

MOOD DISORDERS

General Adult Audiences

Afraid of People (Video 2519) 2002; 25 min

Audience: adult

Synopsis: Host Donny Osmond, takes a look at Social Anxiety Disorder. This medicalized approach looks at the lives of Pam, James and Chris, who all suffer from, what this program defines as a debilitating mental illness. Anecdotal stories are combined with commentary from experts and researchers on the condition.

Black and Blue: Depression in the African-American Community (DVD 1709) 2004; 16 min

Audience: adult

Synopsis: This brief presentation by Dr Annelle Primm MD features testimonials by a number of people who have suffered from depression. Participants offer their ideas about what depression mean, the feelings, the alteration of mood and effects on general wellbeing. Various reasons why depression is often left untreated are discussed along with the risks including suicide. Issues of stigma are raised with many feeling it is a sign of weakness, especially in a society where depression is merely sadness that one should be able to "snap out of." The idea of "double stigma" is presented where being Black and depressed creates an additional burden. Religion and spirituality are discussed. Sometime people feel they not trying hard enough, or praying hard enough. A pastor offers that the church offers a vision of hope and that treatment as well as prayer can work together – having depression does not mean you have been forsaken. Health professionals enhance anecdotal comments with additional thoughts.

Bundle of Blues (Video 1501) 2005; 13 min

Audience: adult

Synopsis: Women who experience postpartum mood disorders may feel that they are alone, but postpartum depression may affect as many as one in five new mothers. This video profiles the lives of three families that encountered serious problems, including suicide, stemming from isolation, mood disorders, and culture of origin. The program stresses that PPD can happen to any new mother, but that it can also be managed and examples of creative solutions are outlined.

Child and Youth Mental Health Series, 2004-2005

Audience: health professionals; post-secondary students

Format: Video or DVD

Run time: ~56 min each

This documentary series provides a detailed review of child and youth mental illness with focus on the complications specific to youth. Each program highlights three cases featuring signs and symptoms, assessment, diagnosis and treatment. Attention is paid to providing an accurate picture of the current understanding of these illnesses to dispel stigma and misconceptions. Suggestions are made with regard to seeking help and dealing with related issues.

- 2521.1 **Beyond the Blues: Child and Youth Depression**
- 2521.2 **Fighting their Fears: Child and Youth Anxiety**
- 2521.3 **A Map of the Mind Fields: Managing Adolescent Psychosis**
- 2521.4 **Struggle for Control: Child and Youth Behaviour Disorders**

Depression: Fighting the Dragon (Video 1545) 2002; 45 min

Audience: adult

Synopsis: This program features personal stories, interspersed with comments on the disorder and new research in brain mapping from a number of professionals, including Dr. Anthony Levitt of the Sunnybrook Health Sciences Centre in Toronto, Dr. Gary Hasey of McMaster University, Dr. Vivek Kusamakar of Dalhousie University and Dr. Helen Mayberg, a neuroscientist with the Rotman Research Institute in Toronto. It is argued that the stigma surrounding mental illness often contributes to people attempting to hide their depression from others. Education aimed at enhancing social awareness is crucial to effectively addressing this potentially fatal illness, states

Michael Wilson. Canada's former Finance Minister breaks the silence by sharing his own experience with his son who suffered with depression that eventually led to suicide.

Depression: A Teenager's Guide (Video 2277) 1999; 18 min

Audience: senior high school students; parents

Synopsis: Significant numbers of teenage youth suffer from clinical depression. They are often at high risk for substance abuse problems and suicide, yet only about forty percent seek help. Complicating this picture are the developmental changes that take place during these years. This guide for youth features information from medical professionals and testimonials from teens about their experience of depression. Depression is defined and its symptoms outlined and treatment options are provided.

Despair (Video 1604) 1995; 56 min

Audience: adult

Synopsis: Not only about depression, this wide-ranging video explores the concept of despair. Recognizing that despair can affect all areas of life, leading to self-isolation and substance abuse. Starting out with thoughts about depression, the blues, and hopelessness the ideas here are illustrated within the settings of gender, race, youth, poverty, culture and social status. A brief foray into medical thinking about despair presents its somatic consequences and the importance of culturally sensitive treatment. In the United States focus is given to specific groups, African American, Gay and the elderly any of who may experience alienation, disregard or be stigmatized and despised. The elderly may begin to experience despair simply through deterioration of the once youthful body. The connection with creativity is examined in the music of Schubert and the poetic works of Sylvia Plath and Anne Sexton, both of whom committed suicide. Sexton wrote, in *Wanting to Die* "...But suicides have a special language. Like carpenters they want to know which tools. They never ask why build." The place of suffering and the search for meaning are illustrated in the ideas of Buddhism, Judaism and Wiccan – "suffering either produces a purpose, or it destroys" is one conclusion. Returning to medical understanding, the history of treatment is examined, how attitudes toward depression have changed. Emotional disturbances that might have been thought at one time to be a kind of psychosis are now considered to have a biochemical basis.

I Think They Think: Overcoming Social Phobia (Video 2247) 1998: 47 min

Audience: clients in treatment; health professionals

Synopsis: Drs. Ronald Rapee and Lisa Lampe demonstrate the use of cognitive behavioural therapy (CBT) in treating problems of social phobia. In this Australian production three clients learn to use CBT techniques, monitoring fears, challenging automatic thinking, record keeping and using graded exposure to relieve phobic experiences. The clients go through actual demonstrations of graded exposure then discuss their reactions after. Other issues concern the place of group therapy, setting realistic goals, medication use, coping with setbacks and the place of meditation in getting well.

The Interpretation of Dreams (Video 2304) 1996; 52 min

Audience: general adult

Synopsis: Donald Sutherland narrates this "Great Books" overview of dream interpretation focusing largely on the work of Sigmund Freud. Using dramatic re-enactments and a collage of dream narratives the development of dream theory as described in Freud's book *The Interpretation of Dreams* is described. Excerpts from the Alfred Hitchcock film *Spellbound* act as a springboard to the idea of wish fulfilment in dream. Freud used the expression "the Royal Road" as the way to understanding the unconscious mind. Freud's classic dream of "Irma" gave focus to his understanding of meaning in dreams and how this meaning is disguised in manifest imagery. Robert Altman speaks of his dream about his film to be *Three Women* that arose in dream. A general biographical treatment of Freud is presented especially his family and sometime stormy professional relations with Jung, Fliess and Breuer. Other parts of psychoanalytic theory are discussed including the theories of seduction and infantile sexuality. A current perspective is presented on sleep studies and psychotherapy. The concluding synopsis

reviews the contributions of Freud and is stated: "we make sense of our past because we need to be more free in the present to manage conflict."

Lighting the Darkness (DVD 1500) 2006; 20 min

Audience: adult

Synopsis: This CTV W-5 production examines recent research on treatment resistant depression. Based on work done at the Toronto Western Hospital on Parkinson's disease, a small study was conducted on a group of six patients with severe depression. Treatment-resistant depression is a severely disabling disorder with no proven treatment options once multiple medications, psychotherapy, and electroconvulsive therapy have failed. What this program refers to, quaintly, as a "brain pacemaker" is the application of chronic deep brain stimulation to modulate subgenual cingulate BA25. This is the same area that, overactive, contributes to Parkinsonian tremor. The researchers are "cautiously optimistic" about the devices that have now been implanted in about sixteen patients.

Lost and Found: Young People Talk About Depression (Video 2195) 1996; 21 min.

Audience: youth aged 14 to 18

Synopsis: This program features eight young people, aged from 11 to 20 years, speaking about the causes, impact and aftermath of depression on their lives. They each provide insight into their personal experiences, hope and some successful methods for coping. Some of the causative factors touched on include grief, suicide, addiction, illness, adoption and death. The video concludes with a poem written by Kate, called "Growing."

Me Depressed? Don't Make Me Laugh (Video 2244) 1999; 43 min

Audience: people in recovery

Synopsis: British comedian Spike Milligan talks of being clinically depressed for half his life and feels that if he was able to overcome it, so can anyone else. The message of this video is simple; don't give in to depression -become your own therapist. Various experts discuss ways to uncover immediate causes, and develop skills to manage depression. Therapeutic techniques such as cognitive behavioural therapy can help challenge negative thinking. Setting limited goals can help prevent discouragement. Maintaining a daily diary that tracks moods and activities is illustrated. The video ends on a positive note showing these people now enjoying life more because they have managed to find methods of self-care.

Madman's Journal (Video 1592) 2002; 47 min

Audience: adult

Synopsis: Depression is a common, yet serious, mood disorder that can affect anyone. Depressive illnesses often interfere with normal functioning, cause pain and suffering and not only to those who care about them. If long lasting and untreated depression can disrupt family and social and work life and can lead to isolation and the real risk of suicide. Although depression is a recognized medical illness, many people still mistakenly believe it is a personal weakness. This documentary offers some insight one man's experience of depression and the options and methods of treatment that are available to restore wellness.

Journal D'un Fou (Video 1592F) 2002; 42 min

Auditoire: adultes

Dans Journal D'un Fou, le réalisateur Mark Blandford parle publiquement d'une grave dépression qui l'a complètement terrassé il y a quelques années. En racontant la progression du mal qui l'a frappé, il explore la maladie mentale aussi bien de l'intérieur, comme catastrophe personnelle, que de l'extérieur comme phénomène social. Il décrit la détresse, le désespoir du malade, l'importance de la famille et des proches, enfin le traitement puis la guérison de ceux qui ont basculé dans cette maladie pour découvrir, au sortir de l'épreuve, joie de vivre et tranquillité de l'esprit.

The Other Side of Blue (Video No.1435) 2000; 31 min

Audience: parents; youth;

Synopsis: The youth in this video talk about their feelings when depressed, the lack of motivation, anger, isolation, problems with self esteem and low confidence. Many of the visual images reinforce the sense of aimlessness and loneliness that plagued them. Suicidal thought accompanied the low feelings and limited efforts to seek help. Eventually they were able to get help and began have more involved satisfactory lives.

Taking Control of Depression: Mending the Mind (Video 2400) 1992; 34 min

Audience: general adult

Synopsis: This program gives a general overview of the effect of clinical depression on a number of people's lives. Introduced by Ed Asner, there are commentaries from both medical professionals and people who have recovered from depression with a combination of medication and therapy. One man has revived his old hobby of collecting antique automobiles, while a woman again enjoys maintaining the gardens of her Georgian mansion.

When the Mind Causes Pain (Video 2529) 2004; 20 min

Audience: adult

Synopsis: Recent studies have clarified the relationship between physical pain and emotional pain. Among patients with depression, eighty percent first present to their doctors exclusively with physical symptoms. The most common are: joint and back pain, fatigue, insomnia, dizziness and headaches. In this video, the impact of physical symptoms on work, social life and family life were explored. Rollin Gallagher, M.D., M.P.H., President of the American Board of Pain Medicine, explains the physiology of pain. Aaron Beck, M.D., suggests treatment strategies to reduce the symptoms of anxiety and depression and relieve the body pains that these illnesses can cause. Judith Beck Ph.D. is featured with a patient using cognitive techniques for pain and depression management.