TITLE: Theories of counselling and psychotherapy : a multicultural perspective
AUTHOR: Allen Ivey, Michael D’Andrea, Mary Bradford Ivey
SUMMARY: 2 DVDs accompanying book of same name. DVDs include summary lectures and role-plays
DVD 158.3/IVEY

TITLE: Theory and practice of counseling and psychotherapy : the case of Stan and lecturettes
AUTHOR: Gerald Corey
SUMMARY: Features counseling sessions in which Gerald Corey works with client Stan, using each of the
theoretical concepts covered in the book "Theory and Practice of Counseling and Psychotherapy". Each
session is followed by interactive questions and exercises to help students actively participate in applying the
theories.
DVD 158.3/CORE

TITLE: Three counseling approaches : one adolescent client
SUMMARY: Depicts three approaches to counseling. Students will witness theory in action with solution-
focused, reality therapy, and cognitive-behavioral therapies demonstrated. The client is an adolescent female
who describes problems with her parents, lack of control in her life, and stress. Three therapists take the same
client and work from three theoretical perspectives.
DVD 616.8914/THRE

TITLE: Anyone's story : understanding and responding to adult sexual assault
AUTHOR: Brown, Sienna
SUMMARY: "Anyone's Story is a contemporary teaching resource for health and police educators to deliver
education to workers/members on responding to adult victims of sexual assault. In particular, it aims to
provide a training tool for service providers whose behaviour and attitudes can impact significantly on how
victims feel in the aftermath of sexual assault, or in the aftermath of disclosing past experiences. The video
addresses the work of police, counsellors and sexual assault doctors or examiners and other health professionals in a bid to promote best practice responses for working in sexual assault victim care." - DVD 362.883099/ANYO

**TITLE: Assessing alcohol problems using motivational interviewing**

AUTHOR: Sobell, Linda C  
PUBLICATION INFO: [Illinois?] : Governors State University Division of Digital Learning and Media Design, c2008.

SUMMARY: Demonstration of and discussion on cognitive-behavioral motivational interviewing techniques for assessing a patient’s alcohol use. The goal is to construct an interaction with patients so they feel comfortable discussing their risky or problem behavior.

DVD 616.89142/ASSE

**TITLE: Child development theorists : Freud to Erikson to Spock and beyond**

AUTHOR: produced by Chris Jones & Associates.


DVD 155.4/CHIL

Also available online via vLearn videos in the libguide  wsi.tafensw.libguides.com/bluemts_counselling

**TITLE: Conflict resolution : support skills training DVDs**

AUTHOR: Cornelius, Helena  
EDITION: Updated 2nd ed.  

DVD 303.69/CONF

**TITLE: Conversations with young people : a training and learning video**

AUTHOR: Peter Slattery in discussion with Margaret Condonis.


SUMMARY: A guide for counsellors and youth workers, this video explores the real lives of young people. It offers clear ideas on what to ask questions about, what questions to ask, different ways of asking these questions, and importantly, what to do if you hear something that you find disturbing or worrying.

DVD 361.060835/SLAT

**TITLE: Counselling with interpreters : sexual assault interviews**

AUTHOR: producer, Adrienne Parr ; director/writer, Wendy Thompson.


SUMMARY: A video for counsellors about working with interpreters in sexual assault counselling. Emphasises the importance of the pre- and post-interview, and of obtaining cultural background. Shows ways of facilitating communication.

DVD 362.883/COUN
TITLE: Crisis intervention in action DVD  
AUTHOR: James, Richard K., 1942-  
SUMMARY: Video clips demonstrating various crisis intervention scenarios through the use of role play by Richard K. James and his students. Situations addressed include job loss, complicated grief, domestic violence, psychological autopsy, critical incident stress debriefing, PTSD, rape, violent students and suicide.  
DVD 616.89025/JAME

TITLE: Depression from woe to go : narrative group work  
AUTHOR: Guy, Glen  
SUMMARY: This video dramatises group sessions conducted with five individuals dealing with depression. They represent a diversity of age groups, backgrounds and personal stories of depression. The host, Anna, bases her approach on the concepts and processes of narrative therapy.  
DVD 616.89152/DEPR

TITLE: Gestalt therapy  
SUMMARY: "In Gordon Wheeler's demonstration of Gestalt Therapy, the client attempts to gain a model for understanding how she views the meaning of her experiences, or more accurately, how she constructs the meaning of her experiences, through the lens of her specific viewpoint. What old habits and organization of experiences and feelings does she bring out to each moment? Observe how the client organizes herself and how she carries herself physically. Where are her feelings? How does she construct her experiences? How does she make meaning of her problems? Wheeler's keen exposition of Gestalt therapy exemplifies the underlying theory that growth occurs by assimilation of what is needed from the environment." -- Web description.  
DVD 616.89143/GEST

TITLE: Good question! : solution oriented counselling  
AUTHOR: by David Axten, Glen Guy, Roger Lowe ; produced and directed by Cameron Davie.  
SUMMARY: Summary: Using the scenario of a group of counsellors discussing recent cases, with re-enactments of their interviews with the client, the video examines the interview techniques employed for a successful outcome to the counselling being undertaken.  
DVD 361.06/AXTE

TITLE: I love my kids : an introduction to solution building  
AUTHOR: Berg, Insoo Kim  
SUMMARY: A case study of solution-focused therapy. The client is a young mother who has been abused and whose children have been taken from her care. Solution building is defined and distinguished from problem solving.

**DVD 361.06/ILOV**

**TITLE:** Interviewing for solutions - (2 editions)
**AUTHOR:** Peter De Jong and Insoo Kim Berg.
**SUMMARY:** These DVDs contain "Guided Exercises" that invite the learner to view interviews through a set of pre-programmed stops and requests for their interviewing questions and responses. The books, Interviewing for Solutions, 3rd and 4th editions, by Peter De Jong and Insoo Kim Berg, for which the DVD is a companion, is completely cross-referenced to identify specific clips where given skills and types of solution-focused conversations may be found.

**DVD 361.233/DEJO**

**TITLE:** Motivational interviewing
**AUTHOR:** Jon Carlson. with William R. Miller ; produced by Governors State University.
**EDITION:** Institutional/Instructor's Version.
**PUBLICATION INFO:** [Needham Heights, MA?] : Allyn & Bacon, c2000.
**SUMMARY:** Lewis and Carlson talk to William Miller about motivational interviewing and how it is designed to help people resolve their ambivalence about changing addictive behaviors. The therapist creates an atmosphere that is conducive to change by expressing empathy, helping clients explore the gaps between their current behaviors and the lives they would like to lead, avoiding arguments, rolling with resistance, and using encouragement. Includes footage of an actual counseling session.

**DVD 616.891/MOTI**

**TITLE:** Narrative therapy
**AUTHOR:** host, Jon Carlson ; guest therapist, Lynne Angus.
**PUBLICATION INFO:** [Illinois?] : Division of Digital Learning and Media Design, Governors State University c2008.
**SUMMARY:** A discussion between Jon Carlson and Dr. Lynne Angus followed by a demonstration of Dr. Angus's work with a client suffering from depression and who has boundary issues with her family. The doctor helps the client "own" her story and recognise her own role in improving her life.

**DVD 616.8914/NARR**

**TITLE:** Portraits of development across the life span
**DVD 155/PORT**

**TITLE:** Suicide & self-harm : helping people at risk
**AUTHOR:** written by Linda Gask, Richard Morris, Lynne Battersby.
**EDITION:** Institutional/instructor's version.
SUMMARY: This comprehensive video from the University of Manchester walks through all the steps necessary to effectively intervene when a client threatens suicide or self-harm. You'll learn about assessment, crisis management, problem solving, and crisis prevention through a variety of realistic vignettes. Knowing what to do or say can be difficult to figure out when sitting with a potentially suicidal client. By watching clinicians work with a range of clients, including a school teacher, a teenage addict, and a paranoid-psychotic man, you’ll learn how to create a quick and effective alliance with your client, and how to ask the difficult questions that are necessary to assess suicidality and help them through their crisis.

**DVD 362.287/GASK**

**T**: **Therapeutic journeys. Alcohol and drug counselling skills**: counselling family members
**AUTHOR:** direction, Sue Helfgott, Shireen Narayanan.
**SUMMARY:** This video demonstrates a counselling session with a mother concerned about her son’s drug use. A range of key counselling skills, such as listening, empathy, questioning, summarizing and reflecting feelings are illustrated.

**DVD 361.06/THER**

**T**: **Therapeutic journeys. Alcohol counselling skills**: working with binge drinking
**AUTHOR:** Helfgott, Sue
**PUBLICATION INFO:** Mount Lawley, W.A. : Sushi Productions, c2009.
**SUMMARY:** This DVD features a counsellor interviewing a 24 year old male client who is experiencing problems related to binge drinking, particularly on weekends. Although unconcerned about his alcohol use, he is worried that his partner may end their relationship unless he addresses his excessive alcohol use.

**DVD 361.06/ALCO**

**T**: **Therapeutic journeys. Alcohol & drug counselling skills. Series one, Exploring choice**
**AUTHOR:** producers: Sue Helfgott, Shireen Narayanan.
**SUMMARY:** Demonstrates a range of general and drug counselling skills. Features five counselling sessions with a young woman concerned about her cannabis use.

**DVD 361.06/THER**

**T**: **Therapeutic journeys. Basic counselling skills. Series 2, Exploring roadblocks & effective counselling**
**AUTHOR:** producers: Sue Helfgott, Shireen Narayanan.
**PUBLICATION INFO:** Mount Lawley, W.A. : Sushi Productions, c2002.
**SUMMARY:** Features two vignettes of an initial assessment with a reluctant client who has alcohol related problems. The first demonstrates roadblocks, the second effective counselling skills.

**DVD 361.06/THER**

**T**: **Therapeutic journeys for managing trauma and drug use**
AUTHOR: Sue Helfgott, Shireen Narayanan
SUMMARY: Features a clinical psychologist interviewing a client experiencing problems in managing her trauma, substance use and mental health issues. The therapist uses an educational approach as a powerful therapeutic strategy to empower the client, which includes motivational interviewing, creating a safe place, mindfulness, identifying and managing emotions, and dealing with self critical thoughts and beliefs.
DVD 361.06/THER

TITLE: Therapeutic journeys. Marital counselling
AUTHOR: Helfgott, Sue
SUMMARY: This DVD demonstrates a range of counselling skills when working with couples experiencing relationship and drug related problems. This program features two counselling sessions. Session 1: The counsellor explores a young couple's relationship difficulties, in particular the wife's concern at her husband's drug use. Session 2: The counsellor assesses the success of attempted changes by the husband.
DVD 362.8286/THER

TITLE: Therapeutic journeys. Mental health and drug problems. Series 2, Working with young adults and adolescents
AUTHOR: director, Sue Helfgott ; producers, Sue Helfgott, Shireen Narayanan.
SUMMARY: This video demonstrates a range of key counselling skills in working with young adults and adolescents with both mental health and drug related problems. It is a tool for mental health and drug workers who encounter clients with co-existing mental health and drug problems in the course of their work.
DVD 362.29386/THER

TITLE: Therapeutic journeys. Mental health and drug problems. Series 1, Working with adults
AUTHOR: director, Sue Helfgott ; Producers, Sue Helfgott, Shireen Narayanan.
SUMMARY: Features two counselling sessions. The first: counsellor explores with her client, a young woman, her anxiety and panic attacks, and an unwanted sexual encounter. The counsellor assesses the client's speed use and the connection between the encounter and her increased use. The second session: the counsellor meets with a man referred by his doctor for alcohol related issues. The impact of his drinking is explored as well as his underlying depression.
DVD 362.204256/THER

TITLE: Therapeutic journeys Series 3, counselling Aboriginal clients and their families
AUTHOR: director, Sue Helfgott ; Producers, Sue Helfgott, Shireen Narayanan.
SUMMARY: This video features three counselling sessions with an Aboriginal family and demonstrates a range of skills for workers who counsel indigenous clients with drug or alcohol related problems.
TITLE: Therapeutic journeys. Working with complex clients. Unravelling the chaos
AUTHOR: director, Sue Helfgott ; Producers, Sue Helfgott, Shireen Narayanan.
SUMMARY: In this episode of therapeutic journeys the counsellor explores a number of presenting problems including the client's anxiety, her drug use, risk of harm to her children, suicide risk assessment, relationship difficulties, and financial problems.
DVD 361.06/THER