

APS College of Counselling Psychologists **Professional Development DVD & CD Collection**

1. **The Meaning of Life.** 1986 Viktor Frankl. 60 minutes. Frankl describes & distinguishes his approach. He makes an appeal for 'intentional' life, and offers love as a force, that is as strong as death.
2. **Man in Search of Meaning.** 1984 Viktor Frankl. 105 minutes. A two-part lecture, which describes logotherapy on anxiety problems; using paradoxical intention & humour; and what is an existential vacuum.
3. **Schema Therapy.** 2007. Jeffrey Young. Young demonstrates the application & treatment of schema therapy for people with personality disorders, who have a lifelong of maladaptive patterns
4. **Irvin Yalom: Live Case Consultation.** 2006. 90 minutes. 3 therapists present 3 cases to master clinician Irvin Yalom. He responds to the issues & countertransference. Yalom also highlights the existential themes.
5. **Acceptance and Commitment Therapy Steven Hayes.** In this DVD, Steven Hayes counsels a client who is dealing with multiple health issues, anger, guilt and living up to her mother's expectations.
6. **Motivational Interviewing.** 2000 William Miller. 102 minutes. Dr. Miller shows how MI helps people resolve their ambivalence & change their addictive behaviours. Key concepts included MI, empathy & exploration.
7. **Good Question. Solution Oriented Counselling.** 2006. 40 minutes Axten, D., Guy, G. & Lowe, R. (QUT) The essence of Solution Focused Therapy is shown in this DVD, along with a demonstration of the approach.
8. **Brief Therapy Inside Out: Client Directed Interaction.** 1999. Scott Miller. Miller elucidates his philosophy about therapy, and the specific features of his working style – listening, acknowledging, validating & attending to clients resources.
9. **Gift of Therapy: A conversation with Irvin Yalom.** 2002. 60 minutes. Master therapist Yalom addresses the core issues faced y therapists in this DVD including, disclosure, here & now, burnout, existential, therapist role and more.
10. **Mixed Anxiety & Depression: A Cognitive Behavioral Approach.** 1996. 66 minutes. Donald Meichenbaum. The use of CBT approach is shown here through a counselling session. A-B-C analysis, goals, and change are covered.
11. **She's Leaving Me: 4-Stage Treatment Model for Men Struggling with Relationship Loss.** 2006. 40 minutes. Steve Lerner (family therapist) shows a 4-step approach for helping men to cope & adapt when relationship ends.
12. **The Angry Couple: Conflict Focused Treatment.** 1995. 73 minutes. Dr. Susan Heitler in action shows how to quickly defuse anger in couple session, prevent it from escalating, and develop positive communication skills.

13. **Depression: A Cognitive Therapy Approach.** 2009. 71 minutes. Dr. Arthur Freeman helps a depressed client through workable goals, reframing, and developing a more positive therapeutic contract.
14. **The Abused Woman: A Survivor Therapy Approach.** 1994. 89 minutes. Dr. Lenore Walker has worked with physically, psychologically & sexually abused women for over 30 years, and she shares her core principles of her approach
15. **Treating Traumatic Stress: Conducting Imaginal Exposure in PTSD.** 2007. Mark Creamer. ACPMH. 42 minutes. This DVD is accompanied by an easy to follow Clinician's manual, to assist therapist with clients with trauma.
16. **Coming Out: Voices of Gay & Lesbian Teens and their Families.** 2008. 40 mins. Karin Heller & Bill Domonkos. This DVD explores the different stages teens go through in 'coming out', including isolation, alienation, denial & acceptance.
17. **Understanding Borderline Personality Disorder: The Dialectical Approach.** 1995. Dr. Marsha Linehan addresses 3 main questions in this DVD, What is BPD? What causes it? How to treat effectively?
18. **Treating Borderline Personality Disorder: The Dialectical Approach.** Dr. Marsha Linehan shows in this DVD how she teaches patients mindfulness, distress tolerance, interpersonal effectiveness and emotional regulation.
19. **Essentials of Play Therapy with Abused Children.** 1998. Eliana Gil. The benefits of play therapy is explored in this DVD; the reparative process, the use of sandtray, puppets & more to assist children who have been sexually abused,
20. **No More Bets Please: Overcoming Problem Gambling.** H. G. Nelson. 40 mins. This DVD shows 4 people who have overcome their gambling problems, its beginning, effects and what enabled them to overcome their gambling habit.
21. **Working with Relationship Injuries.** 2005. Johnella Bird. 2-Audio CD This 2 CDs provides an exploration of a relational way of talking with couples which allows couples concerns to be talked about more fully & productively.
22. **Practising Super-vision, Extra-vision & Extending vision.** 2006. 2-Audio CD Johnella Bird. This CD focuses on the historical aspects of super-vision; emphasis of direct experience; & change making possibilities.
23. **Re-visioning the Therapeutic Relationship.** 2005. 2-Audio CD. Johnella Bird. "What contributes to successful therapy?" and the role of therapeutic relationship
24. **Positive Psychology & Psychotherapy** 2006. Martin Seligman. 77 minutes Seligman discusses Maslow, Rogers, & Beck, what he took from them, & what he changed. He emphasizes that happiness is not just the absence of disorder.
25. **What works in psychotherapy?** 2009. Scott Miller & Randall Wyatt, 58 minutes. Miller shares all he knows about psychotherapy outcomes, the negative and positive influence, and how to monitor effective client change.

26. **Psychoanalytic Therapy.** 2007. Nancy McWilliams. In this DVD, McWilliams demonstrates an integrative psychoanalytic approach, creating an equal & here & now relationship with the client.
27. **Harville Hendrix on The Healing Relationship.** 2008. 52 minutes. The founder of Imago Therapy looks at how childhood wounds impact on intimate relationships, and how to enact healthier patterns in treatment.
28. **Motivational Interviewing: Professional Training.** 1998. William Miller. This DVD offers an introduction to MI; opening strategies, working with resistance, utilising feedback & information exchange & moving toward action.
29. **Client Language in Motivational Interviewing.** 2012. William R. Miller and colleagues.. 90 minutes. This DVD focuses on recognising & responding to client language during MI sessions, & eliciting changes
30. **Three Approaches to Psychotherapy with a Male Client. The Next Generation.** Judith S. Beck, Leslie S. Greenberg, Nancy McWilliams. 2011. This DVD demonstrates three different therapeutic orientations with a single client.
31. **Becoming An Effective Supervisor. Part One. A Training for the Helping Professions.** Michael Carroll, 2012 This DVD will assist supervisors, to define supervision and help them set up, maintain and use a supervisory agreement effectively with one or more supervisees.
32. **Attachment: Cradle to Grave - Intimate and Interactive Conversations with Dr. Sue Johnson and Dr. Dan Hughes.** 2017. 8 hours and 46 minutes. This DVD looks at the impact of attachment and how Emotion Focused Therapy and Dyadic Developmental Psychotherapy can reveal the elements of attachment.
33. **The Whole-Brain Child Approach - Seminar on DVD and The Whole-Brain Child Workbook** Dan Siegal and Tina Payne Bryson, 2015. 5 Hours and 43 minutes. The latest research on neuroplasticity and practical strategies to help children build resilience.
34. **Shame and the Disowned Self: Overcoming Internal Attachment Disorder.** Janina Fisher, 2017. 3 hours and 58 minutes. Helping clients to discover and connect with their most troubled and disowned selves, using Sensorimotor Psychotherapy, Internal Family Systems, and ego-state work
35. **Developing ACT Skills** (4 DVD set). Steven Hayes, 2010. 5 hours 22 minutes. Developing and applying ACT skills, together with values-focused work to help clients get unstuck move forward
36. **Treating Insomnia: Evidence-Based Strategies to Help Your Clients Sleep.** Margaret Marion Danforth, 2017. 6 hours and 18 minutes. Evidence-based strategies to help clients develop better sleep
37. **Confronting Death and Other Existential Issues in Psychotherapy.** Irvin Yalom, 2011. Discussing ideas from his book, Staring at the Sun, Yalom explores the existential perspective and how it can be used to develop the psychotherapeutic encounter.

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ORDER FORM

As part of professional development, the Victorian Branch of the APS College of Counselling Psychologists has a range of audio-visual material available for loan. This DVD-CD collection is only available to Counselling Psychologists members. Take advantage of these quality DVD-CDs and bring a group of colleagues together and generate professional and peer discussions.

Please fill in your details below and only 1-2 DVD-CDs can be borrowed at a time.

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Loans and postage of the DVD-CDs are free for APS Counselling College members. Return postage costs are at the member's own expense (return to: Catherine Dove, P.O. Box 170, South Yarra, VIC. 3141)

Loans are for 30 days. Further queries can be made by contacting Catherine at catherine@dovepsychology.com.au.