

Learning Resources

Addictions And Mental Illness

The Doctor Is In Series

Many people who are mentally ill are also addicted to drugs and alcohol. These are separate problems that require separate treatments, yet few people have been diagnosed correctly for both conditions.

This program profiles a woman with manic depressiveness and alcoholism, and a man with schizophrenia who is also alcoholic. Dr. Fred Goodwin, director of the U.S. National Institute of Mental Health, explains research that might help identify and treat adolescents before they start to have problems.

Dr. Roger Weiss, a professor at Harvard Medical School and a clinician at McLean Hospital, discusses the theory of "self-medicating." A psychiatrist and an alcoholism counselor talk about their professions' past of not sharing information with each other, and researchers explain new efforts at dealing with this population.

Adult, Professional
28 minutes, order 2-3120-IN

A selection of videos for patients, families and mental health workers

Adolescent Anorexia

The Nursing Implications Series

Juanita Smith, Associate Professor of Nursing discusses its physical and psychological symptoms, along with proper nursing care procedures for diagnosing and treating the syndrome. A teenage anorexic girl describes her experience.

Post Secondary - Introductory, Professional
29 minutes, order 1-3904-IN

Caring For The Rape Victim

In addition to the emotional trauma of rape, victims often experience further stress when receiving medical attention. This discussion presents guidelines for managing the rape victim admitted to an emergency unit. Emphasis is on the physician's role in treating and documenting injuries sustained in the attack, collecting evidence of recent sexual intercourse, and assessing the victim's degree of acute stress reaction (rape trauma syndrome).

Post Secondary - Advanced, Professional
30 minutes, order 1-5005-IN

Childhood Trauma: Attachment To The Perpetrator

The Treating Trauma Disorders Effectively Series (Vol 1)

This program follows the case histories of two women who suffer from childhood trauma. The video uses interviews with Dr. Colin A. Ross, M.D., narrator discussion and dramatic re-enactments to clearly illustrate proven techniques for treating trauma based disorders.

The video explains two fundamental treatment principles for severe childhood trauma: the problem of attachment to the perpetrator and the focus of control shift. These two core aspects of therapy are essential for therapists to understand in order to treat their clients in an effective and timely manner.

For clinicians, the program provides hands-on, useable techniques for their practices. For the layperson, it provides an easy to understand explanation for two consequences of childhood trauma.

Professional
30 minutes, order 6-6001-IN

The Dark Side Of The Moon

This moving documentary weaves together the stories of three mentally disabled men, formerly homeless, who have overcome despair, stigma and isolation to become valued members of their community.

Joe, diagnosed as paranoid schizophrenic, now provides peer counselling and manages an apartment complex for homeless men.

After years of hospitalization, Ron now advocates for patients' rights and is raising his six-year-old son as a single parent.

John still struggles with paranoia, but now lives independently and works as an artist and poet.

After years of feeling hopeless and helpless, through their relationships with understanding friends and community resources, they now help others.

Adult
25 minutes, order 9-7308-IN



Learning Resources

Forgiveness

How To Make Peace With Your Past And Get On With Your Life

Forgiving remains the hardest job in the whole business of human relationships.

Losses, unfinished business and unresolved issues permeate relationships with our parents, children, students, clients, other key individuals and even ourselves.

We can all learn to forgive, which we can do without condoning the actions we are forgiving. To move ahead with our lives, we have to put the past behind us.

Adult
90 minutes, order 5-4481-IN

Multiple Personality: Reality And Illusion

Narrated by Chris Costner Sizemore, this documentary tells the stories of three women with multiple personality disorder, now re-named Dissociative Identity Disorder.

The film begins with Chris Costner Sizemore, the real Eve of *The Three Faces of Eve*, describing her full recovery from multiple personality. Included are: old photographs of Chris, pictures of her personal artwork, clips from a 1953 documentary of Chris switching personalities, and clips from the motion picture.

The stories of the three women are told through personal and professional interviews, dramatic re-enactments, and on-camera. The documentary provides a compelling explanation of multiple personality for the general public. It can be used for teaching colleagues, students, clients and families. This film also addresses the controversial diagnosis of factitious disorder.

Professional
56 minutes, order 6-6002-IN

Panic!

The Doctor Is In Series

It doesn't always take a fire to bring on a panic attack. People stop driving and going out of the home because of this little known condition.

This program explains anxiety disorders, which include panic attacks and phobias. The most severe form is agoraphobia, a fear of having a panic attack while away from home or away from one's safety zone – literally a fear of the fear. Two agoraphobics are followed for three years through treatment. In addition, a man suffering from a phobia of poisoning himself talks about his efforts to deal with his problem, and a woman shows how she worked through a fear of flying caused by panic attacks.

Researchers from Washington University Medical Center explain their evidence for a biological cause for this problem. Doctors David Sheehan of the University of South Florida Psychiatry Center and Charles Ravaris of the Dartmouth-Hitchcock Medical Center discuss the disorder and its treatment.

Adult, Professional
28 minutes, order 2-3125-IN

Phobias & Panic Disorders

Types of anxieties common in today's society; possible catalysts or triggering agents; drug regimens and behavior strategies for treatment.

Post Secondary - Advanced, Professional
60 minutes, order 1-5877-IN

Serenity: A Visual Imaging Video

Learn deep relaxation, relieve stress symptoms and quiet emotions; perfect for stress workshops for clients/staff.

Adult, Professional
25 minutes, order 6-5012-IN

Step On A Crack (Obsessive Compulsive Disorder)

Once thought to be rare, OCD is now estimated to affect between 2 and 4 percent of the population.

In this outstanding video, six people discuss how OCD has affected their lives and how they have come to cope with it.

OCD is displayed by a myriad of symptoms: compulsive hand washing and cleaning rituals, repetitive counting and organizing behaviours are the most common and can range from mild to so severe as to make it almost impossible for the person to function day to day.

The people you will meet talk about their feelings of isolation and lack of control, and about being misunderstood by families, friends and the community. But they also discuss the ways they have come to manage the disorder, through medication, psychotherapy and behavioural therapy.

Ages 15 to 18, Adult
29 minutes, order 9-7305-IN



Learning Resources

Mental Health & Stress

Subject List 80

A comprehensive collection of video resources exploring the issues of stress, suicide prevention and mental wellness. For nurses, doctors and the helping profession.
minutes, order 9-9972-IN

When Children Kill

Intensive look at the motives behind youthful murder and what we do about it after the fact. Interviews with offenders, psychiatrists, teachers, criminologist and an MP. For academic and general audiences.

Post Secondary - Introductory,
Post Secondary - Advanced, Adult,
Professional
23 minutes, order 9-1120-IN

Why, God - Why Me?

Delicately told, compelling dramatization of true life story of a single woman, will aid discussion and understanding of sexual abuse. For mature high school/college students and community groups.

Adult, Professional
27 minutes, order 6-1015-IN

This listing is correct as of Friday January 5, 2001 but is subject to change without notice. If this listing appears to be out of date, please contact us for up-to-date pricing and availability. This is Subject Nbr 194. For a brief master list of all available subjects, request document number 800. For an ORDER FORM, request document number 801

Need More Information About Our Programs?

These listings are very brief. Detailed title information is only a free phone call away.

Check out our internet web page at www.canlearn.com

Selecting the tab 'online catalog' will take you to a complete listing of every title available from us.

