

PSYCHOLOGY

COUNSELLING CHILDREN

R2 000.00

In this program, therapist Mary Bradford Ivey demonstrates her brief therapy approach to counseling elementary students. The program shows how to conduct an effective interview and use the family tree, community genogram, and positive asset search.

DVD / 1998 / 60 min / CAP23000

HISTORY / PSYCH 2: FREUD AND PSYCHOANALYSIS

R2 000.00

This DVD examines the ways in which the theories of evolution and adaptation that were developed during the 19th century opened new vistas into human consciousness. It explores the scientific works of such figures as Hemholtz, Wundt, James, and Munsterberg; discusses the subspecialties of evolutionary, differential, experimental, forensic, and child psychology; and introduces the theories of Freud, Jung, and Adler.

DVD / 2006 / 30 min / CAP23001

HISTORY / PSYCH 3: ETHICS, LOGIC AND TRUTH

R2 000.00

This program traces the history of modern psychology. It shows how such behaviorists as John Watson and B. F. Skinner solidified the scientific reputation of psychology, while humanists such as Carl Rogers, Abraham Maslow, Viktor Frankl, and Albert Ellis developed a wide range of specialized therapies focused on maximizing human potential. The DVD covers experimental, behavioral, Gestalt, social, personality, humanistic, and cognitive psychologies; neuroscience; and psychopharmacology.

DVD / 2006 / 30 min / CAP23002

QUALITATIVE RESEARCH METHODS IN THE SOC. SCI

R2 000.00

This DVD explores the scope and methods of qualitative research and considers problems of validity in the process, protocols, and analysis of qualitative research. It examines forms of qualitative textual analysis, including rhetorical criticism, conversation analysis, and content analysis.

DVD / 2006 / 20 min / CAP23003

QUANTITATIVE RESEARCH METHODS IN THE SOC. SCI

R2 000.00

This DVD introduces quantitative research and considers the types of questions appropriate for quantitative methodology. It examines such measurement issues as validity, sampling, and distribution; discusses experimental design and statistical analysis; and covers surveys, scales of measure, and data analysis.

DVD / 2006 / 20 min / CAP23004

LISTENING FOR UNDERSTANDING

R1 950.00

This DVD presents a vignette of a disastrous communication misunderstanding. It features Carl Rogers, who explains how the tendency to interpret messages from one's personal point of view often leads to misunderstanding. The vignette is then reenacted with an empathic listener who achieves a positive result.

DVD / 1981 / 28 min / CAP23005

BREAKTHROUGH LISTENING / CAP23006

R2 000.00

INTRODUCTORY COUNSELLING SKILLS

R2 000.00

This program presents the basic skills of good counseling. It illustrates proper and improper uses of attending behavior, minimal encouragers, open invitations to talk, paraphrasing, reflection, summarization, concreteness, role explanation, and thinking out loud.

DVD / 1990 / 82 min / CAP23007

BASIC THERAPEUTIC SKILLS

R2 000.00

Illustrating basic therapeutic skills that are used in psychotherapy, this program shows four therapists working one-on-one with patients. It highlights the basic strategies that each therapist employs.

DVD / 1984 / 35 min / CAP23009

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PSYCHOLOGY

BASIC INTERVIEWING SKILLS**R2 000.00**

Featuring a dramatization of inappropriate interviewing behavior, this DVD presents vignettes that illustrate specific interviewing techniques. It shows how to use such interviewing skills as listening, reflecting, questioning, expressing, and interpreting.

DVD / 1991 / 51 min / CAP23010

AN INITIAL COUNSELLING INTERVIEW**R2 000.00**

This program presents a first interview with an actor portraying a client who initially pressures the counselor to provide answers, but eventually realizes her personal agency in her situation.

DVD / 1987 / 65 min / CAP23011

THE CLUMSY COUNSELOR**R2 000.00**

This DVD presents twelve scenarios in which a counselor's response to a client is clumsy, inappropriate, sexist, or otherwise ineffective. It encourages students to consider the emotional impact of each response from the perspective of the client and to analyze its flaws.

DVD / 1991 / 13 min / CAP23012

BASIC ATTENDING SKILLS**R2 000.00**

This DVD illustrates Allen Ivey's basic microskills framework for counseling. It demonstrates attending behavior, the use of open and closed questions, paraphrasing, reflection of feelings, and summarization.

DVD / 2006 / 110 min / CAP23013

COUNSELING A NEW CLIENT**R2 000.00**

This DVD explores the essential techniques of person-centered therapy in a counselor's first interview with a new client. It shows how the counselor demonstrates a warm acceptance of the client, empathic understanding of the client's predicament, and personal genuineness.

DVD / 1987 / 60 min / CAP23014

OPENING, QUESTIONING & USE OF SILENCE**R2 000.00**

This DVD demonstrates techniques for client- and professional-initiated interviews. It illustrates common pitfalls in questioning, provides examples of helpful questions, and presents therapeutic methods for managing impasses. The program also examines the use of silence and offers therapeutic techniques for managing silence.

DVD / 2003 / 20 min / CAP23015

INTERVIEWING FOR SOLUTIONS**R2 000.00**

Offering video clips from six interviews sequenced according to the presentation of skills and type of interviewing situations addressed, this program illustrates basic interviewing skills; presents skills for working with involuntary situations involving children, adolescents, dyads, and mandated clients; and shows how to interview in crisis situations. The DVD includes recorded interviews that enable students to listen, absorb client perceptions and language, and formulate responses and follow-up questions as would be required in an actual interview.

DVD / 2008 / 20 min / CAP23016

PITFALLS IN COUNCELLING PROCESS / CAP23017**R2 000.00****AWKWARD SITUATIONS IN COUNCELLING****R2 000.00**

Presenting awkward counseling situations, this DVD shows counselor responses that are adequate, but do not fully address underlying issues or feelings. The program then repeats each scene with an alternative response.

DVD / 1992 / 17 min / CAP23018

HOW TO HANDLE CONFLICT AND CONFRONTATION**R2 000.00**

Explaining that nearly 50 percent of people are willing to change negative behavior when approached in a constructive manner, this program teaches how to confront people without causing anger or resentment.

DVD / 2000 / 60 min / CAP23019

THREE APPROACHES TO COUNSELING / CAP23020**R2 000.00****PRICES EXCLUDE VAT****AFRICAN EDUCATIONAL DISTRIBUTORS**

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NARRATIVE THERAPY**R2 000.00**

In this DVD, Ramon Corrales discusses the major tenets of narrative therapy and demonstrates the application of these principles with a couple. The program shows how to externalize a problem and illuminates the complications that may result from differences in age and culture.

DVD / 1997 / 55 min / CAP23021

BRIEF COUNSELING: THE BASIC SKILLS**R2 000.00**

This DVD shows how to teach brief counseling from a microskills approach. It explains how to search for positives and solutions, structure a five-stage brief interview, ask questions, and manage difficult clients.

DVD / 2000 / 60 min / CAP23022

TIME-LIMITED PSYCHOTHERAPY / CAP23023**R2 000.00****COGNITIVE – BEHAVIORAL THEORY IN PRACTICE / CAP23024****R2 000.00****COGNITIVE COUNSELING****R2 000.00**

In this program, Jan Holden explains the ten steps of her cognitive counseling routine. The program uses live interviews to demonstrate the clinical evaluation of distorted versus viable thinking, the examination of evidence, the use of cost-benefit analysis, the process of thought stopping, and cognitive and behavioral rehearsals.

DVD / 2003 / 60 min / CAP23025

CARL ROGERS AND PERSON CENTRED APPROACH**R2 000.00**

This program traces the development of Carl Rogers's person-centered approach. It features footage of Rogers counseling clients and working with groups.

DVD / 2003 / 65 min / CAP23026

COUNSELING SOMEONE SUFFERING FROM SEVERE DEPRESSION/CAP23027**R1 950.00****DIVORCE: HOW IT AFFECTS KIDS****R2 000.00**

This DVD explores the damage that divorce can cause children and explains that parents facing divorce often focus on their own grief, thereby neglecting their children's feelings.

DVD / 2002 / 14 min / CAP23028

STYLES OF PARENTING**R2 000.00**

Featuring Robert Karen, this program shows how parents pass such positive traits as the capacity to love and create and such negative influences as insecurities, bad habits, and unresolved anxieties to their children. The program also explains how early struggles with parents reappear later in life and introduces attachment theory.

DVD / 1995 / 20 min / CAP23029

TOOLS AND TECHNIQUES OF FAMILY THERAPY**R2 000.00**

In this DVD, John Edwards demonstrates his deceptively nonchalant therapeutic style. The program features workshop footage, simulated family sessions, and focused interviews that introduce the fundamental techniques of solution-focused family therapy.

DVD / 1999 / 53 min / CAP23030

MULTIGENERATIONAL INFLUENCES; FAMILY OF ORIGIN PATTERNS / CAP23031**R2 000.00****THE MAJOR THEORIES OF FAMILY THERAPY: STRUCTURAL FAMILY THERAPY R2 000.00**

This program examines Salvador Minuchin's structural family therapy and features a simulated family interview that demonstrates its application.

DVD / 1986 / 60 min / CAP23032

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ADOLESCENT FAMILY THERAPY**R2 000.00**

This program features an approach that illustrates how candor and authenticity can help form an alliance with a teenager. It features a session in which a mother and daughter are led to consider ways of confronting major life issues together.

DVD / 2002 / 118 min / CAP23033

ASSESSING AND USING FAMILY STRENGTHS**R2 000.00**

Based on the family preservation perspective, this program describes the strengths approach to working with families. It also teaches how to implement the approach it in family therapy sessions.

DVD / 1996 / 63 min / CAP23034

THE USE OF GENOGRAM IN BRIEF THERAPY: OLGA SILVERSTEIN**R1 950.00**

This program presents a demonstration in which author and family therapist Olga Silverstein shows the use of genograms to facilitate systemic change.

DVD / 1996 / 60 min / CAP23035

**HOW TO RECOGNISE AND EVALUATE FOR DOMESTIC VIOLENCE:
ASSESSING FOR DOMESTIC****R2 000.00**

In this program, Michele Harway explores violence in marriages and explains Lenore Walker's cycle of violence. Harway provides directions for assessing a client in an abusive situation.

DVD / 2004 / 58 min / CAP23036

INTRO TO ALZHEIMERS DISEASE AND RELATED DISORDERS / CAP23037**R2 000.00****DIAGNOSIS AND TREATMENT OF OLDER ADULTS****R2 000.00**

Featuring case studies, this program examines the subtle ways in which older adult rights are potentially violated in mental health practice. It covers the effects of aging; looks at depression, delirium, and dementia; introduces the MMSE; and considers issues associated with difficult behaviors.

DVD / 2006 / 194 min / CAP23038

COUPLES THERAPY: AN INTRODUCTION**R2 000.00**

In this DVD, Ellyn Bader and Dan Wile outline the process of couples therapy and describe the positive changes that are possible with counseling. The program describes common patterns in couples and discusses key issues facing couples considering therapy.

DVD / 2003 / 43 min / CAP23039

SILENT VICTIMS OF ELDER ABUSE / CAP23040**R2 000.00****HEALING YEARS: SURVIVING INCEST AND SEXUAL ABUSE****R2 000.00**

This documentary explores the healing process after incest and sexual abuse. It features three incest survivors, including former Miss America Marilyn Van Derbur, who candidly discuss their experiences and feelings. "[P]owerful...excellent training tape for all interested in working with...survivors of childhood sexual abuse," Professor Jon Conte, University of Washington School of Social Work.

DVD / 1999 / 52 min / CAP23041

CLOSE TO HOME**R2 000.00**

This DVD looks at sexual abuse of children and highlights the complexities surrounding its disclosure when the offenders are trusted community members. It contrasts five personal accounts of child sexual abuse with chilling statements from convicted sex offenders.

DVD / 2001 / 79 min / CAP23042

RAPE IS / CAP23043**R2 000.00****RAPE: GET THE FACTS / CAP23044****R2 000.00****PRICES EXCLUDE VAT****AFRICAN EDUCATIONAL DISTRIBUTORS**

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PSYCHOLOGY

HOPE OF AWAKENING: EMPOWERING VICTIMS OF DOMESTIC VIOLENCE / CAP23045 R2 000.00

SIGNS AND SYMPTOMS OF DEPRESSION IN THE ELDERLY / CAP23046 R2 000.00

INTIMACY,SEXUALITY AND AGING / CAP23047 R2 000.00

HOW TO TALK SO KIDS WILL LISTEN, 6 Volumes / CAP23048 R2 000.00

IMPROVING YOUR COUNSELING SKILLS, 3 DVD'S R2 000.00

This set teaches techniques that enhance counseling skills. It shows how to help clients identify and focus on problem causing behaviors, build quality counseling relationships, and help clients who dwell on the past. The set also demonstrates techniques for working with clients who have difficulty discussing their problems.
3 DVDs / 1999 / 30 min each / CAP23049

OBSESSIVE-COMPULSIVE DISORDER / CAP23050 R2 000.00

RECOGNISING AND MANAGING ANXIETY DISORDER R2 000.00

In this program, Alan Siegel discusses anxiety disorders and offers advice for diagnosis and treatment. The DVD presents diagnostic criteria, discusses medications, and considers the use of cognitive-behavioral therapy.

DVD / 2005 / 60 min / CAP23051

RECOGNISING DSM-IV-TR PERSONALITY DISORDER R2 000.00

This DVD discusses the role of non-physician mental health professionals in the diagnosis and treatment of personality disorders. It covers such topics as personality disorder criterion and clusters.

DVD / 2005 / 240 min / CAP23052

PERSONALITY DISORDERS: ANTISOCIAL BORDERLINE HISTRIONIC AND NARCISSISTIC R2 000.00

This program explores the dramatic, emotional, and erratic personality disorders. It features illustrative vignettes and interviews with experts.

DVD / 2001 / 38 min / CAP23053

CLOSER LOOK AT DIAGNOSIS AND TREATMENT OF SCHIZOPHRENIA / CAP23054 R2 000.00

ADULT PSYCHIATRIC DIAGNOSIS USING DSM-IV-IR R2 000.00

This seminar with Tom Rochat traces the history of the Diagnostic and Statistical Manual of Mental Disorders (DSM), noting the changes in the system and considering its benefits and drawbacks. The DVD looks at diagnostic criteria for personality disorders.

DVD / 2004 / 180 min / CAP23055

MENTAL DISORDERS R2 000.00

Examining substantive and synoptic elements, this program illustrates the issues involved in defining, explaining, constructing, and treating mental disorders. It covers biological, cognitive, and social constructionist approaches.

DVD / 2003 / 30 min / CAP23056

ABNORMAL BEHAVIOUR: FACT AND FICTION / CAP23057 R2 000.00

CLIENT CENTRED THERAPY: THERAPY IN PROCESS – THE 32ND INTERVIEW / CAP23058 R2 000.00

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THE CLIENT CENTRED APPROACH: CARL ROGES**R1 950.00**

In this DVD, Carl Rogers uses a client-centered approach with a simulated client who suffers from emotional distress. Rogers uses the nondirective therapeutic approach to help the client accept responsibility and experience herself in a more positive light.

DVD / 1985 / 180 min / CAP23059

SUICIDE AWARENESS AND PREVENTION / CAP23060**R2 000.00****HELPING PEOPLE AT RISK OF SUICIDE OR SELF HARM****R2 000.00**

Featuring illustrative vignettes, this DVD teaches skills for assessing suicide risk and managing situations in which clients or hospitalized patients are at risk of self-harm. It covers assessment, crisis management, problem solving, and suicide prevention.

DVD / 2000 / 100 min / CAP23061

WARNING SIGNS: HOW TO HELP SOMEONE WHO IS SUICIDAL**R2 000.00**

This program discusses depression and considers its relationship to suicide. It presents warning signs that a person is suicidal and teaches how to help someone in crisis.

DVD / 2001 / 20 min / CAP23062

EVIDENCE BASED TREATMENT / CO-OCCOURING DIS / CAP23063**R2 000.00****OVERVIEW OF DRUG USE AND ABUSE / CAP23064****R2 000.00****HELPING A CHILD COPE WITH GRIEF****R2 000.00**

This program offers steps that adults can take to assist children through the grieving process, even while coping with personal grief. It features experts who explain what to expect and how to help.

DVD / 2006 / 27 min / CAP23065

**DIAGNOSIS & TRTMT/MAJOR PSYCHIATRIC DISORDERS:
DEPRESSION, ANXIETY****R2 000.00**

Featuring Tom Rochat, this DVD reviews the diagnostic criteria for depressive, anxiety, and psychotic disorders and presents cognitive-behavioral interventions for each.

DVD / 2006 / 156 min / CAP23066

LATE ADULTHOOD; DEATH, DYING & BEREAVEMENT / CAP23067**R2 000.00****GRIEVING PROCESS****R1 950.00**

This program describes the stages of the Kübler-Ross grieving process (denial, anger, bargaining, depression, and acceptance) and considers the roles of caregivers in the grieving process. It also identifies ways to prevent personal burnout while assisting others through the grieving process. HSTN.

DVD / 2002 / 27 min / CAP23068

RESILIENCY AFTER VOLUNTARY DEATH IN A FAMILY / CAP23069**R2 000.00****TRAUMATISED CHILD: EFFECTS OF STRESS, TRAUMA / CAP23070****R2 000.00****SURVIVING TRAUMA & TRAGEDY: LESSONS FOR FUTURE
PHYSICIANS AND MENTAL HEALTH PROFESSIONALS****R1 950.00**

led to diagnoses of posttraumatic stress disorder. The program encourages compassionate care for individuals who have suffered traumatic events. 2007 Gold FREDDIE Award.

DVD / 2006 / 82 min / CAP23071

POST-TRAUMATIC STRESS DISORDER / CAP23072**R2 000.00****PRICES EXCLUDE VAT****AFRICAN EDUCATIONAL DISTRIBUTORS**

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PSYCHOLOGY

ACUTE AND POST-TRAUMATIC STRESS DISORDER**R2 000.00**

This program identifies the criteria for stress disorders and looks at the disabling symptoms suffered by those affected by trauma. It features vignettes and interviews.

DVD / 2003 / 22 min / CAP23073

TRUTH ABOUT ADHD**R2 000.00**

In this program, Wendy Richardson addresses the myths and misconceptions surrounding attention deficit hyperactivity disorder (ADHD) and outlines the characteristics and symptoms of the disorder. Richardson explains how brain function is affected by ADHD and considers the co-occurrence of ADHD and substance abuse.

DVD / 2005 / 45 min / CAP23074

ALL ABOUT ADHD / CAP23075**R1 500.00****IDENTIFYING AND MANAGING DEPRESSION****R2 000.00**

This program examines depression and offers tips for the clinical recognition of depression. It discusses screening; current treatments; instances of depression in children, new mothers, and individuals with seasonal affective disorder; and clinical evaluations of depression.

DVD / 2003 / 60 min / CAP23076

RECOGNISING DEPRESSION IN CHILDREN AND ADOLESCENTS / CAP23077**R2 000.00****SPECIFIC AND SOCIAL PHOBIAS / CAP23078****R2 000.00****PANIC DISORDER AND AGORAPHOBIA / CAP23079****R2 000.00****DIAGNOSIS AND TREATMENT OF OBSESSIVE – COMPULSIVE DISORDER: AND EVIDENCE-BASED APPROACH****R2 000.00**

This program describes behavioral therapy and combined treatments for obsessive-compulsive disorder. It examines drug treatments, details factors to consider when selecting a treatment plan, and discusses follow-up.

DVD / 2000 / 60 min / CAP23080

OBSESSIVE – COMPULSIVE DISORDER: DIAGNOSIS & TREATMENT / CAP23081**R2 000.00****ETHICS AND SOCIAL SCIENCE PROFESSIONALS****R2 000.00**

This DVD offers a framework for analyzing common ethical issues in the social sciences. It discusses personal values and professional-client models.

DVD / 1993 / 30 min / CAP23082

ETHICS FOR MENTAL HEALTH PROFESSIONALS**R2 000.00**

This program teaches basic ethical behavior for psychologists, social workers, and counselors. It shows how to terminate treatment and considers improper conduct, relationships with clients, and malpractice.

DVD / 1997 / 160 min / CAP23083

REVIEW OF ETHICAL PRINCIPLES AND SITUATIONS**R2 000.00**

This seminar with Tom Roach presents vignettes of ethical dilemmas counselors often face and teaches how to approach different kinds of situations. It discusses the ethics codes of the NASW, NBCC, ACA, AAMFT, and APA and considers common ethical pitfalls.

DVD / 2004 / 108 min / CAP23084

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ETHICS AND DIFFICULT CLIENT**R2 000.00**

Featuring vignettes, this DVD examines ethical situations encountered by mental health professionals. It features Tom Rochat, who reviews the ethical codes of such groups as the APA and NASW, discusses issues surrounding difficult clients, considers malpractice, and offers an ethical decision making model.

DVD / 2006 / 84 min / CAP23085

SOCIAL CONSTRUCTIONIST CONVERSATION ON ETHICS / CAP23086**R1 050.00****LEARNING TO THINK LIKE A SUPERVISOR****R2 000.00**

Featuring illustrative vignettes, this DVD teaches the fundamental concepts and explores the goals of clinical supervision. It presents the discrimination model developed by Janine M. Bernard, which conceptualizes the role and focus of the supervisor.

DVD / 2000 / 25 min / CAP23087

CLINICAL SUPERVISION**R1 950.00**

In this DVD, David Barlow demonstrates clinical supervision of two cases: a woman who has experienced trauma at work and a woman with brain trauma who has a history of sexual abuse. The program shows how to use enactments, role playing, relapse prevention, and environmental resilience as tools in therapy.

DVD / 2005 / 60 min / CAP23088

SUPERVISION OF A FEW DIFFICULT CASES / CAP23089**R1 950.00****SUPERVISION OF PSYCHODYNAMIC PSYCHOTHERAPY / CAP23090****R1 950.00****THEORIES OF DEVELOPMENT / CAP23091****R2 000.00****BRIEF COUNSELING: CHILDREN AND ADOLESCENTS****R2 000.00**

Exploring the use of brief strategies with young clients with behavioral issues, this DVD shows how Kurt Zinck blends a caring approach with brief methods to make progress with a difficult teenager. It also follows John Littrell as he uses positive problem definition and the miracle question with an eight-year-old.

DVD / 2000 / 45 min / CAP23092

ADOLESCENCE: CRISIS OR CHANGE / CAP23093**R1 050.00****CBT FOR ANXIETY ADOLESCENTS, 2 DVD'S****R2 000.00**

This set illustrates cognitive-behavioral therapy with children and adolescents who are suffering from anxiety. It covers a variety of issues specific to younger clients and discusses the later stages of therapy with adolescents.

2 DVDs / 2003 / 90 min each / CAP23094

THERAPEUTIC DIMENSIONS OF PLAY THERAPY**R2 000.00**

In this program, Garry Landreth explores essential dimensions of facilitating the play therapy relationship. He discusses the four healing messages, details necessary conditions for facilitating emotional growth, and shares strategies for releasing the internally directed nature of children and building self-esteem.

DVD / 2003 / 60 min / CAP23095

PLAY THERAPY: BOUNCING INTO THE BASICS FOR BEGINNING STUDENTS**R2 000.00**

This DVD features a counselor demonstrating the rationale, principles, and basic skills of play therapy.

DVD / 2005 / 60 min / CAP23096

HOW TO SUPERVISE IN COGNITIVE THERAPY / CAP23097**R1 950.00****PRICES EXCLUDE VAT****AFRICAN EDUCATIONAL DISTRIBUTORS**

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GESTALT THERAPY**R2 000.00**

In this demonstration of Gestalt therapy by Gordon Wheeler, a client attempts to gain a framework for understanding how she views the meaning of her experiences. The program examines the client's feelings, considers how she constructs her experiences, and explores the theoretical foundation of Gestalt therapy. Produced by APA Video.
DVD / 2004 / 100 min / CAP23098

ESSENTIALS OF NARRATIVE THERAPY**R2 000.00**

In this program, narrative therapists Zoy Kazan, John Winslade, and Kathie Crocket respond to questions posed by doctoral students regarding narrative therapy. The therapists explore a variety of issues and concerns surrounding this therapeutic approach.
DVD / 2007 / 90 min / CAP23099

BRIEF RATIONAL-EMOTIVE BEHAVIOUR THERAPY**R1 950.00**

This DVD demonstrates the use of Rational-Emotive behavior therapy with new clients. It shows how this approach can be conducted briefly and effectively.
DVD / 2005 / 60 min / CAP23100

FAMILY CONFLICT PATTERNS / CAP23101**R2 000.00****Working With Women Survivors of Trauma and Abuse****R2 000.00**

Featuring feminist therapist Laura S. Brown, this DVD presents a treatment approach for working with women survivors of trauma and abuse. It shows how to create a safe environment, teach self-care, and help clients process trauma. Produced by APA Video.
DVD / 2005 / 100 min / CAP23102

Understanding and Preventing Suicide**R2 000.00**

Describing the risk factors for and warning signs of suicide, this program offers expert guidelines for obtaining professional help. It includes interviews with survivors of serious suicide attempts.
DVD / 2008 / 28 min / CAP23103

The Social Construction of Spirituality**R2 000.00**

In this DVD, Diana Whitney discusses spirituality as a dominant discourse of modern times. Emphasizing that spiritual dialogue is a necessary part of a changing world, the program explores enlightenment; introduces the concept of sacred space; and examines Christian, Buddhist, Native-American, and Taoist beliefs.
DVD / 2000 / 39 min / CAP23104

Helping Children Cope With Disaster... What You Can Do!**R2 000.00**

This program defines typical symptoms of trauma in children. It illustrates steps and activities that help children cope with and overcome the trauma associated with disasters. The DVD emphasizes the importance of health, nutrition, and a supportive classroom environment.
DVD / 2003 / 25 min / CAP23105

B. F. Skinner and Behavior Change**R2 000.00**

In this DVD, B. F. Skinner examines issues surrounding the study of behavioral psychology. The program illustrates behavioral therapy techniques. "An excellent introduction to the work of B. F. Skinner," *Journal of Behavior Therapy & Experimental Psychiatry*.
DVD / 1975 / 45 min / CAP23106

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PSYCHOLOGY

Albert Bandura

In Part 1, Albert Bandura describes the development of his theories and explores cognitive and social behavior modification, social learning, modeling, and aggression. In Part 2, he discusses his Bobo doll experiment, looks at morality and moral disengagement, and considers the effects of violence in the media.

Part No. 1

DVD / 1988 / 24 min / CAP23107

R2 000.00

Part No. 2

DVD / 1988 / 24 min / CAP23108

R2 000.00

Jean Piaget

Part 1 explores Jean Piaget's theory of cognitive development and looks at traditional notions of motivation, learning, and perception. In Part 2, Piaget discusses Freud's psychological theories, Jensen's report on intelligence, and the criticisms of his theories.

Part No. 1

DVD / 1969 / 40 min / CAP23109

R2 000.00

DVD / 1969 / 40 min / CAP23110

R2 000.00

Piaget's Developmental Theory: An Overview

R2 000.00

Featuring footage of Jean Piaget interviewing children and clips of David Elkind working with children, this program introduces Piaget's theory of cognitive development.

DVD / 1989 / 25 min / CAP23111

Conversations With Carl Rogers

R2 000.00

In this series, Carl Rogers discusses the person-centered approach with Maureen O'Hara, Maria Bowen, Bob Lee, and Michael Reed. Rogers explores the origins of psychotherapy, considers influences on his work, and highlights applications of the person-centered approach in education.

DVD / 1984 / 30 min each / CAP23112

Understanding the Brain

R2 000.00

In this lecture series, Jeanette Norden of the Vanderbilt University School of Medicine introduces the human brain. She highlights various aspects of brain function, including the origin of personality, consciousness, sensation, and movement, and covers such topics as the history of neuroscience, anatomy, diseases, and stress.

DVD / 2007 / 30 min each / CAP23113

Discovering the Human Brain: New Pathways to Neuroscience

R2 000.00

This program traces the development of the field of neuroscience from its reliance on information gathered by studying brain injuries and autopsies to more recent insights discovered with electronic microscopes, EEG equipment, PET scans, and MRI machines.

DVD / 2006 / 30 min / CAP23114

Theories of Human Development

R2 000.00

Describing development as a process of change and reorganization, this lecture series with Malcolm Watson highlights the six major theories of human development and considers the philosophical and historical contexts in which they flourished. The lectures explore Freud's psychodynamic theory, Erikson's psychosocial theory, Bowlby and Ainsworth's integrated attachment theory, and Bandura's social learning theory. The series also covers Piaget's cognitive development theory and Vygotsky's zone of proximal development and cognitive mediation theory.

DVD / 2002 / 30 min each / CAP23115

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Understanding the Traumatized Child**R2 000.00**

This DVD describes trauma and neglect and considers the ways in which traumatic experiences affect a child's sense of self. It highlights the behavioral problems associated with and difficulties forming attachments to caregivers that affect traumatized children.

DVD / 2004 / 44 min / CAP23116

An Overview of the DSM**R2 000.00**

This DVD provides a broad description of the major Axis I and Axis II disorders in the Diagnostic and Statistical Manual of Mental Disorders (DSM). Axis I disorders are classified as clinical disorders, including major mental disorders and learning and developmental disorders. Axis II disorders include underlying pervasive and personality conditions and mental retardation.

DVD / 2009 / 75 min / CAP23117

Mood Disorders**R2 000.00**

Providing an overview of the major mood disorders in the DSM-IV-TR, this program looks at the diagnostic criteria for such psychological disorders as major depressive disorder, dysthymia, bipolar disorder, and cyclothymia. The DVD also explores treatment options.

DVD / 2009 / 35 min / CAP23118

Motivational Interviewing**R2 000.00**

Explaining that motivational interviewing helps clients resolve ambivalence about changing addictive behaviors, this program shows William R. Miller using the approach in an actual counseling session with a client who is considering changing his alcohol use and smoking habits and emphasizes that the therapist creates an atmosphere that is conducive to change by expressing empathy and encouragement, rolling with resistance, and helping the client explore the gaps between his current behaviors and the life he would like to lead. The DVD outlines the key elements of motivational interviewing, considers its relevance in modern addictions counseling, and teaches how to apply motivational interview to help clients successfully tackle addictions and life challenges. It features Jon Carlson and Judy Lewis leading a discussion about the further impact and uses of the model.

DVD / 2001 / 80 min / CAP23119

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