

Brief Therapy Inside Out Video Series

Hosted by Jon Carlson, Psy.D., Ed.D., ABPP, & Diane Kjos, Ph.D.

Francine Shapiro, Scott Miller, Stephen Lankton, Steve Andreas, Leigh McCullough, Art Freeman, Judith Beck, Len Sperry, Michael Hoyt, Peggy Papp, Brad Keeney, Michael Yapko, Matthew Selekman, and William Glasser.

What do these clinicians have in common? They're all part of the innovative, new "Brief Therapy Inside Out" video series -- a unique series that puts you directly in the therapy room to watch as leading therapists show their approaches in action.

Each video presents one 45-minute session -- unrehearsed and with real clients (not actors!). And each opens with an introductory interview with video series hosts Drs. Jon Carlson and Diane Kjos and the respective guest therapist. In a closing Q&A segment, important moments from each video are replayed to highlight turning points in the therapist-client interaction and key interventions. Accept this invitation to sit in on therapy with the masters -- and see the promise and the reality of a range of brief therapy approaches.

Continuing Education Credits – Each of the videos in the “Brief Therapy Inside Out” series is also available for 2 continuing education (2 CE) credits - with online purchase and testing available from At Health at <http://www.athealthce.com>.

Continuing education credits are provided through the co-sponsorship of At Health, Inc., (At Health), PsychoEducational Resources, Inc. (PER), and Zeig, Tucker & Theisen, Inc. At Health is approved by the American Psychological Association to offer continuing education credits for psychologists. At Health maintains responsibility for these programs. PER is approved by the National Board of Certified Counselors to offer CE credits to NCC's. PER is approved as a provider for social work continuing education (provider number 1008) by the Association of Social Work Boards (ASWB), (1-800-225-6880) through the Approved Continuing Education (ACE) program. The following 16 states endorse the ASWB program: AK, GA, IN, IA, MD, NM, NC, OR, RI, SC, SD, TX, VI, WA, WI, and WY. PER is also an approved provider with a variety of individual state boards which include: the Alabama Social Work Board, the California Board of Behavior Sciences (PCE 203), the Florida Board of Licensed Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling (BAP #351, exp. 03/03), the Illinois Social Work Board (159-000505), the Iowa Board of Social Work (#153), the Maryland State Board of Social Work and the Texas Board of Social Work (CS 1596).

These CE sponsorships are honored by many additional state boards of social work, marriage and family therapy, and licensed professional counseling. Some restrictions may apply. Check with your state board or call PER at 1-800-892-9249 or At Health <http://www.athealthce.com> at 1-888-284-3258 ext. 104 for information regarding CE approvals. At Health, PER, and Zeig, Tucker & Theisen, Inc., maintain responsibility for these programs and adhere to all sponsorship guidelines for awarding CE credits.

Jon Carlson, Psy.D., Ed.D., ABPP, is a Professor of Psychology and Counseling at Governors State University in Illinois and psychologist at the Lake Geneva Wellness Clinic in Wisconsin. He is Past-President of the International Association of Marriage and Family Counselors; Founding Editor of The Family Journal: Counseling and Therapy for Couples and Families; and former editor of The Journal of Individual Psychology. He has authored 25 books and over 100 articles.

Diane Kjos, Ph.D., is a Professor of Psychology and Counseling at Governors State University in University Park, Illinois. She also maintains a private practice, offers private supervision, and supervises interns through the University. Dr. Kjos is President-Elect of the National Career Development Association. In addition to the "Brief Therapy Inside Out" series, she has coproduced two other video series with Dr. Carlson.

BRIEF THERAPY INSIDE OUT 14-VOLUME SET

ISBN: 1-891944-71-1 • 2000 • \$1119.30* • VHS • 95 minutes

1. EMDR: WORKING WITH GRIEF -- Francine Shapiro, Ph.D.

Eye Movement Desensitization and Reprocessing (EMDR) has been used effectively with a wide range of trauma victims. In this videotape, EMDR founder Francine Shapiro demonstrates her treatment approach with a client struggling with the sudden loss of her lover. As this moving video attests, changes that once took months, or sometimes even years, can with be effected much more rapidly with EMDR.

ISBN: 1-891944-24-X • 1999 • \$79.95* • VHS • 95 minutes • www.ZeigTucker.com

Francine Shapiro, Ph.D., is a Senior Research Fellow at the Mental Research Institute in Palo Alto, California. The recipient of a Distinguished Scientific Achievement Award in Psychology from the California Psychological Association, she has trained over 30,000 clinicians worldwide in her approach and has been an invited presenter at numerous conferences.



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2. CLIENT-DIRECTED INTERACTION:

Adjusting the Therapy Not The Person -- Scott D. Miller, Ph.D.

Rejecting all pathologizing diagnostic labels, and turning traditional notions of what therapy is on their heads, Scott Miller shows viewers how to create a therapeutic relationship in which new stories about clients' strengths can emerge. Raising fascinating questions about how change occurs, and the therapist's role in that endeavor, this video will be important viewing for newcomers to the field as well as more seasoned practitioners.

ISBN: 1-891944-22-3 • 1999 • \$79.95* • VHS • 95 minutes

Scott D. Miller, Ph.D., is a therapist, trainer, and lecturer on solution-focused brief therapy. A co-founder of the Institute for the Study of Therapeutic Change in Chicago, he specializes in treating the homeless mentally ill and other underserved populations. He lectures widely and is the author or coauthor of numerous publications.

3. BOLSTERING SELF-ESTEEM AND ALLAYING SELF-CRITICISM:

Ericksonian Hypnotherapy -- Stephen Lankton, M.S.W.

Therapy, for Lankton, is about opening up possibilities for the client. In this videotape, he demonstrates how hypnosis, storytelling, confusion, and other techniques can be used to help a client struggling with low self-esteem to tap underutilized inner resources and quiet self-doubt.

ISBN: 1-891944-20-7 • 1999 • \$79.95* • VHS • 95 minutes

Stephen R. Lankton, M.S.W., is a clinician, corporate consultant, clinical trainer, and widely published author. He recently received the Lifetime Achievement Award for Outstanding Contributions to the Field of Psychotherapy from the Milton H. Erickson Foundation, Inc.

4. DIFFUSING REFLEXIVE ANGER:

A Neuro-Linguistic Programming Approach -- Steve Andreas, M.A.

The goal of Neuro-Linguistic Programming is to help clients change their patterns of experience. Emphasizing forgiveness, in this videotape Andreas, one of today's leading practitioners of NLP, shows how by focusing on the visual, kinesthetic, and auditory components of their experiences, clients can be helped to quickly change entrenched responses, including patterns of inappropriate anger.

ISBN: 1-891944-15-0 • 1999 • \$79.95* • VHS • 95 minutes

Steve Andreas, M.A., has been learning and teaching NLP for over 20 years, and has edited or written numerous books, including several with Connirae Andreas.

5. A CASE OF DOMESTIC ABUSE:

Brief Character Change -- Leigh McCullough, Ph.D.

Working with a client trapped in an all-too-familiar cycle of victimization and self-blame, Leigh McCullough, a nationally recognized expert in brief psychodynamic therapy, illustrates her powerful approach to restructuring defenses through an inspired combination of psychodynamic and learning theory techniques.

ISBN: 1-891944-21-5 • 1999 • \$79.95* • VHS • 95 minutes

Leigh McCullough, Ph.D., is an Associate Clinical Professor and the Director of the Psychotherapy Research Program at Harvard Medical School. She was the 1996 Voorhees Distinguished Professor at The Menninger Clinic and received the 1996 Michael Franz Basch Award from the Silvan Tomkins Institute for her contributions toward the exploration of affect in psychotherapy. She conducts training seminars worldwide, and maintains an independent clinical practice in Dedham, MA.

6. WORKING WITH EATING DISORDERS -- Arthur Freeman, Ed.D., ABPP

Following a careful initial assessment, Freeman demonstrates the application of cognitive therapy with a bulimic patient who is unable to break free from the destructive eating pattern that controls much of her life. At the heart of this informative video are Dr. Freeman's clear case conceptualization and structured psychoeducational approach.

ISBN: 1-891944-17-7 • 1999 • \$79.95* • VHS • 95 minutes

Arthur Freeman, Ed.D., ABPP, is Professor and Chair of the Department of Psychology and Director of the doctoral program in Clinical Psychology at the Philadelphia College of Osteopathic Medicine. A prolific and widely translated author, he has published 20 professional books. He has also published numerous journal articles, chapters, and reviews, as well as two popular trade books with Rose DeWolf. A past president of the Association for the Advancement of Behavior Therapy, Dr. Freeman lectures widely both in the U.S. and abroad.



7. COGNITIVE THERAPY FOR DEPRESSION-- Judith Beck, Ph.D.

In this rare look inside her treatment room, viewers will see how Judith Beck combines collaborative and directive techniques with skills-building and education about how to challenge cognitive distortions to help a depressed client see that she can make decisions that will positively influence both her circumstances and her mood.

ISBN: 1-891944-16-9 • 1999 • \$79.95* • VHS • 95 minutes

Judith Beck, Ph.D., is director of the Beck Institute for Cognitive Therapy and Research in suburban Philadelphia, and a Clinical Assistant Professor of Psychology in Psychiatry at the University of Pennsylvania. Dr. Beck divides her time among administration, teaching and supervision, clinical work, research, and writing.

8. DEACTIVATING PSYCHOSOMATIC SYMPTOMS: -- A Biopsychosocial Approach

-- Len Sperry, M.D., Ph.D.

Working with a client who experiences mysterious attacks she thinks are either epilepsy or panic, Sperry displays the dual arts of razor-sharp interpretation and direct suggestion with a woman whose defenses seem at first to be impenetrable.

ISBN: 1-891944-25-8 • 1999 • \$79.95* • VHS • 95 minutes

Len Sperry, M.D., Ph.D., is Vice-Chair and Professor in the Departments of Psychiatry and Behavioral Medicine and Family and Community Medicine at the Medical College of Wisconsin. He has published 28 professional books. Dr. Sperry is listed in the Who's Who in America and Best Doctors in America, and was a recent recipient of the American Psychological Association's Harry Levinson Award.

9. THE DIFFICULT PATIENT: -- A Brief, Constructivist Approach -- Michael Hoyt, Ph.D.

Many clients come to therapy hoping that the therapist will somehow solve their problem or give them permission to take a certain course of action. Sidestepping both pitfalls, Hoyt demonstrates the subtle art of helping clients construct their own personal senses of meaning.

ISBN: 1-891944-18-5 • 1999 • \$79.95* • VHS • 95 minutes

Michael Hoyt, Ph.D., is a staff psychologist at the Kaiser Permanente Medical Center in Hayward California. An internationally known workshop presenter, Dr. Hoyt is also a prolific author, with many books to his credit.

10. COUPLES THERAPY: -- Using Themes and Metaphors to Mobilize Change

-- Peggy Papp, M.S.W.

After quickly identifying the themes of survival and responsibility underlying her client couple's troubled union, master couples and family therapist Peggy Papp demonstrates how to use metaphor to free the pair from old patterns and to playfully introduce new ideas into the system.

ISBN: 1-891944-23-1 • 1999 • \$79.95* • VHS • 95 minutes

Peggy Papp, M.S.W., is a Supervising Faculty Member of the Ackerman Institute for the Family and also maintains a private practice in family therapy in New York City. Founder and director of the Ackerman Institute's Depression and Gender Project, she is a recipient of the American Association for Marriage and Family Therapy's Lifetime Achievement Award.

11. THE PERFECT MOTHER, THE ABSENT WIFE: -- Tapping the Client's Natural Resources --

Bradford Keeney, Ph.D.

She's hyperresponsible; her husband is shamelessly irresponsible. He drinks too much; she overeats. Combining acute listening skills with a winning sense of play, Keeney shows how to zero in on his client's unique resources and abilities to help her get her marriage back on track.

ISBN: 1-891944-19-3 • 1999 • \$79.95* • VHS • 95 minutes

Bradford Keeney, Ph.D., has taught therapy throughout the world for over 20 years. He has been associated with the Ackerman Institute for the Family, the Philadelphia Child Guidance Clinic, and The Menninger Foundation, and has been the director of several family therapy doctoral programs. He has published widely, and his books have been translated into numerous languages. A scholar of diverse cultural healing traditions, Dr. Keeney is also a jazz pianist and improvisational performer.

12. BREAKING PATTERNS OF DEPRESSION: Hypnosis and Building Resources -- Michael

D. Yapko, Ph.D.

Michael Yapko is renowned worldwide for his work in outcome-focused therapy. In this powerful demonstration video, he combines skills-building with a mix of direct and indirect hypnotic suggestions to teach his client how to "tune out" the barrage of negative thoughts maintaining his depression and "tune into" more positive experiences.

ISBN: 1-891944-26-6 • 1999 • \$79.95* • VHS • 95 minutes

Michael D. Yapko, Ph.D., is a clinical psychologist, international workshop leader. He is best known for his contributions in the areas of hypnosis and depression.



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13. BUILDING ON ADOLESCENT EXPERTISE: A Solution-Oriented Brief Therapy Approach

-- Matthew D. Selekman, M.S.W.

Matthew Selekman is known worldwide for his work with difficult-to-treat children and adolescents and their families. In this unique demonstration video, we see him at work with a mother and her angry adolescent daughter. Combining traditional solution-focused techniques with his own technique of working with subgroups of the family within the same session, he instills both a new understanding of the problem, and a new sense of their considerable resources for dealing with it.

ISBN: 1-891944-70-3 • 2000 • \$79.95* • VHS • 95 minutes

Matthew D. Selekman, M.S.W., has a family therapy training and consultation practice in Evanston, Illinois, and he also presents extensively throughout North America and Europe on his approach to work with difficult children and adolescents. He is a well-respected author on this and related topics.

14. ENABLING THERAPEUTIC CHOICES: The Process of Change In Reality Therapy --

William Glasser, M.D.

"This session, with a woman who is in doubt about marrying her fiancé helps her to see the pros and cons of being an independent person and of rejecting the pressure of her fiancé and others to marry him. Dr. Glasser beautifully shows this indecisive and anxious woman the realistic advantages and disadvantages of marriage in general and of marriage to this particular fiancé specifically." Albert Ellis, Ph.D., President, Albert Ellis Institute, New York City, and author of A Guide to Rational Living.

ISBN: 1-891944-69-X • 1999 • \$79.95* • VHS • 95 minutes

William Glasser, M.D., a psychiatrist and the founder of Reality Therapy, as well as a leading practitioner of Choice Theory. The president of the William Glasser Institute in Chatsworth, California, Dr. Glasser is an active author with publications spanning several decades.

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