

COUNSELLING SKILLS DEVELOPMENT

See also:

Professional Development in Psychiatry and Psychotherapy
Professional Development in Substance Abuse Treatment

Part 1: Individual, couples & family therapy

Alcohol Screening and Brief Intervention (Video 2074) 1990; 30 min

This video demonstrates the use and application of the Alcohol Use Disorders Identification Test, AUDIT, and an alcohol screen developed by the World Health Organization. This is not a diagnostic tool and is aimed principally at nurses or general practitioners. Various components are highlighted and demonstrations illustrate applications. These include behavioural measures, biological markers and clinical indicators. Depending on the severity of symptoms referral to a specialist in counselling or simply provide information in a brief intervention is suggested.

American Psychological Association Psychotherapy Series

Note: unless otherwise marked this series is for CAMH staff and advanced institutional loans only (teaching hospital and university professional programs). Each program in the series is structured in a similar manner. Consisting of an interview with the presenting counselor on the details of a disorder, theoretical approach to diagnosis and treatment and an overview of counseling approaches are discussed with a host, usually Jon Carlson. A full counseling session with a client is featured. A discussion, with the host will then analyze specific counseling issues raised in the client session, concludes the program. Run times vary but are normally about one to two hours in total.

Adolescents with Bipolar Disorder with David Miklowitz (DVD3857) 2009

Behavior Therapy for Obsessive-Compulsive Disorder (DVD 3769)

Brief Dynamic Therapy with Stanley Messer (DVD 3786) 2004

Christian Counseling with Mark McMinn (DVD 3744) 2006

Cognitive Behavior Therapy with Jacqueline Persons (DVD 3774)

Cognitive-Behavioral Therapy with Donald Meichenbaum (DVD 3803) 2007

Cognitive Behavior Therapy for Depression Series

- Case formulation & Treatment Planning** (DVD 3747.1)

- Activity Scheduling** (DVD3747.2)

- Using the Thought Record** (DVD 3747.3)

- Schema Change Methods** (DVD 3747.4)

- Structure of the Therapy Session** (DVD 3747.5)

Cognitive Behavioral Therapy for Relapse Prevention, Allan Marlatt (DVD 3746)

Cognitive Therapy, with Judith Beck (DVD 3736) 2006

Cognitive Therapy for Borderline Personality Disorder (DVD 3766)

Cognitive Therapy for Panic Disorders (DVD 3781)

Depression, with Michael Yapko (DVD 3717) 2005

Depression with Older Adults, Peter Lichtenberg (DVD 3762) 2007

Dialectical Behavior Therapy for Adolescents with Multiple Problems, Alec Miller (DVD 3809) 2008

Drug and Alcohol Abuse with William R Miller (DVD 3773) 2002; 103 min

Ethnocultural Psychotherapy (Video 3240)

Emotion-Focused Therapy for Depression, Leslie Greenberg (DVD 3798)

Functional Family Therapy with James Alexander (DVD 3782) 2004

(GAD) Treating Clients with Generalized Anxiety Disorder, with Michelle Craske (DVD 3847) 2008

Inclusive Cultural Empathy in Practice, Paul Pedersen & Jon Carlson (DVD 3840) 2008
Integrative Relational Psychotherapy, Paul Wachtel (DVD 3793) 2007

Mindfulness Based Cognitive Therapy for Depression, with Zindel V. Segal (DVD 3714) 2005
Mindfulness for Addiction Problems, with Allan Marlatt (DVD 3713) 2005
Mindful Therapy with Lorne Ladner (DVD 3795) 2007

Narrative Therapy, Lynne Angus (DVD 3810) 2008

Obsessive-Compulsive Disorder (DVD 3711) 2005

Personality Disorders, with Jeffrey Magnavita (DVD 3763) 2007
Problem Gambling, with Nancy Petry (DVD 3738) 2008
Psychoanalytic Therapy, Nancy McWilliams (DVD 3811) 2008
Psychoanalytic Therapy of Schizophrenia, with Bertram Karon (Video 3270)

Relapse Prevention Over Time, with G. Alan Marlatt (DVD 3805) 2007; 300 min
In six sessions on three DVDs

Responding Therapeutically to Patient Anger (Video 3350) 1998; 45 min

Self-Injury, with Wendy Ladner (DVD 3748) 2007

Shyness and Social Phobia, with Marie Albano (DVD 3739) 2006

Therapist/Client Boundary Challenges six psychotherapists present seven boundary issues (DVD 3709) 2005

Working with Children Who Have Experienced Neglect or Abuse, with Wes Crenshaw (DVD 3719) 2005

Working with Veterans, with Gary Brooks (DVD 3842) 2008

Basic Attending Skills, 2006

Multicultural and Competency-Based Counselor and Therapist Education

Audience: CAMH staff and advanced institutional loans only

• **1648.1** (DVD; 84 min)

Synopsis: Starting with a general introduction this disc contains segments on attending behavior, questioning, paraphrasing, and reflection of feeling. Each contains an introduction and each segment is demonstrated with positive and negative examples of interviewing methods and a discussion of multicultural issues. The module on questioning reviews the use and utility of both open and closed questions. The module on reflection of feeling also contains stimulus vignettes.

• **1648.2** (DVD; 53 min)

Synopsis: This disc starts with summarizing including an introduction and multicultural discussion. Following this is an introduction to the five stages of the interview: structuring and self-disclosure; gathering data and identifying strengths; goal setting; working and exploring alternatives; termination and generalizations. This is followed by a discussion of debriefing and multicultural issues.

• **1648.WB1 Basic Attending Skills Workbook** by Allen Ivey, Norma Gluckstern Packard and Mary Bradford Ivey also available for loan.

Basic Influencing Skills, 2007

Multicultural and Competency-Based Counselor and Therapist Education

Audience: CAMH staff and advanced institutional loans only

• **1648.3** (DVD 81 min)

Synopsis: Influencing skills and strategies are discussed and demonstrated including basic listening, interpretation and reframing, information feedback, and providing directives. The basics of assertiveness training are demonstrated with a full client interview. Each skill or strategy is identified with subtitles and includes multicultural issues. Other areas of emphasis include searching for positive strengths, focusing the narrative, confrontation and self-Disclosure.

- **1648.4** (DVD 81 min) This section demonstrates ways of Interpretation/reframing the client's "story", five stage vocational review, and five stage assertiveness training. The conclusion contains an optional "microskills" training exercise on teaching communication skills to others.
- **1648WB2 Basic Influencing Skills Workbook** supplements the subject areas presented in the DVDs, by Allen Ivey, Norma Gluckstern Packard and Mary Bradford Ivey, also available for loan

Bevel Up: Drugs, Users and Outreach Nursing (DVD 1679) 2007; 45 min

- CAMH staff and other Institutional (teaching hospital) loans only

Audience: health professionals; students in post-secondary programs

How can a nurse deliver effective and compassionate health care to people who use drugs? To answer this question the program follows a team of street nurses as they make contact with youth, sex trade workers and homeless men and women in the alleys and hostels of Vancouver's problem laden DES. The nurses offer reflections on the attitudes they bring to their work and how this can enhance the relationship needed to successfully provide practical and non-judgmental health care. Produced by the Street Nurse Program of the British Columbia Centre for Disease Control, Bevel Up is designed to help both student nurses and experienced professionals working with drug-using populations, it contains over four hours of street scenes along with interviews with experts. A teacher's guide is available separately (1679WB)

- The DVD has a French language subtitle option; the French language workbook is available in PDF format on CD-ROM (1679WBF) Biseau drogues, toxicomanies et soins infirmiers.

Brief Intervention (DVD 1617) 2005; 77 min

Audience: health professionals

Synopsis: This Ken Winters lecture outlines the principles and practice of brief intervention for use with clients presenting with mid to moderate substance use problems. Abstinence is considered the goal with harm reduction being a step in that direction. Motivational interviewing strategies are applied and alternatives to brief intervention are suggested. Brief intervention may also be used as a risk assessment in prevention.

Clinical Dilemmas in Marriage: The Search for Equal Partnership

(Video 2278) 1993; 45 min

Audience: family and couples therapists; post-secondary students

Synopsis: When couples marry they have many hopes for the future states Betty Carter the therapist in this program. However, she points out 50% of marriages will end in divorce and of the nearly half of these who remarry 64% of these will also divorce. Issues accounting for this situation are greater independence of women with greater earning power; planning parenthood; changes in gender roles among other factors. In this context the terms of marriage need to be renegotiated. Yet gender inequality is still embedded in a long tradition of family values. Ms Carter discusses the assessment model she uses with her clients. Consisting of three "lenses:" 1, the Family Life Cycle; the Multi-generational context; the socio-cultural context. The therapy session demonstrations are focused on the latter context, which contains gender, race culture, class, sexual orientation and physical ability. The clinical interviews deal with gender roles, money, and power relations. The concluding statements focus on gender inequality.

Cognitive Therapy Training with Christine Padesky, 1996

Audience: **CAMH staff use only.**

- These professional programs are not available for general public viewing
- **1605.1 Guided Discovery using Socratic Dialogue** 44 min

Synopsis: Dr. Padesky presents the four stages of Socratic Dialogue with three different clients. Using informational questions, empathic listening, summarizing, analytical and synthesizing

questions, helps clients uncover and evaluate automatic thoughts. The Socratic process uncovers cognitions characteristic of each mood state and helps clarify the concept of Socratic questioning. The therapist develops the sense of how to guide the client's abilities of self-discovery instead of trying to change the client's mind.

- **1605.2 Cognitive Therapy for Panic Disorder** 50 min

Synopsis: Demonstrating key stages in the cognitive therapy of panic disorder, the therapist & client collaboratively identify elements of the client's recent panic attack. This will include sensations, thoughts and images, and catastrophic interpretations. Using this information to develop a cognitive model, the therapist then induces the sensations which closely mimic a panic attack, but in a therapeutic setting. Subsequent Debriefing helps the client discover believable alternative explanations for the panic-related sensations. Specific questions, summaries and procedures are clearly modeled that demonstrate the cognitive therapy protocol for panic disorder.

- **1605.3 Collaborative Case Conceptualization** 60 min

Synopsis: This single session illustrates collaboration with a client to develop a case conceptualization that includes significant developmental history, core beliefs, rules, behavioral strategies, positive benefits and negative consequences and includes identification of new beliefs and rules to support behavior change. Using a split screen, the viewer is able to see the therapist-client interaction up close.

- **1605.4 Constructing New Core Beliefs** 60 min

Synopsis: Using the example of a woman with depression, this role-play session demonstrates the basic methods used to strengthen new core beliefs including use of a continuum and assignment of a core belief log. The importance of the therapeutic alliance is highlighted and the benefits of using written "shoulder-to-shoulder" methods instead of "eyeball-to-eyeball" dialogues when constructing new core beliefs. A client may find it difficult to imagine new core beliefs; skepticism and cognitive "blanks" are typical. This video illustrates how to engage a client and evoke curiosity regarding the possibility of new core beliefs even when the client is doubtful that this approach will help.

- **1605.5 Constructing New Underlying Assumptions and Behavioral Experiments** 55 min

Synopsis: Beginning with a brief description of automatic thoughts, underlying assumptions and core beliefs, Padesky explains why recurrent problems are often best resolved at the "underlying assumption" level. Here, a therapist is struggling with ongoing procrastination regarding completion of case formulations at his clinic. The session begins with a review of the underlying assumptions that maintain procrastination. Together, they develop goals for change and identify new underlying assumptions that would support these changes. Next, behavioral experiments are devised to evaluate the utility of these new underlying assumptions. The client makes specific predictions and identifies potential problems that need to be managed during his experiments. As in her other videotapes, Dr. Padesky models a collaborative approach that promotes client curiosity, activity, and creativity.

- **1605.6 Testing Automatic Thoughts with Thought Records** 69 min

Synopsis: Padesky works with a depressed client exploring her "hot thoughts" using a seven column thought record form. The entire therapy session with narrative commentary about each section of the thought record is presented. The session demonstrates the integration of technique with a collaborative therapeutic alliance and illustrates the pacing and timing of a therapy session when using a thought records. Empathy and dialogue in the therapy aid the structured teaching session.

Communication Skills: A Demonstration Tape

(Video 2011) 1984; 15 min

Audience: health professionals; students in post-secondary health programs

Synopsis: Though older, this introductory training tape is useful for in-service use by addiction counsellors. This video has been designed to assist counsellors-in-training to learn the basic techniques of listening and understanding with empathy, as well as clarifying, validating, and directing the flow of communication. The program is divided into two parts: (1) **Reflective Skills** - attending, paraphrasing, reflection of feeling, summarising. (2) **Directive Skills** - probing, interpretation, and confrontation.

Communication Skills in Clinical Practice, 1999

Audience: health professionals

- Institutional loans only

Robert Buckman M.D. presents key issues for health professionals dealing with patients in crisis. Though mainly in a medical setting, the skills are applicable to many professional counselling and communication settings with both individuals and families.

- **Communications: The Basics** (Video 2315.1) 74 min

The four Es, engaging, empathy, educating, enlisting; plus #5 eliciting patient expectations

- **Dealing with Feelings** (Video 2315.2) 56 min

Acknowledging emotions, empathic response, dealing with anger, severe depression

- **Hidden Agendas and Special Situations** (Video 2315.3) 80 min

Issues in presenting, psychosocial issues, anorexia/hypokalaemia, Alzheimer's disease, AIDS

- **How to Break Bad News** (Video 2315.4) 80 min

The S-P-I-K-E-S six point protocol, presenting a diagnosis, and special, and difficult situations

- **Genetic Testing, Pediatrics and End-of-Life** (Video 2315.5) 69 min

Genetic tests, Down syndrome, DNR, discussing end of life

Counselling Children of Alcoholics: Fostering Resiliency (Video 1168) 1994; 33 min

Audience: teachers; health professionals

Synopsis: Experts in this two-part program argue that the majority of children from alcoholic families are resilient and that strategies can be used in school based programs to enhance this ability. Part 1 examines the key "protective Factors" of supportive relationships, high expectations and opportunities for participation in meaningful activities. Part 2 looks at school-based strategies for implementing these factors such as student portfolios or peer mentor programs.

Counselling Skills Training in Substance Abuse

Audience: health professionals; post-secondary students

Synopsis: Produced in collaboration with the University of West Indies, the Caribbean Institution on Alcoholism and Other Drug Problems and the Inter-American Drug Abuse Control Commission, this is a series of three programs that deal with different counselling situations. The programs focus primarily on prevention and early intervention particularly for counsellors working in multicultural settings. The training demonstrates how to apply theoretical concepts to life situations. The three parts are:

- **Family** (2246.1) 44 minutes
- **Individual** (2246.2) 33 minutes
- **Group** (2246.3) 43 minutes.

Crisis Call (Video 1570) 2003; 90 min

Audience: emergency workers; police; students in professional programs

Synopsis: Laura Sky, created this documentary film in regard to the plight of Edwin Yu. The film examines critical issues are addressed facing the interaction of police, the law, mental health workers, and the public and psychiatric patients. The goal is to prevent a mental health crisis from escalating into violence. The ideal of the film is to encourage informed dialogue between everyone involved in crisis interventions. The film presents first-hand experiences of those involved in the death of Yu, including Andria Cowan, one of three Toronto police officers who responded to the situation. Interviews several survivors of psychiatric crises and those involved in dealing with psychiatric patients. Sergeant Alan McKenzie, of the Thunder Bay Emergency Task Unit (ETU), presents a demonstration, tense and realistic, training exercise that ends with a successfully negotiated surrender.

Drug and Alcohol Abuse with William R Miller (DVD 3773) 2002; 103 min

Audience: health professionals

Synopsis: Divided into three main segments the program first focuses on an interview with host Jon Carlson and William Miller discussing the development and then the principles, from the work of Carl Rogers, of motivational interviewing. The second part consists of a lengthy counselling

interview with a female client. The conclusion returns to the discussion between Carlson and Miller with focus on specific parts of the client interview.

Face-To-Face: A Video Guide to Clear Communications for Health Professionals

(Video 1337) 1993; 23 min

Audience: health professionals

Synopsis: Non-compliance of patients can be real problem, but is it always the patients' fault? A quick montage of typical scenarios between patients and health professionals clearly demonstrates that poor communication skills on the part of health professionals can often lead to patients' misunderstanding and ensuing non-compliance. While a group of health professionals discuss their problems interacting with patients, experts highlight techniques to improve communication skills, particularly with low literacy patients. As an illustration of the techniques, the initial scenarios are re-enacted with the health professionals demonstrating good communication skills.

Family Therapy with the Experts Series

Audience: health professional

- **Bowenian Therapy** (Video 2356.2) 1998; 115 min

Synopsis: Psychiatrist Philip Guerin demonstrates "family-of-origin" theory in practical client interviews. The therapy links cognitive processes to emotional responses and discovers the ways in which previous generations influence the ways family's function in the present.

- **Solution Oriented Therapy** (Video 2356.1) 1998; 120 min

Synopsis: Similar in many ways to *solution focused* therapy this program takes the perspectives of Bill O'Hanlon. Ideally he tries to elicit strengths and solutions from those who seek therapy. Rather than focus on a lengthy search for pathology, deficiencies and hidden agendas, the approach attempts to create a collaborative environment for change.

Family Secrets: Implications for Theory and Therapy (Video 1279) 1994; 43 min

Audience: health professionals

Synopsis: Dr. Evan Imber-Black uses an actual case history from her family therapy practice to illustrate the nature and depth of secrets and their implications for families. The program uses live action re-enactments of therapy sessions and still photographs to demonstrate how a family progresses and begins to come to terms with a disruptive secret. In the case of the family profiled much of the family anxiety is focused on the behaviour of the son, Galen, who gets into trouble in school and has begun experimenting with alcohol. It turns out that his troubled behaviour is connected to the events of his biological father's death in an impaired driving car crash. Galen's mother begins to withdraw from the family near the anniversary of the death; the withdrawal coincides closely with Galen's problematic behaviour. Galen is also not aware of his adoption by his mother's new husband. The main effort of the therapy process is to uncover and examine key events in family history and link these events to family patterns; understand how these patterns effect family functioning and to promote integration family history and events of the past. Distinctions are made between normal privacy, shameful secrets, such as alcoholism and dangerous secrets, like sexual abuse. This distinction is critical when considering when, how and whether to reveal a secret. Other social aspects of secrets are examined briefly, some having ethnic, racial, or cultural implications or causes.

Fifth Estate: The Trouble with Evan (Video 2167) 1994; 120 min

- CAMH staff and in library use only

Alternative, see *When The Bough Breaks* (DVD 1584)

Audience: health professionals; students in professional programs

Synopsis: Children who later develop substance abuse problems often grow up in homes where abusive situations exist. In order to get help for Evan his parents allowed a miniature video camera to be installed in their home. The story that emerges is of a child subjected to intense verbal and physical abuse, his freedom in the house is restricted with locked doors and rigid rules. With much of the family attention focused on Evan, his sister is ignored and relations between the parents are strained. Evan has problems at school and steals, or is frequently

accused of stealing. Evan's situation is contrasted with youth at the *Portage Program for Young Offenders*, many of whom have been using alcohol or other drugs since they were ten or twelve years old. Evan's parents discuss their situation with clients at Portage and at a parent support group, but impatience and frustration limits their success. A psychiatrist is interviewed who comments that "the children can't change on their own...the family needs to persist with efforts to change, in order to give new patterns of parenting time to be established."

Inclusive Cultural Empathy in Practice, with Paul Pedersen & Jon Carlson

(DVD 3840) 2008; 120 min

Audience: counselling professionals; CAMH staff have priority

Synopsis: The first session, of sixty minutes, has host Jon Carlson, with Paul Pedersen and six participants in an open discussion for a therapy that is relationship, or context centered.

Conversations range around significant life events within the inclusive setting of mentors, positive and negative family and culture values that have helped to sustain people in crisis and change.

Each member of the group brings examples from their experiences that have given strength.

Subsequent to the group discussions individual counselling session with Paul Pedersen is demonstrated drawing on the strengths The program concludes with an overview and discussion of the principles illustrated in the sessions using reviews of segments from the individual session.

IRVIN YALOM: Live Case Consultation (DVD 1657) 2005; 90 min

Audience: professional therapists

- Institutional loans only

Synopsis: Three therapists, Blaine, Laurie and Gary, each with varying levels of clinical experience present the following cases to master clinician Irvin Yalom: Sue, fifty years old, divorced and struggling to find meaning in her life after a failed marriage and an empty nest; Paul, an animation artist with work inhibition, yearning for more in his life; and, Jeffery in group therapy seeking help to control angry outbursts in his marriage. Dr. Yalom responds to both the clinical issues and the therapists' reactions and countertransference issues, always looking for opportunities to bring more focus into the here-and-now of the therapeutic relationship. He highlights key existential themes, interweaving ideas from writers and philosophers who have influenced his thinking, as well as clinical vignettes from his own practice. "We are meaning seeking creatures thrown into a universe that has no meaning."

Learning to Care: HIV Psychiatry (Video 2212) 1996: 58 min

Audience: mental health professionals; counsellors; physicians

Synopsis: Developed by the Canadian Psychiatric Association this video reviews basic principles of psychiatric intervention including medications and psychotherapy. A short introduction provides background, psychiatrist interviews and deals with anxiety diagnosis and treatment. Four demonstration cases are presented. The first two present mood disorders, depression and suicide; then Bipolar disorders, psychosis, delirium, dementia and various motor and cognitive disorders. Case three deals with bereavement and case four with consideration for psychotherapy for the HIV population.

Life Passage in the Face of Death, 2002

Audience: counselling professionals; post-secondary students

- Note: Institutional loans only

Each video has an accompanying workbook.

- **Brief Psychotherapy (Video 1644.1) 84 min**

Synopsis: This video presents the process of a brief psychotherapy with a patient who seeks help in coping with the care and anticipated loss of her terminally ill husband. Documented here is an array of therapeutic interventions and their impact in three sessions. A follow-up session is included, after her husband's death. Divided into two main parts: covering the psychotherapy sessions with the patient interwoven with instructive comments and insights, discussion and demonstration of the therapeutic engagement. Then focus shifts to the experience of grief and change in the patient's life after her husband's death.

- **Psychological Engagement of the Physically Ill Patient** (Video 1644.2) 109 min
Synopsis: After an introduction by author Milton Viederman, following segments illustrate the development of specific psychodynamic interventions with the patient. Highlights the technique of active psychotherapeutic engagement, focusing on the narrative structure of the patient's life as a context that gives meaning to the current situation: how present experience relates to emotional responses in early life. The therapist's interactions with the patient from initial consultation through to, often dramatic, revelations along the way are illustrated.

Master Therapists Video Series, 1999

- Institutional loans only
- Note: A group of client self-help REBT videos are available in the section **Treatments for Substance Dependence**.

Précis: This group of professional development tapes come from the Albert Ellis Institute and features several different therapists, including Ellis himself, in action with clients. They illustrate applications of the principles of Rational Emotive Behavior Therapy (REBT) and its thirteen-step treatment sequence developed by Ellis. Each tape comes with a short workbook. The "ABC" framework of therapy is emphasized. "A" being the Activating Event; "B" being the client's Belief system, which can be flexible and rational, or dogmatic and inflexible –thinking things must and should be a certain way; "C" stands for the Consequences of the emotional and behavioral reactions to the Activating Event. It is pointed out that therapists in training need not affect Ellis' particular style in order to be effective and rational counselors.

- **Suicide of a Loved One** (Video 2318.1) 55 min
- **Low Frustration Tolerance** (Video 2318.2) 48 min
- **Overcoming Depression** (Video 2318.3) 38 min
- **Dealing with Addictions** (Video 2318.4) 55 min
- **Anger Management with a Recovering Female Addict** (Video 2318.5)
- **Woman Coping with Depression over Teenager's Behavior** (Video 2318.6)

Mixed Anxiety and Depression: A Cognitive Behavioral Approach

(DVD 1658) 2006; 66 min

Audience: professional

Synopsis: Donald Meichenbaum shows that clients seeking psychotherapy frequently suffer from both anxiety and depression, making treatment particularly challenging. In this program, University of Waterloo professor and therapist Donald Meichenbaum demonstrates a brief, effective approach for treating these co-morbid disorders. Using a dramatized recreation of key moments in his 12-session course of therapy. Client Anna P., a 40-year-old woman who experiences recurrent bouts of panic in addition to a long history of depression. The therapist will offer practical techniques, controlled breathing for example for managing aspects of panic, in addition to CBT work on automatic thoughts in her depression. He also deals with connections between her unresolved grief in panic and depression.

Motivational Strategies For Promoting Self-Change (Video 2170) 1995; 38 min

Audience: health professionals

Synopsis: Developed by the Addiction Research Foundation's Guided Self-Change Unit, this video is a demonstration of motivational interviewing skills and an approach to helping people who may have mild to moderate substance abuse problems. The video is divided into three sections: Assessing and enhancing commitment to change; dealing with high-risk situations; maintaining change. It illustrates open-ended questioning, reflective listening, summarising, self-motivational statements and advice-feedback using questionnaires.

Motivation and Change, 1990

Audience: health professionals

Synopsis: This program is not about formal Motivational Interviewing technique.

- **Theory** (Video 2036.1) 39 min., Discusses the theory of motivation as an "interactional" process, influenced by the characteristics of the client and the therapist, as well as by

environmental factors. Using the Prochaska and DiClementi trans-theoretical model of change it covers the stages people go through and the primary therapeutic strategies that help them move from one stage to the next.

- **Demonstrations** (Video 2036.2) 87 min., Illustrates the concept of resistance, defined as any client or counsellor behaviour that blocks the attainment of therapeutic goals. Strategies that the helping professional can use in dealing effectively with resistance are dramatized. It is viewed as a natural part of the change process since the prospect of change typically elicits anxiety and fear. Demonstrations of major components of the therapeutic process applicable to clients with addiction problems are presented. Through the use of primary therapeutic strategies, in four different counselling sessions the interviewer assists clients in moving from stage to stage of recovery.

Motivational Interviewing, 1989

- **Motivational Interviewing** (Video 2103) 63 min

Audience: health professionals; post-secondary students

Synopsis: William Miller discusses and illustrates the practice of "gentle confrontation" through empathy and reflection to elicit the client's co-operation in the assembly of a program to suit their particular needs. This video is in two sections: the first (26 min.) demonstrates an initial interview with a client, Peter, at risk for health and family problems resulting from excess drinking. The second part (37 min.) represents a third session with the same client after a thorough assessment, where results of tests are reviewed, and the client "contracts" to modify behaviour.

- **Comprehensive Drinker Profile** (Video 2104) 89 min

Audience: health professionals

Synopsis: "Comprehensive" is the word for William Miller's step-by-step structured client interview. This is a pre-treatment assessment of the client we see in the video **Motivational Interviewing** (1989). All details about drinking patterns, problems associated with drinking, kinds of drinks, self-image, personal habits and the perceptions of what others may see as problematic are surveyed in this intense assessment procedure.

Motivational Interviewing Professional Training Series, 1998

Audience: health professionals

Synopsis: This is a multiple part training video program that examines the theory and application of motivational interviewing in various clinical and counselling settings. Each program uses discussions between the hosts and with dramatic demonstrations to illustrate MI methods.

- **2229D** The complete program is available in a package of two DVD recordings, for CAMH staff use only.

Video modules for institutional loan are listed below.

- **2229.1** (41 min) Module A is an informal conversation between William Miller, Steve Rolnick and Theresa Moyers on the origin, development, concepts and principles of motivational interviewing

- **2229. 2A** (39 min) - **2229.2B** (51 min) **Opening Strategies** Module B is a pair of tapes focusing on the opening phase of the interview paying detailed attention to encouraging the client's intrinsic motivation for change. In the first tape, Reflective listening, avoiding traps, open-ended questions, summarizing, affirming and eliciting self-motivating statements are covered. The second tape continues with self-motivating statements and questioning.

- **2229.3 Handling Resistance** (62 min) Module C presents a set of strategies for managing and reducing resistance to change, particularly in the early phases of contact, but applicable in later sessions as well. A court-referred client's situation is illustrated that includes resentment in addition to resistance. The counsellor skilfully leads the client back to assuming responsibility for their current circumstance. Reflections, shifting focus, reframing, agreements and personal control are covered.

- **2229.4 Feedback and Information Exchange** (55 min) Module D examines the need to assess progress and strives to balance the necessity to provide information to the client while maintaining the spirit of motivational interviewing by not overwhelming the client with detail and

dogmatic recitation of facts. The concept of FRAMES is introduced with case examples of feedback situations.

- **2229.5 Motivational Interviewing in the Medical Setting** (48 min) Module E looks at ways motivational interviewing can be used in a general medical care setting. Time pressures may require a more condensed approach that is a kind of brief psychotherapy. The physician needs to be reassured that this therapy is not excessively time consuming.

- **2229.6 Moving Toward Action** (37 min) Module F continues from the groundwork established in Opening Strategies to consolidate the commitment to change. The major focus is on negotiating a plan and consolidating a commitment to change.

Motivational Interviewing with William Miller (DVD 1707) 2000; 102 min

Audience: professional

Restriction: CAMH staff only

Synopsis: Dr. Miller demonstrates key concepts in Motivational Interviewing to help clients resolve ambivalent feelings about changing addictive or other negative behaviours. The therapist works to create an atmosphere that is conducive to change. The expression of empathy and encouragement, flexibility with resistance, helps the client explore the gaps between their current behaviours and the life they would like to lead. In this program, Miller works with a client who is contemplating changing his alcohol use and smoking habits. Hosts Jon Carlson and Judy Lewis introduce Dr. John Norcross, and facilitate an in-depth discussion of the impact and uses of the MI model. A workbook is available with transcripts to support teaching.

Motivating Pregnant Women to Stop Drinking (Video 1301) 1997; 20 min

Audience: health professionals; post-secondary students

Synopsis: Young Jonathon is seen as he strums a guitar; he has Fetal Alcohol Syndrome. Betty, his adoptive mother, talks about what he must endure and that if his biological mother could see him now, she probably would never have used alcohol during her pregnancy. The voice-over of a narrator discusses how alcohol use is often not detected during pregnancy, presents statistical information and notes some of the problems that increase the risk of FAS. Dr. Stan Handmaker reports that as many as one in five women had used alcohol during her pregnancy and Dr. Miller suggests that a non-confrontational brief intervention can help. The narrator explores the *Stages of Change Model* and provides some illustrations of each stage. Some strategies to deal with defensiveness are illustrated in turn by Drs. Reid Hester and Nancy Handmaker as they attempt to help pregnant women in two separate case scenarios. The four aspects of motivational interviewing are identified: dealing with defensiveness; empathic listening; contrasting drinking with one's values and supporting the patient's belief in change. The safest practice is abstinence during pregnancy.

Responding Therapeutically to Patient Anger (Video 3350) 1998; 45 min

Audience: psychotherapists; post-secondary students

Synopsis: Developed by the American Psychological Association, this program is to help the therapist acquire and refine the skill of managing patient anger. There are seven vignettes each presented by different therapists modelling a variety of techniques. The sessions involved a cross-section of patients presenting with problems ranging from alcohol dependence, social phobia, depression and grief, drug related crime and disputes in the workplace. Performing the role of each patient is by an actor using special abilities in improvisation.

Sitting in on Therapy with Marsha Linehan, 2004 Assessing and Treating Suicidal Behaviors

Audience: CAMH staff and institutional (hospital & university) loans only

In this two-session unscripted role-play demonstrates some of the Dialectical Behavior Therapy (DBT) suicide protocols used in treatment. Illustrations of the different elements in assessing suicide, and in creating a working relationship with a suicidal client are also demonstrated. Dr. Linehan sets the stage for treatment, forms a relationship with the client, and develops a clinical picture of both the clients' suicide history as well as her reasons continuing to live.

- (Video 1673.1) 30 min. The first session reviews the assessing and treating of suicidal behaviours. This session starts with a chain analysis of the client's two recent suicide attempts. Dr. Linehan then assesses risk and availability of lethal means while formulating treatment goals. The study guide on this section looks at defining a problem behaviourally, and contains the Imminent Suicide Risk Assessment worksheet.
- (Video 1673.2) 30 min. The second session focuses on assessing and treating suicidal behaviours. Linehan explains the function of suicidal behaviour, continues chain analysis, and provides some solutions for the client to use when suicidal thoughts emerge. The study guide contains handouts on assessing suicide risk, instructions on using diary cards. There is information on providing support and counselling for therapists in the event of client suicide.

Sitting in on Therapy with Marsh Linehan, 2003 **Getting a New Client Connected to DBT**

Audience: CAMH staff and institutional (hospital & university) loans only

In this four part series Marsha Linehan uses unscripted role-playing to demonstrate the elements to be covered in the pre-treatment stage using DBT. These elements are, orienting the client to treatment, introducing BPD diagnosis and biosocial theory, getting a commitment to participate in treatment, and decreasing dysfunctional behaviour. Each segment has a workbook with the transcript and additional commentary.

- (Video 1674.1) 74 min. Session one introduces a client who is sceptical about treatment and uncomfortable with the diagnosis of Borderline Personality Disorder. The goal is to orient the client to treatment, provide support and information regarding the diagnosis. Most important is to get a commitment from the client not to act on parasuicidal impulses and to continue with treatment until at least the next session.
- (Video 1674.2) 50 min. In this session it is noted that the clinician needs to "stay mindful" and focused on the BPD client, as opposed to strictly following textbook technique. Focus here is on the understanding and use of diary cards.
- (Video 1674.3) 45 min. A crisis occurs when the client has attempted suicide by overdosing and was consequently hospitalized for three days. In this session, Dr. Linehan completes a chain analysis of the suicide attempt and works to give the client hope. Another commitment is negotiated and some skills are provided to get through the next week, including utilizing phone coaching in crisis situations.
- (Video 1674.4) 45 min. During this session the client becomes disregulated and the conclusion process for this situation is demonstrated.

The Suicidal Patient: Assessment and Care (Video 2151) 1998; 15 min.

Synopsis: This video is aimed at general and family practitioners as an alert to include questions about suicide and self-harm as part of general medical assessments, particularly with adults. Facts about suicide and who is at most risk are presented. Misconceptions about suicide are discussed and dramatizations are presented to illustrate ways of asking appropriate questions of patients.

Treating Time Effectively: First Session in Brief Psychotherapy

(Video 2346) 1994; 50 min

Synopsis: Simon Budman introduces his approach to brief therapy, to some extent in the context of the "managed health care" setting. Using the Prochaska-DiClemente model of change to tailor specific therapeutic techniques, Budman uses demonstrations and a small class group to illustrate his approaches. He urges his students to think with flexibility that accepted ways may not always be the best and variations can be made to facilitate the therapeutic process. In time-effective therapy one must keep in mind the importance of fiscal and resource allocation, for example, weekly sessions may not always be necessary.

When the Bough Breaks (DVD 1584) 1995; 75 min

Audience: students in post-secondary programs

Synopsis: Following on the classic exposition of the earlier Fifth Estate program "The Trouble with Evan," cameras are placed in the homes of three families. Seeking professional help for their young children, the emphasis here is placed on the importance of the early years in the relations of parents and children. Play therapy sessions were also recorded where the children's actions in a room of toys provide clues about the source of each child's distress. Attachment Theory is discussed and the idea of Relational Inheritance is outlined.

Part 2: Group Therapy

Counselling Skills Training in Substance Abuse: Group Counselling

(Video 2246.3) 1999; 43 min

Audience: health professionals; post-secondary students

Synopsis: This group therapy episode contains three major vignettes focusing on important phases in therapy: introductory, middle and termination phases. The group has six members with concerns mainly about alcohol use and its effects on family and work performance. In the middle phase various roles that members may adopt are illustrated. In the termination phase the issue of grief in ending the group is encountered. Carrying the learning process of the group into daily life is stressed. A narrator discusses therapeutic processes and rationales of use.

Group Therapy: The Stages of Group Growth (Video 2019) 1988; 80 min

Audience: health professionals

Synopsis: This two-part program follows an open-ended counselling group through a four-month period. It depicts a group of drug and alcohol dependent individuals: a pressman, a nurse, a teacher, a manager, an unemployed man, and a school dropout. They learn to deal with their pain, conflicts, disappointments and their growth as individuals and as a group. They struggle with relapse, sexuality, the feeling of inadequacy, loneliness, peer pressure, abstinence and their evolving relationship with the group leader.

Interactive Group Therapy in Addictions (Video & DVD 2241) 1999; 174 min

Audience: health professionals

Synopsis: This extensive program on two cassettes deals with issues for both group therapy members and clinicians. Based on actual clinical experience the video vignettes were developed to illustrate the themes, techniques and processes of interactive group therapy. The vignettes are elaborated with voice-overs to clarify interventions and to highlight underlying deliberations, dilemmas and conflicts. Specific topics are bridging from content to process; group and individual resistance; transference and counter-transference; corrective emotional experience; reality testing and feedback. There is a brief introduction, a summary of five principle guidelines and a concluding summary. A clinician workbook is available for loan on request.

Integrated Treatment 301: Group Treatment - Co-occurring Disorders

(Video 2359.4) 1999; 135 min

Audience: health professionals; post-secondary students

Synopsis: This brief in-service training module consists of videotaped demonstrations and a detailed workbook. It covers stages of treatment, goals and clinical strategies of engagement, persuasion, active treatment, relapse prevention and group interventions.

Short Term Group Psychotherapy for Loss Patients (Video 1336) 1992; 55 min

Audience: counselling professionals; post secondary students in professional programs

• CAMH and Institutional loans only

Synopsis: An introduction to short-term psychotherapy, this video is illustrated with alternating therapist consultations and group sessions. There are four therapist consultations and three therapy sessions. Issues presented include theoretical orientation (in this case psychoanalytic), group composition strategies, patient preparation, and termination strategies.

Structured Relapse Prevention: An Outpatient Approach to Group Treatment

(Video 2219) 1997; 55 min

Audience: health professionals; post-secondary students

Synopsis: This video, developed by the Addiction Research Foundation, is meant to assist clinicians in using cognitive-behavioural therapy during group therapy sessions. This kind of counselling is best suited for people with moderate to severe problem drug use and who are able to work with a counsellor on an out patient basis. Structured relapse prevention (SRP) deals with the widely recognised problem of relapse after treatment for substance use problems. The program operates on the principle that the strategies used to initiate change are not the same as those strategies used to maintain change. The dramatised segments of the video use actual transcripts of sessions to demonstrate SRP methods. Two group sessions are shown; a mixed group with two therapists, and an all women's group with one therapist. Each of the preceding sessions is concluded with brief commentaries.

Understanding Group Psychotherapy, 1990

Audience: health professionals

- Institutional loans only

Synopsis: This is an extensive three-part program illustrating the group therapy process of Dr. Irvin Yalom, a professor of psychiatry at Stanford University School of Medicine.

- **Yalom: An Interview** (Video 2196; 40 min) consists of an interview with Dr. Irvin Yalom where he discusses his existential perspective and its relationship to the process of group therapy and whom this kind of therapy will help most. He talks of the essentially different character of group as opposed to individual therapy and the need for training specific to group work.

- **Outpatients** (Video 2196.1 and 2196.2; 100 min) four sessions from a sixteen-session outpatient group are examined, including the selection and preparation of group members and confidentiality. Issues of group norms, trust, self-disclosure and reflective analysis are presented. Group interactions take place in the context of the member's struggles with everyday life.

- **Inpatients** (Video Nos. 2196.3 and 2196.4; 100 min) set in the psychiatric ward of a general hospital, where patients in the group learn to accept responsibility and develop interpersonal skills that will help during aftercare. By relating to others in the group they learn how to overcome isolation. For the therapist there are methods to deal with conflict and fostering support within the group. Setting realistic goals and avoiding the pitfalls that may lead to failure of either the therapist or the group are presented.