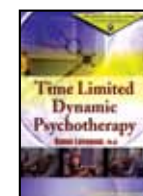
An assumption exists that for psychotherapy to be effective in a few sessions, depth must be sacrificed. Clinicians striving for brevity usually steer clear of clients' compelling, unconscious, lifelong themes. Demonstrates that focused, in-depth therapy is a very

real option!

45 min • Individual \$49 • Instructor \$149

TIME LIMITED DYNAMIC PSYCHOTHERAPY

Hanna Levenson



Integrates psychodynamic, interpersonal, cognitive-behavioral, and system approaches. See highlights of course of therapy with a depressed, passive and somatising 74 year-old man. Learn how to: assess the patient's suitability for TLDP; set meaningful and achievable goals; keep therapy focused on the goals at hand; use transference and countertransference to focus on interpersonal patterns; make every session count.

75 min • Individual \$59 • Instructor \$159

EFFECTIVE PSYCHOTHERAPY WITH MEN

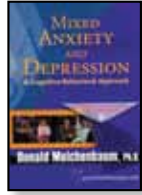
Ronald Levant



Gain skills in: developing rapport with men who would usually flee from therapy; supporting men to apply new self awareness and emotional expressivity to their relationships; distinguishing between action and empathy and emotional empathy; use emotional response log to identify and track emotions.

77 min • Individual \$49 • Instructor \$149

MIXED ANXIETY AND DEPRESSION:
A Cognitive-Behavioral Approach
 Donald Meichenbaum



Gain skills in: using assessment procedures to establish therapeutic priorities and a treatment plan; helping clients develop strategies for change; reconceptualising complaints; teaching intra and interpersonal coping skills through stress inoculation training and cognitive-behavioral techniques.

66 min • Individual \$59 • Instructor \$159

EXISTENTIAL-HUMANISTIC PSYCHOTHERAPY IN ACTION:
A Demonstration (2 DVDs)

James Bugental

Witness Bugental: facilitating client and therapist presence; working with resistance; balancing confrontation with support; reinforcing client subjectivity as fertile ground for true depth work; guiding clients into the search process.

144 min • Individual \$79 • Instructor \$179

HEALING CHILDHOOD ABUSE THROUGH PSYCHODRAMA

Tian Dayton PhD TEP

Learn to: utilise role-play, role reversal and doubling techniques with clients who have suffered trauma from childhood abuse; create psychodrama warm-up exercises, action scenes, and group sharing discussions; and adapt Dayton's approach to your own therapy work with clients.

55 min • Individual \$59 • Instructor \$159

TRAUMA AND THE BODY:
A Psychodramatic approach

Tian Dayton PhD TEP

Learn to: utilise role-play, role reversal and doubling techniques with clients who have suffered trauma; create psychodrama warm-up exercises, action scenes, and group sharing discussions; and adapt Dayton's approach to working with trauma and the body to your own therapy work with clients.

86 min • Individual \$59 • Instructor \$159

GOOD QUESTION:
Solution oriented counselling

Glen Guy, David Axten & Roger Lowe,
 Queensland University of Technology

Distills the essence of solution focused, brief and narrative approaches. The approach is dramatised in a case discussion format and described in the booklet. Three examples are used with segments illustrating a variety of techniques. Booklet has exercises and questions to lead discussion.

PsychOz • 2006 • DVD & Booklet • 40 mins • \$79.95

DEPRESSION-FROM WOE TO GO:
Narrative Group Work

Glen Guy, David Axten & Roger Lowe,
 Queensland University of Technology

Group sessions with five individuals who are struggling, in different ways, with depression. Provides example of the narrative approach that can be used for formal training purposes or by individual practitioners for professional development.

PsychOz • 2005 • DVD & Booklet • 43 mins • \$79.95

COLLABORATIVE COUPLE THERAPY - 3 DVD SET
Turning Fights into Intimate Conversations
 Dan Wile



In Wile's Collaborative Couple Therapy, the therapist reveals the conversation concealed by the flames of the couple's fight or buried in the ashes of their withdrawal. In this six-hour workshop Wile shows how to create an intimate conversation by bringing out the haunting feelings that each partner struggles with alone. Helping partners discover these feelings requires the therapist to feel compassion for both partners—a tall order given some clients' provocative behaviour. A key part of the therapist's job is to recognise when he or she has temporarily lost the needed sense of compassion and to look for ways to recover it. Wile provides a glimpse into how he does this, exposing the rarely revealed inner life of the couple therapist.

PsychOz • 2007 • DVD • 360 min • \$79

A COUPLE THERAPY SESSION CONDUCTED BY DAN WILE

Dan Wile



Wile helps a young couple have an intimate conversation with his unique approach to couples work. Highlights the use of therapeutic doubling—'getting behind both people so that they can get behind the therapy'. Includes a description of the approach and session review.

PsychOz • 2005 • DVD • 56 min • \$39



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