

2015 New Releases Catalogue

January



CD-ROM ★ DVD ★ VOD



www.learningmall.com ★ inquiry@learningmall.com

CONTENT

ABSTRACT	2
ADDICTION & TREATMENT	2
ADDICTION RECOVERY	2
ANIMATION	2
ANXIETY	3
ARCHAEOLOGY	3
ART	3
BASIC CLINICAL SKILLS	4
BIOGRAPHIES/PROFILES	4
CINEMA STUDIES	5
COMMUNITIES	5
CULTURAL STUDIES	5
DOCUMENTARY	6
DRUGS OF ABUSE	6
ECONOMICS	6
EDUCATION	6
EMOTION MANAGEMENT	6
EMOTIONAL BALANCE	7
ENVIRONMENT	7
ENVIRONMENTALISM	7
ETHICS	8
EVIDENCE BASED	8
FAMILY THERAPY	9
FOOD	9
HUMAN RIGHTS	9
LANGUAGE AND COMMUNICATION	9
MENTAL HEALTH	10
MIDDLE EAST	10
MUSIC	10
NATIVE NORTH AMERICANS	10
NUTRITION	11
NUTRITION & EXERCISE	12
PEACE & CONFLICT RESOLUTION	12
PORTRAIT	13
PROFESSIONAL LEARNING COMMUNITIES AT WORK	13
RECOVERY MANAGEMENT	13
RTI AT WORK	13
SOCIAL EMOTIONAL LEARNING	13
SPORTS NUTRITION	13
SUSTAINABILITY	14
TEAMS	14
TRADITION AND REVITALIZATION	14
TREATMENT PLANNING	15
URBAN	15
URBAN PLANNING & DESIGN	16
WOMEN'S STUDIES	16

ABSTRACT

AFTERWORD TO THE PAMPHLET OF 1942

By Stanislav Dorochenkov

A Unesco World Heritage Site, Saint Petersburg, which survived a 900-day Nazi siege in World War Two, is today under threat again: over the past several years, Russia's new capitalists have demolished over two hundred historic buildings in the city.

Retracing Dimitry Likhachev's eponymous article, the film draws parallels between the Siege of Leningrad and the defense of medieval Russian cities, as described in the chronicles. Returning to the present, it compares today's destroyers of history with foreign invaders.

Item no. : TT16800034
Format : DVD (Russian, With English, French, German Subtitles)
Duration : 30 minutes
Price : EUR 131.88

ADDICTION & TREATMENT

TRIGGERING EFFECT

With Claudia Black

Putting your finger on the trigger of a gun indicates a bullet is about to be fired. For addicted persons, triggers are signals that they are entering a stage that brings them closer to relapse.

Whether it's a struggle with a substance or behavioral addictions, this video asks the viewer to think seriously about triggers and identify warning signs that one is entering a zone of jeopardy.

Claudia sets the foundation for addressing triggers by using the analogy of how triggers are like a roller coaster that once it begins its downward descent, there is no turning back.

Staying on the cutting edge of the field of addiction, she describes the relationship of triggers to brain chemistry and how triggers can hijack the brain's thinking and lead to relapse. She reinforces the concept that repeated recovery practices help to rewire the brain.

With the use of eight actors, male and female of all ages, Claudia introduces and discusses six critical triggers:

1. Romanticizing the Behavior - glamorizing the using behaviors and in the moment totally forgetting the negative consequences
2. Feelings - you can numb them, medicate them, but look at where it gets you
3. Loss - from loss conditions to loss events, the goal is not to dwell on them but

put them in proper perspective

4. Resentments - like burrs under a saddle blanket, if you do not get rid of them, they'll cause an infection
5. High Risk Situations - places, people and emotionally charged situations. Are they worth the risk?
6. Being One's Own God - are you a Yes But person? Do you discount what others say? Old tapes begin to play and soon you are back in control

In conclusion Claudia walks the viewer through a plan of recovery:

- Recognize Your Triggers
- Identify and Build a Support System
- Talk about Triggers and Accept Feedback
- Stay in the Present
- Recognize the Gifts of Recovery
- Practice Gratitude Daily
- Trust Your Higher Power Is On Your Side

This video can be utilized with an individual client, in group settings and with families. It is appropriate for all addiction services, ranging from drug courts, to intensive outpatient, residential, extended care, and correctional facilities.

Item no. : RN09660020
Format : DVD
Duration : 36 minutes
Price : USD 169.00

ADDICTION RECOVERY

DISCOVER THE TWELVE STEPS

In this video, real men and women in recovery--not actors--discuss how working a Twelve Step program has helped them in their recovery journey. Here, viewers will learn:

- What a Twelve Step group is
- How to find a home group
- What happens during a Twelve Step meeting
- What to expect at the first meeting
- How to find a sponsor

Each of the Twelve Steps is explained by people who candidly share their personal stories about how working the Steps has helped them continue to live one day at a time and stay clean and sober.

Item no. : ES06070243
Format : DVD (With CD-ROM)
Duration : 56 minutes
Copyright : 2014
Price : USD 225.00

HEROIN AND PRESCRIPTION PAINKILLERS

A Toolkit for Community Action

This comprehensive resource brings together community leaders, health care providers, schools, and parents to develop a multidisciplinary, coordinated plan for addressing the issue of opioid addiction and overdose that communities are currently facing.

Item no. : RM06070245
Format : DVD (With CD-ROM)
Copyright : 2014
Price : USD 129.00

YOUNG ADULTS DISCOVER THE TWELVE STEPS

In this engaging video, young people in recovery discuss how working a Twelve Step program helps them in their recovery journey. Other information in this video include:

- What is a Twelve Step group
- Finding a home group
- What happens at a meeting
- What to expect at your first meeting
- Finding a sponsor

Each of the 12 Steps is discussed by young people in recovery sharing their personal stories about how working the Steps have helped them stay clean and sober.

Item no. : BY06070251
Format : DVD (With CD-ROM)
Duration : 56 minutes
Copyright : 2014
Price : USD 225.00

ANIMATION

GOLDEN HORSE, THE

An animated film by Reinis Kalnaellis

The classic 2D animation film is based on a play by Latvian poet and playwright Rainis, who was inspired by several Baltic fairytales when writing his work.

Despite the ridicule of his cruel older brothers, Antis, the youngest son in his family embarks on a mission to save a beautiful Princess from the glass mountain where she has been imprisoned by the Black Mother, an evil witch who feeds on the sadness of others. On his journey, Antis meets the helpful White Father, the sworn enemy of Black Mother. However, Antis soon realises there are many more obstacles standing in his way. Will Antis' be able to save the Princess's through persistence and bravery and conquer the Black Mother?

Item no. : MY17870003
Format : DVD
Duration : 75 minutes

ANXIETY

EVIDENCE-BASED TREATMENT PLANNING FOR GENERALIZED ANXIETY DISORDER

By Timothy Bruce, Arthur Jongsma, Jr.

How do the features of Generalized Anxiety Disorder correspond to the latest empirical research, and how do you integrate all of this into an effective course of treatment? Improve your grasp of evidence-based treatment planning in this video with Drs. Timothy Bruce and Arthur Jongsma, who present a comprehensive overview of GAD along with step-by-step planning outlines, live clinical vignettes, and detailed commentary.

Generalized Anxiety Disorder (GAD) is an insidious condition marked by excessive, near-constant worry, muscle tension, sleep disturbances, and a host of other nuisances that can greatly diminish one's quality of life. Anxious clients need support managing their experience, and loose treatment planning can threaten the therapy's success. If you've been wondering what, exactly, comprises an effective generalized anxiety treatment plan or have been digging for resources on the empirically supported treatments on which these plans are based, you'll strike gold with this video from Drs. Timothy Bruce and Arthur Jongsma. Here, the two experts tell you everything you need to know about building treatment plans that not only comply with professional requirements, but also serve as your own playbook for supporting clients with this aggravating condition.

After giving an overview of the DSM criteria for GAD, its clinical features, and a brief history of the empirically supported treatment (EST) movement (including North American and European benchmarks), Bruce and Jongsma outline several ways to fold ESTs into treatment for GAD. With a thorough rundown of approaches that includes overview and rationale, live demonstration, and interactive commentary on each vignette, this video shows you how to compose a six-step treatment plan based on Comprehensive Cognitive-Behavioral Therapy for GAD—but the method itself is applicable to a range of diagnoses and is a useful framework regardless of theoretical orientation. You'll also observe a client receiving instruction in relaxation and cognitive techniques, and you'll discover ways to incorporate this and other interventions, as well as relapse prevention, into treatment.

If you're looking to deepen your understanding of evidence-based treatment planning and the particulars of generalized anxiety, you're sure to be satisfied with this information-packed video.

By watching this video, you will:

- Understand the DSM criteria for Generalized Anxiety Disorder and its epidemiology.
- Learn about the history of empirically supported treatments (ESTs) and those designated for Generalized Anxiety Disorder.
- Know how to create a six-step treatment plan based on well-established evidence-based ESTs.

Item no. : LG07620470
Format : Streaming (1 Year)
Duration : 67 minutes
Price : USD 150.00

ARCHAEOLOGY

TALKING STONE: ROCK ART OF THE COSOS

By Paul Goldsmith, ASC

Hidden away in the canyons of a top-secret military base on the edge of the Mojave Desert is the largest concentration of rock art in North America. Created over thousands of years by a now vanished culture, it represents the oldest art in California. Talking Stone explores the remote canyons and the mysteries surrounding these amazing images.

Reviews

- "Talking Stone offers a beautiful experience of this astonishing site in its equally remarkable landscape. The diversity of interpretive perspectives is refreshing — it effortlessly embraces Native American, archaeological, artistic, and laymen's experiences with respect that underscores what a treasure such sites are for all humanity." - Owen Doonan, CSUN Art History Prof, Getty Residential Scholar
- "Paul Goldsmith, an accomplished and acclaimed cinematographer, has established an extraordinary record of translating and interpreting western Native American history in his own nuanced, yet powerful medium. His newest accomplishment, Talking Stone: Rock Art of the Cosos, follows in this rich tradition and could well be the very best of all." - David Hurst Thomas, Curator, Division of Anthropology, American Museum of Natural History

Item no. : YH03650862
Format : DVD (Color)
Duration : 53 minutes
Copyright : 2014
Price : USD 252.00

ART

ALTINA

Director: Peter Sanders

Altina is the provocative portrait of an American trendsetter whose free spirit defied convention. A woman ahead of her time, Altina Schinasi was born in 1907 in New York City; the daughter of a tobacco tycoon and decedent of Sephardic Jews, she upended the expectations that accompanied her position. Altina was a paradox: simultaneously seductive and reserved, her genteel upbringing was in sharp contrast to the bold sexuality of her art and her life.

In addition to creating whimsical works of art and sculpture, Altina invented the glamorous Harlequin 'cat's-eye' eyeglasses, worn by the likes of Lucille Ball and Peggy Guggenheim, and as well directed an Oscar-nominated documentary about Nazi brutality told through the drawings of German expressionist artist George Grosz. Altina's life was anchored in the social and political issues of the time: helping Jewish refugees escape the Holocaust; providing aid and shelter to friends who were targeted by Joseph McCarthy's Un-American Activities campaign; and being involved early on in the struggles of Martin Luther King Jr.

Directed by her grandson Peter Sanders, the film captures this unpredictable woman whose bold, uninhibited passion for life is an inspiration for all.

Reviews

- "An absorbing look at wealth, privilege, creativity and progressive thinking...also an evocative time capsule" - Los Angeles Times
- "A joyful portrait... We are treated to an acquaintanceship with a woman in an almost constant search for a creative life, and that might be its most moving feature. At a time when expectations of women were rigid and limiting, Altina allowed herself to make choices that seem to have opened doors to both a seemingly fearless creativity and true love." - The Village Voice

Item no. : FZ10800380
Format : DVD
Duration : 80 minutes
Copyright : 2014
Price : USD 295.00

BILL MORRISON: COLLECTED WORKS (1996 - 2013)

16 films by Bill Morrison

This five-disc set comprises 16 works by filmmaker and multimedia artist Bill Morrison, called "one of the most adventurous American filmmakers" by Variety. Morrison's work is characterized by his sensitive approach to found, often decaying film footage, and his close collaboration with contemporary composers, including Vijay Iyer, Johann Johannsson and Bill Frisell. Among other shorts and features, this set includes his acclaimed DECASIA (2002), "the most widely acclaimed American avant-garde film of the fin-de-siecle." (J. Hoberman, The Village Voice).

DISC 1: Blu-Ray (75 minutes)
Decasia 67 minutes, 2002
Light is Calling 8 minutes, 2004

DISC 2: DVD (107 minutes)
City Walk 6 minutes, 1999
Porch 8 minutes, 2005
Highwater Trilogy 31 minutes, 2006
Who by Water 18 minutes, 2007
Just Ancient Loops 26 minutes, 2012
Re-Awakenings 18 minutes, 2013

DISC 3: DVD (107 minutes)
The Mesmerist 16 minutes, 2003
Ghost Trip 23 minutes, 2000
Spark of Being 68 minutes, 2010

DISC 4: DVD (86 minutes)
The Miner's Hymns 52 minutes, 2011
Release 13 minutes, 2010
Outerborough 9 minutes, 2005
The Film of Her 12 minutes, 1996

DISC 5: DVD (80 minutes)
The Great Flood 80 minutes, 2013

Reviews

- "The only major directors with a comparably original ear are probably Jean-Luc Godard and Peter Greenaway." - LA Times
- "A TERRIFIC ACHIEVEMENT!" - LA Times on THE GREAT FLOOD
- "ASTONISHING!" - Sight & Sound on THE MINERS' HYMNS

Item no. : YS03210944
Format : 5 DVDs (Color, Black & White)
Duration : 455 minutes
Copyright : 2013
Price : USD 498.00

NEXT BIG THING, THE

By Frank van den Engel

Prices for contemporary art are going through the roof despite the lousy economic situation in general. Internet, the growing number of rich individuals and globalization have changed the art market beyond recognition. Has contemporary art become a commodity in the hands of the

super rich private collectors?

This film investigates the ins and outs of the soaring art market and the consequences for artists, dealers, museums and for art history.

With among others: artists Chuck Close, Jack Whitten and Adrian Ghenie, Top 200 art collectors under which Bert Kreuk, Martin Z. Margulies and Thomas Olbricht, museum directors Udo Kittelman and Benno Tempel and Christie's Chairman NY.

Item no. : MC03100946
Format : DVD (Color)
Duration : 57 minutes
Copyright : 2014
Price : USD 348.00

TALKING STONE: ROCK ART OF THE COSOS

By Paul Goldsmith, ASC

Hidden away in the canyons of a top-secret military base on the edge of the Mojave Desert is the largest concentration of rock art in North America. Created over thousands of years by a now vanished culture, it represents the oldest art in California. Talking Stone explores the remote canyons and the mysteries surrounding these amazing images.

Reviews

- "Talking Stone offers a beautiful experience of this astonishing site in its equally remarkable landscape. The diversity of interpretive perspectives is refreshing — it effortlessly embraces Native American, archaeological, artistic, and laymen's experiences with respect that underscores what a treasure such sites are for all humanity." - Owen Doonan, CSUN Art History Prof, Getty Residential Scholar
- "Paul Goldsmith, an accomplished and acclaimed cinematographer, has established an extraordinary record of translating and interpreting western Native American history in his own nuanced, yet powerful medium. His newest accomplishment, Talking Stone: Rock Art of the Cosos, follows in this rich tradition and could well be the very best of all." - David Hurst Thomas, Curator, Division of Anthropology, American Museum of Natural History

Item no. : YH03650862
Format : DVD (Color)
Duration : 53 minutes
Copyright : 2014
Price : USD 252.00

BASIC CLINICAL SKILLS

BASIC MATH FOR NURSES: CALCULATING ORAL, PARENTERAL, AND PEDIATRIC DOSAGES

Nurses must often make medication dosage calculations for medications that are delivered orally, parenterally through I.V.s and for pediatric patients. In each case, it is critical for the nurse to know and use the appropriate calculation to determine the correct dosage.

This program demonstrates and describes the various formula used when calculating medication dosages for oral and parenteral delivery, and for pediatric patients.

After watching this program viewers should be able to:

- Calculate Dosages for Solid and Liquid Medication Administration
- Calculate Dosages for Injections Based on Volume
- List 5 Key Guidelines for Administering Medications to Pediatric Patients
- Calculate a Pediatric Dosage Using the Ratio and Proportion Method

Item no. : HB08050106
Format : DVD
Duration : 14 minutes
Copyright : 2014
Price : USD 315.00

BIOGRAPHIES/PR OFILES

ALTINA

Director: Peter Sanders

Altina is the provocative portrait of an American trendsetter whose free spirit defied convention. A woman ahead of her time, Altina Schinasi was born in 1907 in New York City; the daughter of a tobacco tycoon and decedent of Sephardic Jews, she upended the expectations that accompanied her position. Altina was a paradox: simultaneously seductive and reserved, her genteel upbringing was in sharp contrast to the bold sexuality of her art and her life.

In addition to creating whimsical works of art and sculpture, Altina invented the glamorous Harlequin 'cat's-eye' eyeglasses, worn by the likes of Lucille Ball and Peggy Guggenheim, and as well directed an Oscar-nominated documentary about Nazi brutality told through the drawings of German expressionist artist George Grosz. Altina's life was anchored in the social and political issues of the time: helping Jewish refugees escape the Holocaust; providing aid and shelter to friends who were targeted by Joseph McCarthy's

Un-American Activities campaign; and being involved early on in the struggles of Martin Luther King Jr.

Directed by her grandson Peter Sanders, the film captures this unpredictable woman whose bold, uninhibited passion for life is an inspiration for all.

Reviews

- "An absorbing look at wealth, privilege, creativity and progressive thinking...also an evocative time capsule" - Los Angeles Times
- "A joyful portrait... We are treated to an acquaintanceship with a woman in an almost constant search for a creative life, and that might be its most moving feature. At a time when expectations of women were rigid and limiting, Altina allowed herself to make choices that seem to have opened doors to both a seemingly fearless creativity and true love." - The Village Voice

Item no. : FZ10800380
Format : DVD
Duration : 80 minutes
Copyright : 2014
Price : USD 295.00

CINEMA STUDIES

BILL MORRISON: COLLECTED WORKS (1996 - 2013)

16 films by Bill Morrison

This five-disc set comprises 16 works by filmmaker and multimedia artist Bill Morrison, called "one of the most adventurous American filmmakers" by Variety. Morrison's work is characterized by his sensitive approach to found, often decaying film footage, and his close collaboration with contemporary composers, including Vijay Iyer, Johann Johannsson and Bill Frisell. Among other shorts and features, this set includes his acclaimed DECASIA (2002), "the most widely acclaimed American avant-garde film of the fin-de-siecle." (J. Hoberman, The Village Voice).

DISC 1: Blu-Ray (75 minutes)
Decasia 67 minutes, 2002
Light is Calling 8 minutes, 2004

DISC 2: DVD (107 minutes)
City Walk 6 minutes, 1999
Porch 8 minutes, 2005
Highwater Trilogy 31 minutes, 2006
Who by Water 18 minutes, 2007
Just Ancient Loops 26 minutes, 2012
Re-Awakenings 18 minutes, 2013

DISC 3: DVD (107 minutes)
The Mesmerist 16 minutes, 2003
Ghost Trip 23 minutes, 2000
Spark of Being 68 minutes, 2010

DISC 4: DVD (86 minutes)
The Miner's Hymns 52 minutes, 2011
Release 13 minutes, 2010

Outerborough 9 minutes, 2005
The Film of Her 12 minutes, 1996

DISC 5: DVD (80 minutes)
The Great Flood 80 minutes, 2013

Reviews

- "The only major directors with a comparably original ear are probably Jean-Luc Godard and Peter Greenaway." - LA Times
- "A TERRIFIC ACHIEVEMENT!" - LA Times on THE GREAT FLOOD
- "ASTONISHING!" - Sight & Sound on THE MINERS' HYMNS

Item no. : YS03210944
Format : 5 DVDs (Color, Black & White)
Duration : 455 minutes
Copyright : 2013
Price : USD 498.00

COMMUNITIES

HOLLOW (SPECIAL EDUCATIONAL EDITION)

By Elaine McMillion Sheldon

The story of McDowell County, West Virginia, is the story of America. Of boom and bust economies. Of small towns facing changes beyond their control. And of challenges and triumphs of every size. Experience this corner of America through the stories of over 30 residents who live here today.

This special Educational DVD Edition allows viewers guided access to 35 of these important video stories. The Hollow production team and nearly 20 of the town's residents shot these short films, which range in topic from economic and infrastructure challenges to social and health issues. Small-business owners, youth groups, coal miners, activists, high school students, fitness instructors and those working in the non-profit sector are just some of the people featured in the many short films. In total, there are over 30 individuals, from all walks of life, who share their experience living in McDowell County — an area that is representative of many boom-and-bust areas across the country.

McDowell County has lost almost 80 percent of its population since 1950 and continues to lose more young people every year due to a lack of economic opportunity. This rural brain drain has left many counties across the nation with an aging demographic and failing infrastructure. However, many people — approximately 22,000 — continue to live and work in the county. They feel a great sense of pride and belonging in the coalfields and believe they are there to help improve and move the county into the future. Focusing on the residents who have stayed during the tumultuous times, Hollow is a story of hope and home. Through Hollow, the stories of Appalachian residents help outsiders to

understand the often-overlooked sector of our society.

Review

- "It's maybe the most magnificently presented, web-aware journalism I've ever seen. But more important than the visual achievement is what it does — documenting the lives of people who live in a mostly ignored rural community, far from the traditional media bastions and bubbles." - Jason Linkins, Huffington Post

Awards

- Peabody Award (2013), 2014
- Webby Awards: "Web Community" honoree, 2014
- Adobe Creative Edge Award, Favourite Website Awards, 2013

Item no. : FV03650859
Format : DVD (Color)
Duration : 104 minutes
Copyright : 2013
Price : USD 305.00

CULTURAL STUDIES

NEXT BIG THING, THE

By Frank van den Engel

Prices for contemporary art are going through the roof despite the lousy economic situation in general. Internet, the growing number of rich individuals and globalization have changed the art market beyond recognition. Has contemporary art become a commodity in the hands of the super rich private collectors?

This film investigates the ins and outs of the soaring art market and the consequences for artists, dealers, museums and for art history.

With among others: artists Chuck Close, Jack Whitten and Adrian Ghenie, Top 200 art collectors under which Bert Kreuk, Martin Z. Margulies and Thomas Olbricht, museum directors Udo Kittelman and Benno Tempel and Christie's Chairman NY.

Item no. : MC03100946
Format : DVD (Color)
Duration : 57 minutes
Copyright : 2014
Price : USD 348.00

DOCUMENTARY

AFTERWORD TO THE PAMPHLET OF 1942

By Stanislav Dorochenkov

A Unesco World Heritage Site, Saint Petersburg, which survived a 900-day Nazi siege in World War Two, is today under threat again: over the past several years, Russia's new capitalists have demolished over two hundred historic buildings in the city.

Retracing Dimitry Likhachev's eponymous article, the film draws parallels between the Siege of Leningrad and the defense of medieval Russian cities, as described in the chronicles. Returning to the present, it compares today's destroyers of history with foreign invaders.

Item no. : TT16800034
Format : DVD (Russian, With English, French, German Subtitles)
Duration : 30 minutes
Price : EUR 131.88

INITIO

Directed by David Grumbach & Felix Sorger
Produced by Paul Thiltges

Initio is a documentary about how a little money can change a life, a family and a community. We will follow around the globe different micro-entrepreneurs who are currently developing their own business through microfinance. Their human challenges, adversity and accomplishments will allow us to see and experience the huge potential of this evolving system.

Item no. : NA17870004
Format : DVD
Copyright : 2013

INTHIERRYVIEW

Directed by Andy BAUSCH

Item no. : NU17870005
Format : DVD (Letzebuergesch, With German, English, French Subtitles)
Duration : 105 minutes

DRUGS OF ABUSE

HEROIN AND PRESCRIPTION PAINKILLERS

A Toolkit for Community Action

This comprehensive resource brings together community leaders, health care providers, schools, and parents to develop a multidisciplinary, coordinated plan for

addressing the issue of opioid addiction and overdose that communities are currently facing.

Item no. : RM06070245
Format : DVD (With CD-ROM)
Copyright : 2014
Price : USD 129.00

ECONOMICS

NEXT BIG THING, THE

By Frank van den Engel

Prices for contemporary art are going through the roof despite the lousy economic situation in general. Internet, the growing number of rich individuals and globalization have changed the art market beyond recognition. Has contemporary art become a commodity in the hands of the super rich private collectors?

This film investigates the ins and outs of the soaring art market and the consequences for artists, dealers, museums and for art history.

With among others: artists Chuck Close, Jack Whitten and Adrian Ghenie, Top 200 art collectors under which Bert Kreuk, Martin Z. Margulies and Thomas Olbricht, museum directors Udo Kittelman and Benno Tempel and Christie's Chairman NY.

Item no. : MC03100946
Format : DVD (Color)
Duration : 57 minutes
Copyright : 2014
Price : USD 348.00

EDUCATION

VALLEY OF THE HEROES

By Khashem Gyal

"When no one listens, no one tells, and when no one tells, no one learns; and thus when the elders die, so do the traditions and language." - Tibetan Proverb

In many Tibetan communities, the loss of Tibetan language has reached a crisis level. An elder generation is passing away, leaving behind fewer young Tibetans who can understand their own native language. The trend is most accelerated in villages at the outer edges of the Tibetan cultural sphere, where Chinese has become the dominant language of business and education.

Hualong County, whose name translates to "Valley of the Heroes", is one such community. Located in Qinghai Province, China, at the eastern edge of the Tibetan Plateau, Hualong was once a place where Tibetan culture thrived among other ethnic groups, including Mongolians, Turkish Muslim Salar, Chinese Muslim Hui, Monguors, and Han Chinese. Now Hualong is recognized as one of the most vulnerable places for Tibetan language

and culture on the entire plateau. Today more than 30% of Tibetans living there are unable to speak any Tibetan at all.

Valley of the Heroes is a rare window into Tibet's shifting cultural landscape. Through the voices of farmers and townspeople, young children and the elderly, the film renders a timely portrait of a community undergoing radical transformation. Their perspectives are accompanied by footage of daily life in Hualong, revealing the region's complex linguistic terrain, where Tibetan children speak Chinese when they play, and traditional songs and prayers are being lost.

Amid these drastic changes, a group of young Tibetans has set out to address the situation. They are students from Qinghai Nationalities University, who have volunteered to teach Tibetan language to the school children of Hualong. Valley of the Heroes documents their experiences, shedding important light on the challenges and successes in the effort to preserve Tibetan culture. Prior to making Valley of the Heroes, Khashem Gyal, the filmmaker, volunteered as a student teacher in the Qinghai Nationalities language program. His dedication to the community of Hualong and commitment to Tibetan language inspired him to make the film. It is one of the first independent documentary films to be produced entirely in Tibet by a Tibetan filmmaker.

Many other villages across the Tibetan Plateau are enduring similar fates to Hualong. Without local efforts to strengthen these communities, Tibetan language and culture at large may soon be completely marginalized. As a rare insider perspective of the situation on the ground, Valley of the Heroes serves as both a warning call and glimmer of hope for the future of Tibet.

Item no. : HC03720863
Format : DVD (Color, Tibetan and Chinese with Tibetan, Chinese, Japanese, and English subtitles)
Duration : 53 minutes
Copyright : 2013
Price : USD 252.00

EMOTION MANAGEMENT

DISCOVER THE TWELVE STEPS

In this video, real men and women in recovery--not actors--discuss how working a Twelve Step program has helped them in their recovery journey. Here, viewers will learn:

- What a Twelve Step group is
- How to find a home group
- What happens during a Twelve Step meeting
- What to expect at the first meeting
- How to find a sponsor

Each of the Twelve Steps is explained by people who candidly share their personal stories about how working the Steps has helped them continue to live one day at a time and stay clean and sober.

Item no. : ES06070243
Format : DVD (With CD-ROM)
Duration : 56 minutes
Copyright : 2014
Price : USD 225.00

EMOTIONAL BALANCE

YOUNG ADULTS DISCOVER THE TWELVE STEPS

In this engaging video, young people in recovery discuss how working a Twelve Step program helps them in their recovery journey. Other information in this video include:

- What is a Twelve Step group
- Finding a home group
- What happens at a meeting
- What to expect at your first meeting
- Finding a sponsor

Each of the 12 Steps is discussed by young people in recovery sharing their personal stories about how working the Steps have helped them stay clean and sober.

Item no. : BY06070251
Format : DVD (With CD-ROM)
Duration : 56 minutes
Copyright : 2014
Price : USD 225.00

ENVIRONMENT

H2OMX

By Jose Cohen

A driver who was kidnapped for the contents of his water truck. A man filling dozens of fifty-gallon drums with water, in an urban neighborhood whose residents have spent more than three decades fighting for running water. Large drifts of industrial foam billowing through the air from a drainage canal, and contaminating crops with heavy metals and coliforms.

These are just some of the striking moments in H2OMX, a masterful, award-winning documentary about getting water to and from the 22 million people of Mexico City.

Built on a basin surrounded by mountains and with little drainage, the city is facing a water crisis driven by geography, population, and history. With a growing population, a depleted aquifer, and 40 percent of the water being brought in by aqueduct from another drainage area being lost to leaky pipes, the challenges are huge.

H2O MX captures the scope of the problem by taking us to a wide range of locations in and near the municipality, and introducing us to people dealing with a wide range of water-related issues. On the fringes of the city, we meet residents who can only access water by filling large jugs and hauling them back home with donkeys. We visit what will one day be the largest wastewater treatment plant in the country, only to learn that it is already five years behind schedule, and won't deal with many of the contaminants that make crops irrigated with the water dangerous to eat.

Meanwhile, as residents struggle to get access to fresh water, periodic floods—caused by storm sewers overwhelmed with torrential rains and sewage—overflow on a regular basis.

There are solutions: a pair of enthusiastic young industrial designers are helping rural communities install rainwater harvesting systems that, together, are collecting millions of gallons of water a year; fixing leaky pipes could mean not having to go as far afield for water; and proper treatment can allow purified water to go back into the aquifer. But none of this will be easy—and time is running out.

From stunning shots millions of gallons of water on the move to Mexico City and aerial views of a drainage canal choked with miles of garbage, to interviews with those trying to solve the water problem and those who must live with it every day, H2OMX captures the complexities of trying to provide one of the most basic of human rights—access to clean water—to one of the world's megalopolises.

Review

- "A rallying cry for government and collective action, H2OMX is a good-looking, well-researched and smartly assembled documentary that makes a persuasive case that the time is nigh to remedy the status of water management in the Valley of Mexico." - Variety

Item no. : CL03400945
Format : DVD (Color)
Duration : 82 minutes
Copyright : 2013
Price : USD 398.00

SEED BATTLES

By Kees Brouwer

Hidden deep inside a massive mountain in inhospitable Spitsbergen is the most important vault in the world: the Global Seed Vault. It is 20 degrees below zero and the vault is able to withstand earthquakes, floods, missile attacks and nuclear disaster. It's Noah's Ark for our food production with the largest diversity in seeds from all over the world, a backup of as many crops as possible and the toolbox for seed breeders. This is vital, for by 2050 there will be 9 billion mouths to feed. But the success of the vault also shows its downside. The increasing strategic importance of seed has given rise to the fundamental discussion on the question:

who do the seeds belong to?

Not all countries are willing to donate their seed collections to the vault these days. Emerging economies regard their own seeds as a green gold mine for which others will have to pay. And large seed companies patent their latest seeds. If seeds can no longer be freely used, the diversity will decline which makes it vital that all seeds are freely available.

The 'Doomsday Vault', as it is called today, and its worldwide mission, is the life's work of the inspired American professor Cary Fowler. In February 2013, on the occasion of the vault's five-year anniversary, he met with an international management committee in Spitsbergen to discuss the current deadlock. SEED BATTLES gains an insight into the worldwide political and strategic game that is being played. The stakes: our daily bread.

Item no. : HD03210947
Format : DVD (Color)
Duration : 50 minutes
Copyright : 2014
Price : USD 390.00

ENVIRONMENTAL ISM

POWER TO THE PEDALS: WENZDAY JANE AND THE CULTURE OF CHANGE

By Bob Nesson

This documentary portrays the transformative vision and extraordinary efforts of Wenzday Jane, a young woman whose mechanical skills and innovative actions are reshaping her community. Wenzday Jane goes to the heart of the sustainability issue by offering practical economic solutions, and suggests that things don't have to be the way they are.

As a young child growing up in public housing, Wenzday's bicycle meant personal responsibility and self-direction. She watched her family struggle with dependence, disempowerment, and inertia. Determined to pull herself out from those inherited conditions, she gradually built up her skill set. Learning construction techniques and welding, she realized that she literally had the power to reshape her world. Now, with a passion for mechanics and organization, she is creating the means and cultural conditions to replace trucks with human-powered, souped-up bicycles for many local deliveries.

Shot in an intimate, lyrical style, the film follows Wenzday as she builds an organization of riders and cargo bicycles that work in agriculture and food delivery, composting, recycling and waste-hauling — and community building. We follow a rider making the rounds of municipal recycling bins, emptying bottles and cans into the bike's cavernous tank. Weaving his 300-pound load through traffic, he heads for the city's waste sorting facility

where he dumps into a mountain of trash "just like any other gigantic truck." Wenzday reflects on winning a substantial contract for municipal recycling pickup. "I've always been interested in challenges — in problem-solving. There's an opportunity to learn something new by solving a problem."

Power-lifting a huge axle onto a stand, Wenzday disassembles a complex wheel assembly. "There's no alternative: you can't just take these to the nearest garage, like a car, to get them repaired." Her hands are covered with grease as she removes a planetary gear. "Bikes represent self-reliance and autonomy," she says. "Working on bikes gives me a platform for really thinking about how things work." By building a fleet of cargo bikes and creating a business around them, Wenzday is lowering the carbon footprint of our transportation system, one bike at a time.

Review

- "...an emotionally charged and inspiring film. Wenzday's story is extraordinary and highly motivating." - Marion Stoddart, of Work of 1000

Award

- Best Film, Boston Bike Film Festival, 2014

Item no. : RL03720860
Format : DVD (Color)
Duration : 32 minutes
Copyright : 2014
Price : USD 252.00

ETHICS

SEED BATTLES

By Kees Brouwer

Hidden deep inside a massive mountain in inhospitable Spitsbergen is the most important vault in the world: the Global Seed Vault. It is 20 degrees below zero and the vault is able to withstand earthquakes, floods, missile attacks and nuclear disaster. It's Noah's Ark for our food production with the largest diversity in seeds from all over the world, a backup of as many crops as possible and the toolbox for seed breeders. This is vital, for by 2050 there will be 9 billion mouths to feed. But the success of the vault also shows its downside. The increasing strategic importance of seed has given rise to the fundamental discussion on the question: who do the seeds belong to?

Not all countries are willing to donate their seed collections to the vault these days. Emerging economies regard their own seeds as a green gold mine for which others will have to pay. And large seed companies patent their latest seeds. If seeds can no longer be freely used, the diversity will decline which makes it vital that all seeds are freely available.

The 'Doomsday Vault', as it is called today, and its worldwide mission, is the life's work of the inspired American professor Cary Fowler. In February 2013, on the occasion

of the vault's five-year anniversary, he met with an international management committee in Spitsbergen to discuss the current deadlock. SEED BATTLES gains an insight into the worldwide political and strategic game that is being played. The stakes: our daily bread.

Item no. : HD03210947
Format : DVD (Color)
Duration : 50 minutes
Copyright : 2014
Price : USD 390.00

EVIDENCE BASED

EVIDENCE-BASED PSYCHOTHERAPY TREATMENT PLANNING

By Timothy Bruce, Arthur Jongsma, Jr.

Watch as Drs. Timothy Bruce and Art Jongsma introduce the concepts described in-depth in our Evidence-Based Treatment Planning video series. Covering depression, social anxiety, eating disorders and more, this comprehensive series provides you with essential background information and an accessible model for designing successful, empirically grounded treatment plans.

Tim Bruce and Art Jongsma make quite a team throughout this video series on evidence-based treatment planning. Decades of field experience has given them a wealth of historical data and applied knowledge to draw from as they present their findings on empirically supported treatments and offer their unique perspective on the treatment-planning process—a welcome breath of fresh air in its easy-to-grasp simplicity (that still allows for individual tailoring).

The hosts begin this in-depth series with a presentation of the basics, including the history of the movement to identify ESTs and its development over time. You'll understand the distinguishing features of "well-established" and "probably efficacious" treatment (with definitions and examples of efficacy, effectiveness, and clinical utility), and you'll get useful resources for further exploration. They move on to the principles of evidence-based practice (EBP), recommending an integration of ESTs, staying abreast of timely research, and establishing an empathic therapeutic alliance. Going deeper still, they offer insights on both the advantages and limitations of ESTs, and give you the essential elements of treatment planning, including how to empirically inform them.

If you're looking to deepen your understanding of evidence-based treatments and a streamlined way of incorporating them into your treatment planning, you're sure to be satisfied with this information-packed video.

By watching this video, you will:

- Understand the key role of APA

Division 12 in the movement to identify ESTs.

- Identify the distinguishing features of "well-established" and "probably efficacious" treatment.
- Learn how to create a six-step treatment plan informed by the latest empirical research.

Item no. : CJ07620469
Format : Streaming (1 Year)
Duration : 29 minutes
Price : USD 150.00

EVIDENCE-BASED TREATMENT PLANNING FOR GENERALIZED ANXIETY DISORDER

By Timothy Bruce, Arthur Jongsma, Jr.

How do the features of Generalized Anxiety Disorder correspond to the latest empirical research, and how do you integrate all of this into an effective course of treatment? Improve your grasp of evidence-based treatment planning in this video with Drs. Timothy Bruce and Arthur Jongsma, who present a comprehensive overview of GAD along with step-by-step planning outlines, live clinical vignettes, and detailed commentary.

Generalized Anxiety Disorder (GAD) is an insidious condition marked by excessive, near-constant worry, muscle tension, sleep disturbances, and a host of other nuisances that can greatly diminish one's quality of life. Anxious clients need support managing their experience, and loose treatment planning can threaten the therapy's success. If you've been wondering what, exactly, comprises an effective generalized anxiety treatment plan or have been digging for resources on the empirically supported treatments on which these plans are based, you'll strike gold with this video from Drs. Timothy Bruce and Arthur Jongsma. Here, the two experts tell you everything you need to know about building treatment plans that not only comply with professional requirements, but also serve as your own playbook for supporting clients with this aggravating condition.

After giving an overview of the DSM criteria for GAD, its clinical features, and a brief history of the empirically supported treatment (EST) movement (including North American and European benchmarks), Bruce and Jongsma outline several ways to fold ESTs into treatment for GAD. With a thorough rundown of approaches that includes overview and rationale, live demonstration, and interactive commentary on each vignette, this video shows you how to compose a six-step treatment plan based on Comprehensive Cognitive-Behavioral Therapy for GAD—but the method itself is applicable to a range of diagnoses and is a useful framework regardless of theoretical orientation. You'll also observe a client receiving instruction in relaxation and cognitive techniques, and you'll discover ways to incorporate this and

other interventions, as well as relapse prevention, into treatment.

If you're looking to deepen your understanding of evidence-based treatment planning and the particulars of generalized anxiety, you're sure to be satisfied with this information-packed video.

By watching this video, you will:

- Understand the DSM criteria for Generalized Anxiety Disorder and its epidemiology.
- Learn about the history of empirically supported treatments (ESTs) and those designated for Generalized Anxiety Disorder.
- Know how to create a six-step treatment plan based on well-established evidence-based ESTs.

Item no. : LG07620470
Format : Streaming (1 Year)
Duration : 67 minutes
Price : USD 150.00

FAMILY THERAPY

EXPERIENTIAL FAMILY THERAPY

By Carl Whitaker

Learn from groundbreaking family therapist Carl Whitaker as he conducts two riveting and instructive initial interviews with a family seeking treatment for their son's ADHD. You can't help but be awed and inspired as you watch this true master in action.

With a focus on process over progress, a co-created experiential field, and a therapeutic power exchange with the family, Carl Whitaker demonstrates a playfully ruthless brand of family therapy in this two-session video. His own past suicide attempt, "this ADD thing" the son experiences, dad's leveraging his polio for psychological gain, and mom's "conning" people into various states of unconscious compliance all get addressed here, as the renowned family therapist presents a rare live glimpse into the approach that's influenced a generation of subsequent clinicians.

You'll be shocked and delighted throughout this video—it's truly a classic example of groundbreaking therapy from a one-of-a-kind clinician. While every therapist must ultimately develop their own style congruent with their personality, watching a vibrant master like Whitaker can inspire you to find your own voice—and not have it be squelched as you try to adhere to a specific orientation or manualized treatment.

By watching this video, you will:

- Discover the theoretical underpinnings of Whitaker's pioneering approach.
- Understand the major characteristics of the therapeutic system with regard to families.

- Identify the four essential steps of the family therapy process.

Item no. : CD07620468
Format : DVD (With Instructor's Manual, English subtitles)
Duration : 130 minutes
StdBkNo : 1601243995
Price : USD 159.00

FOOD

SEED BATTLES

By Kees Brouwer

Hidden deep inside a massive mountain in inhospitable Spitsbergen is the most important vault in the world: the Global Seed Vault. It is 20 degrees below zero and the vault is able to withstand earthquakes, floods, missile attacks and nuclear disaster. It's Noah's Ark for our food production with the largest diversity in seeds from all over the world, a backup of as many crops as possible and the toolbox for seed breeders. This is vital, for by 2050 there will be 9 billion mouths to feed. But the success of the vault also shows its downside. The increasing strategic importance of seed has given rise to the fundamental discussion on the question: who do the seeds belong to?

Not all countries are willing to donate their seed collections to the vault these days. Emerging economies regard their own seeds as a green gold mine for which others will have to pay. And large seed companies patent their latest seeds. If seeds can no longer be freely used, the diversity will decline which makes it vital that all seeds are freely available.

The 'Doomsday Vault', as it is called today, and its worldwide mission, is the life's work of the inspired American professor Cary Fowler. In February 2013, on the occasion of the vault's five-year anniversary, he met with an international management committee in Spitsbergen to discuss the current deadlock. SEED BATTLES gains an insight into the worldwide political and strategic game that is being played. The stakes: our daily bread.

Item no. : HD03210947
Format : DVD (Color)
Duration : 50 minutes
Copyright : 2014
Price : USD 390.00

HUMAN RIGHTS

OUR MAN IN TEHRAN

Director: Drew Taylor and Larry Weinstein

"In 1979 we found ourselves in an impossible situation. We had three CIA operatives in Tehran, but all three had been taken hostage in the American Embassy with the others. In those troubled days, we reached out to the Canadians. Ambassador Ken Taylor became our greatest asset. He was our man in

Tehran." – President Jimmy Carter

Our Man in Tehran is an in-depth, intimate exploration of the true story behind Ben Affleck's Oscar-winning film *Argo*. In this gripping new documentary, the story of the "Canadian Caper" is told by the man who knows it best: Ken Taylor, Canada's former ambassador to Iran, who hid the six Americans in his official residence and obtained the counterfeit documents that allowed them to make their dramatic escape from Tehran. Based on Robert Wright's book, the film uncovers new information and adds valuable context, including an historical overview of Iran, interviews with the rescued Americans, former Prime Minister Joe Clark, ex-CIA officer Tony Mendez, and many others.

Reviews

- "Engaging... more entertaining than *Argo*'s fiction." - *Globe and Mail*
- "An intelligent, complex and tension-filled story that breathes life into historical events [and] adds rich detail to the events from the people who were there." - *Toronto Star*
- "A nostalgic and refreshingly balanced tapestry of commentary and archival footage... Fascinating!" - *Victoria Times Colonist*

Item no. : AP10800383
Format : DVD
Duration : 85 minutes
Copyright : 2013
Price : USD 395.00

LANGUAGE AND COMMUNICATION

VALLEY OF THE HEROES

By Khashem Gyal

"When no one listens, no one tells, and when no one tells, no one learns; and thus when the elders die, so do the traditions and language." - Tibetan Proverb

In many Tibetan communities, the loss of Tibetan language has reached a crisis level. An elder generation is passing away, leaving behind fewer young Tibetans who can understand their own native language. The trend is most accelerated in villages at the outer edges of the Tibetan cultural sphere, where Chinese has become the dominant language of business and education.

Hualong County, whose name translates to "Valley of the Heroes", is one such community. Located in Qinghai Province, China, at the eastern edge of the Tibetan Plateau, Hualong was once a place where Tibetan culture thrived among other ethnic groups, including Mongolians, Turkish Muslim Salar, Chinese Muslim Hui, Monguors, and Han Chinese. Now Hualong is recognized as one of the most vulnerable places for Tibetan language and culture on the entire plateau. Today more than 30% of Tibetans living there are

unable to speak any Tibetan at all.

Valley of the Heroes is a rare window into Tibet's shifting cultural landscape. Through the voices of farmers and townspeople, young children and the elderly, the film renders a timely portrait of a community undergoing radical transformation. Their perspectives are accompanied by footage of daily life in Hualong, revealing the region's complex linguistic terrain, where Tibetan children speak Chinese when they play, and traditional songs and prayers are being lost.

Amid these drastic changes, a group of young Tibetans has set out to address the situation. They are students from Qinghai Nationalities University, who have volunteered to teach Tibetan language to the school children of Hualong. Valley of the Heroes documents their experiences, shedding important light on the challenges and successes in the effort to preserve Tibetan culture. Prior to making Valley of the Heroes, Khashem Gyal, the filmmaker, volunteered as a student teacher in the Qinghai Nationalities language program. His dedication to the community of Hualong and commitment to Tibetan language inspired him to make the film. It is one of the first independent documentary films to be produced entirely in Tibet by a Tibetan filmmaker.

Many other villages across the Tibetan Plateau are enduring similar fates to Hualong. Without local efforts to strengthen these communities, Tibetan language and culture at large may soon be completely marginalized. As a rare insider perspective of the situation on the ground, Valley of the Heroes serves as both a warning call and glimmer of hope for the future of Tibet.

Item no. : HC03720863
Format : DVD (Color, Tibetan and Chinese with Tibetan, Chinese, Japanese, and English subtitles)
Duration : 53 minutes
Copyright : 2013
Price : USD 252.00

MENTAL HEALTH

YOUNG ADULTS DISCOVER THE TWELVE STEPS

In this engaging video, young people in recovery discuss how working a Twelve Step program helps them in their recovery journey. Other information in this video include:

- What is a Twelve Step group
- Finding a home group
- What happens at a meeting
- What to expect at your first meeting
- Finding a sponsor

Each of the 12 Steps is discussed by young people in recovery sharing their personal stories about how working the Steps have helped them stay clean and sober.

Item no. : BY06070251
Format : DVD (With CD-ROM)
Duration : 56 minutes
Copyright : 2014
Price : USD 225.00

MIDDLE EAST

OUR MAN IN TEHRAN

Director: Drew Taylor and Larry Weinstein

"In 1979 we found ourselves in an impossible situation. We had three CIA operatives in Tehran, but all three had been taken hostage in the American Embassy with the others. In those troubled days, we reached out to the Canadians. Ambassador Ken Taylor became our greatest asset. He was our man in Tehran." – President Jimmy Carter

Our Man in Tehran is an in- depth, intimate exploration of the true story behind Ben Affleck's Oscar-winning film Argo. In this gripping new documentary, the story of the "Canadian Caper" is told by the man who knows it best: Ken Taylor, Canada's former ambassador to Iran, who hid the six Americans in his official residence and obtained the counterfeit documents that allowed them to make their dramatic escape from Tehran. Based on Robert Wright's book, the film uncovers new information and adds valuable context, including an historical overview of Iran, interviews with the rescued Americans, former Prime Minister Joe Clark, ex-CIA officer Tony Mendez, and many others.

Reviews

- "Engaging... more entertaining than Argo's fiction."- Globe and Mail
- "An intelligent, complex and tension-filled story that breathes life into historical events [and] adds rich detail to the events from the people who were there." - Toronto Star
- "A nostalgic and refreshingly balanced tapestry of commentary and archival footage...Fascinating!" - Victoria Times Colonist

Item no. : AP10800383
Format : DVD
Duration : 85 minutes
Copyright : 2013
Price : USD 395.00

MUSIC

BILL MORRISON: COLLECTED WORKS (1996 - 2013)

16 films by Bill Morrison

This five-disc set comprises 16 works by filmmaker and multimedia artist Bill Morrison, called "one of the most adventurous American filmmakers" by Variety. Morrison's work is characterized by his sensitive approach to found, often

decaying film footage, and his close collaboration with contemporary composers, including Vijay Iyer, Johann Johannsson and Bill Frisell. Among other shorts and features, this set includes his acclaimed DECASIA (2002), "the most widely acclaimed American avant-garde film of the fin-de-siecle." (J. Hoberman, The Village Voice).

DISC 1: Blu-Ray (75 minutes)
Decasia 67 minutes, 2002
Light is Calling 8 minutes, 2004

DISC 2: DVD (107 minutes)
City Walk 6 minutes, 1999
Porch 8 minutes, 2005
Highwater Trilogy 31 minutes, 2006
Who by Water 18 minutes, 2007
Just Ancient Loops 26 minutes, 2012
Re-Awakenings 18 minutes, 2013

DISC 3: DVD (107 minutes)
The Mesmerist 16 minutes, 2003
Ghost Trip 23 minutes, 2000
Spark of Being 68 minutes, 2010

DISC 4: DVD (86 minutes)
The Miner's Hymns 52 minutes, 2011
Release 13 minutes, 2010
Outerborough 9 minutes, 2005
The Film of Her 12 minutes, 1996

DISC 5: DVD (80 minutes)
The Great Flood 80 minutes, 2013

Reviews

- "The only major directors with a comparably original ear are probably Jean-Luc Godard and Peter Greenaway." - LA Times
- "A TERRIFIC ACHIEVEMENT!" - LA Times on THE GREAT FLOOD
- "ASTONISHING!" - Sight & Sound on THE MINERS' HYMNS

Item no. : YS03210944
Format : 5 DVDs (Color, Black & White)
Duration : 455 minutes
Copyright : 2013
Price : USD 498.00

NATIVE NORTH AMERICANS

TALKING STONE: ROCK ART OF THE COSOS

By Paul Goldsmith, ASC

Hidden away in the canyons of a top-secret military base on the edge of the Mojave Desert is the largest concentration of rock art in North America. Created over thousands of years by a now vanished culture, it represents the oldest art in California. Talking Stone explores the remote canyons and the mysteries surrounding these amazing images.

Reviews

- "Talking Stone offers a beautiful experience of this astonishing site in its equally remarkable landscape. The

diversity of interpretive perspectives is refreshing — it effortlessly embraces Native American, archaeological, artistic, and laymen's experiences with respect that underscores what a treasure such sites are for all humanity." - Owen Doonan, CSUN Art History Prof, Getty Residential Scholar

- "Paul Goldsmith, an accomplished and acclaimed cinematographer, has established an extraordinary record of translating and interpreting western Native American history in his own nuanced, yet powerful medium. His newest accomplishment, Talking Stone: Rock Art of the Cosos, follows in this rich tradition and could well be the very best of all." - David Hurst Thomas, Curator, Division of Anthropology, American Museum of Natural History

Item no. : YH03650862
Format : DVD (Color)
Duration : 53 minutes
Copyright : 2014
Price : USD 252.00

NUTRITION

FITNESS PROFESSIONAL'S COMMON-SENSE GUIDE TO GIVING NUTRITIONAL ADVICE, A

By Natalie Digate Muth

A Fitness Professional's Common-Sense Guide to Giving Nutritional Advice explains how fitness professionals can do more to help their clients, particularly in the area of nutrition. The DVD details the fact that fitness professionals are on the front line of the obesity epidemic—a health calamity brought on primarily by too little physical activity and poor nutritional choices. The DVD outlines the appropriate middle ground with regard to fitness professionals providing nutritional advice (between a situation where fitness professionals exceed their legal scope of practice and a set of circumstances where fitness professionals are unduly hesitant to give any nutrition-related advice whatsoever).

Among the topics covered

- Flow chart
- Dietary guidelines for Americans
- Daily food plan
- Food tracker
- Community workshops
- SMART goals
- Answering the tough questions
- Take-home points

Item no. : DN08501945
Format : DVD
Duration : 44 minutes
Copyright : 2013
Price : USD 79.95

HEALTH AND PERFORMANCE BENEFITS OF OMEGA-3 FATTY ACIDS: SOMETHING FISHY GOING ON?

By Philip Calder, Timothy D. Mickleborough, Martin R. Lindley

Health and Performance Benefits of Omega-3 Fatty Acids: Something Fishy Going On? reviews the nutritional and biochemical aspects of Omega-3 fatty acids. The DVD also outlines the patterns of incorporation of omega-3s into the human body and their effects on overall health. In addition, the DVD explains how consumption of Omega-3 fatty acids can aid in physical performance and discusses their relevance in sports medicine. Furthermore, the DVD points out omega-3 fatty acids and details how they impact respiratory health when it comes to exercise. In that regard, the DVD looks at fish oil as a protective supplement in improving lung function in asthmatics. Finally, the DVD addresses how omega-3 fatty acids optimize physical performance and cognitive function in athletes.

Among the topics covered:

- Nutritional and biochemical aspects of omega-3 fatty acids (Philip Calder)
- Patterns of incorporation of marine omega-3 into human blood, cell, and tissue points
- Mechanisms of action
- Summary
- Omega-3 fatty acids, immunity and inflammation: relevant to sports medicine? (Philip Calder)
- Immunity
- Inflammation
- Omega-3 fatty acids and the lung
- Protective effect of fish oil supplementation for asthmatics
- Omega-3 fatty acid and performance optimization: reviewing the evidence (Timothy D. Mickleborough)
- Omega-3 fatty acids and exercising animals: relevance to human exercise performance
- Omega-3 fatty acids and exercise metabolism
- Omega-3 fatty acids and cognitive function in athletes

Item no. : ZC08501946
Format : DVD
Duration : 124 minutes
Copyright : 2013
Price : USD 99.95

LESSONS LEARNED FROM THE COAL FACE OF SPORTS NUTRITION

By Louise Burke

Lessons Learned From the Coal Face of Sports Nutrition presents an overview of six of the substantive lessons she acquired over the course of working in and conducting research for over two decades in her field. The discussion of each lesson includes a review of the key information,

basic ideas, and compelling insights she gained concerning that particular lesson. The DVD offers a compelling resource for every health/fitness professional who is interested in applying the concepts and principles of sports nutrition.

Among the topics covered:

- Lesson 1: research is important, but the rules of engagement are different
- Lesson 2: athletes often know more than we do
- Lesson 3: ideal sports nutrition is a complex mosaic (not just black and white)
- Periodizing low carbohydrate availability for greater training adaptation
- Lesson 4: event nutrition is about finding the sweet spots
- The sweet spot for an individualized hydration plan
- Lesson 5: athletes have a brain as well as muscles
- Lesson 6: sports nutrition is a team sport

Item no. : RZ08501947
Format : DVD
Duration : 47 minutes
Copyright : 2013
Price : USD 79.95

MEDICAL NUTRITION SUPPLEMENT NEWS & UPDATES

By Ronda Gates

It can be argued that the changing nature of pharmacy, dietetics, and exercise physiology has helped give rise to a significant level of confusion concerning what consumers need to know and to do in order to live a healthy lifestyle. Medical Nutrition Supplement News & Updates provides an overview of information that can help distinguish fact from fiction with regard to the health-related benefits and limitations of consuming nutritional supplements. In that regard, the DVD explores a number of topics, including the potential for drug and drug/food interactions, using supplements, exercising for health, and identifying health fraud and quackery attendant to health and medical wellness.

Among the topics covered:

- The changing nature of pharmacy
- Remember this
- Drug interaction risks
- If you use or recommend the use of supplements
- Protect yourself
- Quackery and fraud

Item no. : WZ08501949
Format : DVD
Duration : 27 minutes
Copyright : 2014
Price : USD 79.95

MEDICAL NUTRITION, DIET, AND OBESITY PROGRAMS

By Amy Blansit

Medical Nutrition, Diet, and Obesity Programs provides a compelling overview of the obesity epidemic, including a look at how the problem has evolved over time to reach its current state. The DVD also looks at several trends that are occurring in obesity programming. In addition, the DVD points out the desired outcomes in obesity programs for patients and families, as well as for hospitals. The DVD also reviews the underlying factors that need to be addressed to help ensure that obese patients have "emotional safety" and details a list of recommended steps that can be undertaken to help increase the effectiveness of hospital-based obesity treatment efforts.

Among the topics covered:

- The epidemic
- Background of the overweight problem
- Changes in school systems
- Obesity programs
- Desired outcomes for patients and families
- Desired outcomes for hospitals
- Emotional safety Recommendations
- Challenges for obesity treatment programs
- Changing the environment

Item no. : TK08501951
Format : DVD
Duration : 54 minutes
Copyright : 2013
Price : USD 79.95

MEDICAL NUTRITION: FROM THE BOTTOM UP

By Eric Durak

Medical Nutrition: From the Bottom Up discusses the fact that the United States may be in the best of times, or the worst of times, with regard to the current state of farming, production, and distribution, and the overall health benefits of foodstuffs in the history of our country. The DVD provides a basic update concerning medical nutrition, as well as details an overview of the evolution of how the medical community addresses the issue of nutrition. The DVD also reviews both sides of the debate on the value of taking nutritional supplements.

Among the topics covered:

- Nutrition—old vs. new
- Medical nutrition—vitamin D
- The deterioration of our food supply
- Doctor's historical perspective
- Doctor's response to the debate
- People's response to the issue
- Nutrition—the future trends

Item no. : BV08501952
Format : DVD
Duration : 28 minutes
Copyright : 2014
Price : USD 79.95

NUTRITION RECOMMENDATIONS FOR PRE-, DURING, AND POST-EXERCISE

By Jacqueline R. Berning

Nutrition Recommendations for Pre-, During, and Post-Exercise explains how to make wise food choices for increased athletic performance. The DVD presents a science-based, joint position statement from the American Dietetic Association, the American College of Sports Medicine, and Dietitians of Canada regarding nutrition and hydration recommendations for athletes. These recommendations include a discussion of the optimal timing of consumption, as well as the types and amounts of foods and fluids, that are required. In addition, the DVD reviews special considerations for certain sports that make the achievement of optimal nutrition and hydration a challenge. The DVD also espouses the mantra that food (and fluid) is fuel.

Among the topics covered:

- Sports nutrition recommendations
- Pre-exercise
- Nutrition realities
- During exercise
- Recovery nutrition
- High school football team

Item no. : PE08501953
Format : DVD
Duration : 30 minutes
Copyright : 2013
Price : USD 79.95

NUTRITION & EXERCISE

FITNESS PROFESSIONAL'S COMMON-SENSE GUIDE TO GIVING NUTRITIONAL ADVICE, A

By Natalie Digate Muth

A Fitness Professional's Common-Sense Guide to Giving Nutritional Advice explains how fitness professionals can do more to help their clients, particularly in the area of nutrition. The DVD details the fact that fitness professionals are on the front line of the obesity epidemic—a health calamity brought on primarily by too little physical activity and poor nutritional choices. The DVD outlines the appropriate middle ground with regard to fitness professionals providing nutritional advice (between a situation where fitness professionals exceed their legal scope of practice and a set of circumstances where fitness professionals are unduly hesitant to give any nutrition-related advice whatsoever).

Among the topics covered

- Flow chart
- Dietary guidelines for Americans

- Daily food plan
- Food tracker
- Community workshops
- SMART goals
- Answering the tough questions
- Take-home points

Item no. : DN08501945
Format : DVD
Duration : 44 minutes
Copyright : 2013
Price : USD 79.95

NUTRITION RECOMMENDATIONS FOR PRE-, DURING, AND POST-EXERCISE

By Jacqueline R. Berning

Nutrition Recommendations for Pre-, During, and Post-Exercise explains how to make wise food choices for increased athletic performance. The DVD presents a science-based, joint position statement from the American Dietetic Association, the American College of Sports Medicine, and Dietitians of Canada regarding nutrition and hydration recommendations for athletes. These recommendations include a discussion of the optimal timing of consumption, as well as the types and amounts of foods and fluids, that are required. In addition, the DVD reviews special considerations for certain sports that make the achievement of optimal nutrition and hydration a challenge. The DVD also espouses the mantra that food (and fluid) is fuel.

Among the topics covered:

- Sports nutrition recommendations
- Pre-exercise
- Nutrition realities
- During exercise
- Recovery nutrition
- High school football team

Item no. : PE08501953
Format : DVD
Duration : 30 minutes
Copyright : 2013
Price : USD 79.95

PEACE & CONFLICT RESOLUTION

OUR MAN IN TEHRAN

Director: Drew Taylor and Larry Weinstein

"In 1979 we found ourselves in an impossible situation. We had three CIA operatives in Tehran, but all three had been taken hostage in the American Embassy with the others. In those troubled days, we reached out to the Canadians. Ambassador Ken Taylor became our greatest asset. He was our man in Tehran." – President Jimmy Carter

Our Man in Tehran is an in-depth, intimate exploration of the true story behind Ben Affleck's Oscar-winning film Argo. In this

gripping new documentary, the story of the "Canadian Caper" is told by the man who knows it best: Ken Taylor, Canada's former ambassador to Iran, who hid the six Americans in his official residence and obtained the counterfeit documents that allowed them to make their dramatic escape from Tehran. Based on Robert Wright's book, the film uncovers new information and adds valuable context, including an historical overview of Iran, interviews with the rescued Americans, former Prime Minister Joe Clark, ex-CIA officer Tony Mendez, and many others.

Reviews

- "Engaging... more entertaining than Argo's fiction." - Globe and Mail
- "An intelligent, complex and tension-filled story that breathes life into historical events [and] adds rich detail to the events from the people who were there." - Toronto Star
- "A nostalgic and refreshingly balanced tapestry of commentary and archival footage... Fascinating!" - Victoria Times Colonist

Item no. : AP10800383
Format : DVD
Duration : 85 minutes
Copyright : 2013
Price : USD 395.00

PORTRAIT

AGE IS...

By Stephen Dwoskin

AGE IS... is a new feature meditating on the subjective experience and cultural concepts of ageing. The film is an ode to the texture, the beauty, the singularity of aging faces and silhouettes, a hypnotic poem in the Dwoskinian meaning of the term which is long observations of very tiny details. A gesture, a pause, a look, a moment. Throughout his films intimacy has always played the leading role and this is also true for Age is... , all the faces being those of close friends, of their relatives and sometimes even of Stephen himself. - House on Fire

Item no. : PF16800101
Format : DVD-5 (no dialogue)
Duration : 75 minutes
Copyright : 2014
Price : EUR 131.88

PROFESSIONAL LEARNING COMMUNITIES AT WORK

ARE WE A GROUP OR A TEAM?

Moving From Coordination to Collaboration in a PLC at Work

By Mike Mattos

Build a powerful PLC to meet the needs of every student. Based on Mike Mattos's 1-5-10 team-evaluation activity, this unscripted video will give your team the know-how to transition from a low- to high-performing team. Explore the three foundational elements to build strong teams: forming the right teams that share learning outcomes, providing dedicated time to collaborate, and collaborating professionally.

- Gain advice from real PLC teams that identify the key elements of a high-performing team.
- Access practical activities and tools necessary to improve team function and collaboration.
- Explore the process for creating a 10 Team through activities.
- Weave the short format into your busy schedule and view the video all at once, alone, or with a team.

Item no. : VY08420077
Format : DVD
Duration : 43 minutes
Copyright : 2014
StdBkNo : 811796010629
Price : USD 174.95

RECOVERY MANAGEMENT

DISCOVER THE TWELVE STEPS

In this video, real men and women in recovery—not actors—discuss how working a Twelve Step program has helped them in their recovery journey. Here, viewers will learn:

- What a Twelve Step group is
- How to find a home group
- What happens during a Twelve Step meeting
- What to expect at the first meeting
- How to find a sponsor

Each of the Twelve Steps is explained by people who candidly share their personal stories about how working the Steps has helped them continue to live one day at a time and stay clean and sober.

Item no. : ES06070243
Format : DVD (With CD-ROM)
Duration : 56 minutes
Copyright : 2014
Price : USD 225.00

RTI AT WORK

MAKING TIME AT TIER 2

Creating a Supplemental Intervention Period in Secondary Schools

By Mike Mattos

Give every student the help and

enrichment they need. Take a look inside two schools to discover the innovative ways they developed systematic interventions programs. Discover practical strategies to build Tier 2 intervention and enrichment periods into the school day, and learn how to work in collaborative teams to create targeted interventions and overcome implementation challenges to ensure all students are successful.

- Learn how to revise schedules to build intervention periods without extending the school day.
- Understand the challenges to creating intervention time, and gain tips to overcome them.
- Recognize the elements that define an effective intervention program.
- Observe educators discussing and developing systematic interventions to guarantee that all students learn at high levels.
- Explore how to create intervention and extension periods through activities

Item no. : WK08420078
Format : DVD
Duration : 49 minutes
Copyright : 2014
StdBkNo : 811796010636
Price : USD 174.95

SOCIAL EMOTIONAL LEARNING

BLOCK MEETINGS, RISK REVIEW MEETINGS, AND I-TIME ACTIVITIES

A video training program for school staff

This training video demonstrates how to effectively facilitate the three main components of Building Assets, Reducing Risks. You'll get a firsthand look into how Block Meetings, Risk Review Meetings, and I-Time Activities are used within a school environment.

Item no. : NA06070241
Format : DVD (With CD-ROM)
Duration : 25 minutes
Copyright : 2014
Price : USD 175.00

SPORTS NUTRITION

LESSONS LEARNED FROM THE COAL FACE OF SPORTS NUTRITION

By Louise Burke

Lessons Learned From the Coal Face of Sports Nutrition presents an overview of six of the substantive lessons she acquired over the course of working in and

conducting research for over two decades in her field. The discussion of each lesson includes a review of the key information, basic ideas, and compelling insights she gained concerning that particular lesson. The DVD offers a compelling resource for every health/fitness professional who is interested in applying the concepts and principles of sports nutrition.

Among the topics covered:

- Lesson 1: research is important, but the rules of engagement are different
- Lesson 2: athletes often know more than we do
- Lesson 3: ideal sports nutrition is a complex mosaic (not just black and white)
- Periodizing low carbohydrate availability for greater training adaptation
- Lesson 4: event nutrition is about finding the sweet spots
- The sweet spot for an individualized hydration plan
- Lesson 5: athletes have a brain as well as muscles
- Lesson 6: sports nutrition is a team sport

Item no. : RZ08501947
Format : DVD
Duration : 47 minutes
Copyright : 2013
Price : USD 79.95

SUSTAINABILITY

H2OMX

By Jose Cohen

A driver who was kidnapped for the contents of his water truck. A man filling dozens of fifty-gallon drums with water, in an urban neighborhood whose residents have spent more than three decades fighting for running water. Large drifts of industrial foam billowing through the air from a drainage canal, and contaminating crops with heavy metals and coliforms.

These are just some of the striking moments in H2OMX, a masterful, award-winning documentary about getting water to and from the 22 million people of Mexico City.

Built on a basin surrounded by mountains and with little drainage, the city is facing a water crisis driven by geography, population, and history. With a growing population, a depleted aquifer, and 40 percent of the water being brought in by aqueduct from another drainage area being lost to leaky pipes, the challenges are huge.

H2O MX captures the scope of the problem by taking us to a wide range of locations in and near the municipality, and introducing us to people dealing with a wide range of water-related issues. On the fringes of the city, we meet residents who can only access water by filling large jugs and hauling them back home with donkeys. We visit what will one day be the largest wastewater treatment plant in the country,

only to learn that it is already five years behind schedule, and won't deal with many of the contaminants that make crops irrigated with the water dangerous to eat.

Meanwhile, as residents struggle to get access to fresh water, periodic floods—caused by storm sewers overwhelmed with torrential rains and sewage—overflow on a regular basis.

There are solutions: a pair of enthusiastic young industrial designers are helping rural communities install rainwater harvesting systems that, together, are collecting millions of gallons of water a year; fixing leaky pipes could mean not having to go as far afield for water; and proper treatment can allow purified water to go back into the aquifer. But none of this will be easy—and time is running out.

From stunning shots millions of gallons of water on the move to Mexico City and aerial views of a drainage canal choked with miles of garbage, to interviews with those trying to solve the water problem and those who must live with it every day, H2OMX captures the complexities of trying to provide one of the most basic of human rights—access to clean water—to one of the world's megalopolises.

Review

- "A rallying cry for government and collective action, H2OMX is a good-looking, well-researched and smartly assembled documentary that makes a persuasive case that the time is nigh to remedy the status of water management in the Valley of Mexico." - Variety

Item no. : CL03400945
Format : DVD (Color)
Duration : 82 minutes
Copyright : 2013
Price : USD 398.00

TEAMS

ARE WE A GROUP OR A TEAM?

Moving From Coordination to Collaboration in a PLC at Work

By Mike Mattos

Build a powerful PLC to meet the needs of every student. Based on Mike Mattos's 1-5-10 team-evaluation activity, this unscripted video will give your team the know-how to transition from a low- to high-performing team. Explore the three foundational elements to build strong teams: forming the right teams that share learning outcomes, providing dedicated time to collaborate, and collaborating professionally.

- Gain advice from real PLC teams that identify the key elements of a high-performing team.
- Access practical activities and tools necessary to improve team function and collaboration.
- Explore the process for creating a 10

Team through activities.

- Weave the short format into your busy schedule and view the video all at once, alone, or with a team.

Item no. : VY08420077
Format : DVD
Duration : 43 minutes
Copyright : 2014
StdBkNo : 811796010629
Price : USD 174.95

TRADITION AND REVITALIZATION

VALLEY OF THE HEROES

By Khashem Gyal

"When no one listens, no one tells, and when no one tells, no one learns; and thus when the elders die, so do the traditions and language." - Tibetan Proverb

In many Tibetan communities, the loss of Tibetan language has reached a crisis level. An elder generation is passing away, leaving behind fewer young Tibetans who can understand their own native language. The trend is most accelerated in villages at the outer edges of the Tibetan cultural sphere, where Chinese has become the dominant language of business and education.

Hualong County, whose name translates to "Valley of the Heroes", is one such community. Located in Qinghai Province, China, at the eastern edge of the Tibetan Plateau, Hualong was once a place where Tibetan culture thrived among other ethnic groups, including Mongolians, Turkish Muslim Salar, Chinese Muslim Hui, Monguors, and Han Chinese. Now Hualong is recognized as one of the most vulnerable places for Tibetan language and culture on the entire plateau. Today more than 30% of Tibetans living there are unable to speak any Tibetan at all.

Valley of the Heroes is a rare window into Tibet's shifting cultural landscape. Through the voices of farmers and townspeople, young children and the elderly, the film renders a timely portrait of a community undergoing radical transformation. Their perspectives are accompanied by footage of daily life in Hualong, revealing the region's complex linguistic terrain, where Tibetan children speak Chinese when they play, and traditional songs and prayers are being lost.

Amid these drastic changes, a group of young Tibetans has set out to address the situation. They are students from Qinghai Nationalities University, who have volunteered to teach Tibetan language to the school children of Hualong. Valley of the Heroes documents their experiences, shedding important light on the challenges and successes in the effort to preserve Tibetan culture. Prior to making Valley of the Heroes, Khashem Gyal, the filmmaker, volunteered as a student teacher in the Qinghai Nationalities language program.

His dedication to the community of Hualong and commitment to Tibetan language inspired him to make the film. It is one of the first independent documentary films to be produced entirely in Tibet by a Tibetan filmmaker.

Many other villages across the Tibetan Plateau are enduring similar fates to Hualong. Without local efforts to strengthen these communities, Tibetan language and culture at large may soon be completely marginalized. As a rare insider perspective of the situation on the ground, Valley of the Heroes serves as both a warning call and glimmer of hope for the future of Tibet.

Item no. : HC03720863
Format : DVD (Color, Tibetan and Chinese with Tibetan, Chinese, Japanese, and English subtitles)
Duration : 53 minutes
Copyright : 2013
Price : USD 252.00

TREATMENT PLANNING

EVIDENCE-BASED PSYCHOTHERAPY TREATMENT PLANNING

By Timothy Bruce, Arthur Jongsma, Jr.

Watch as Drs. Timothy Bruce and Art Jongsma introduce the concepts described in-depth in our Evidence-Based Treatment Planning video series. Covering depression, social anxiety, eating disorders and more, this comprehensive series provides you with essential background information and an accessible model for designing successful, empirically grounded treatment plans.

Tim Bruce and Art Jongsma make quite a team throughout this video series on evidence-based treatment planning. Decades of field experience has given them a wealth of historical data and applied knowledge to draw from as they present their findings on empirically supported treatments and offer their unique perspective on the treatment-planning process—a welcome breath of fresh air in its easy-to-grasp simplicity (that still allows for individual tailoring).

The hosts begin this in-depth series with a presentation of the basics, including the history of the movement to identify ESTs and its development over time. You'll understand the distinguishing features of "well-established" and "probably efficacious" treatment (with definitions and examples of efficacy, effectiveness, and clinical utility), and you'll get useful resources for further exploration. They move on to the principles of evidence-based practice (EBP), recommending an integration of ESTs, staying abreast of timely research, and establishing an empathic therapeutic

alliance. Going deeper still, they offer insights on both the advantages and limitations of ESTs, and give you the essential elements of treatment planning, including how to empirically inform them.

If you're looking to deepen your understanding of evidence-based treatments and a streamlined way of incorporating them into your treatment planning, you're sure to be satisfied with this information-packed video.

By watching this video, you will:

- Understand the key role of APA Division 12 in the movement to identify ESTs.
- Identify the distinguishing features of "well-established" and "probably efficacious" treatment.
- Learn how to create a six-step treatment plan informed by the latest empirical research.

Item no. : CJ07620469
Format : Streaming (1 Year)
Duration : 29 minutes
Price : USD 150.00

EVIDENCE-BASED TREATMENT PLANNING FOR GENERALIZED ANXIETY DISORDER

By Timothy Bruce, Arthur Jongsma, Jr.

How do the features of Generalized Anxiety Disorder correspond to the latest empirical research, and how do you integrate all of this into an effective course of treatment? Improve your grasp of evidence-based treatment planning in this video with Drs. Timothy Bruce and Arthur Jongsma, who present a comprehensive overview of GAD along with step-by-step planning outlines, live clinical vignettes, and detailed commentary.

Generalized Anxiety Disorder (GAD) is an insidious condition marked by excessive, near-constant worry, muscle tension, sleep disturbances, and a host of other nuisances that can greatly diminish one's quality of life. Anxious clients need support managing their experience, and loose treatment planning can threaten the therapy's success. If you've been wondering what, exactly, comprises an effective generalized anxiety treatment plan or have been digging for resources on the empirically supported treatments on which these plans are based, you'll strike gold with this video from Drs. Timothy Bruce and Arthur Jongsma. Here, the two experts tell you everything you need to know about building treatment plans that not only comply with professional requirements, but also serve as your own playbook for supporting clients with this aggravating condition.

After giving an overview of the DSM criteria for GAD, its clinical features, and a brief history of the empirically supported treatment (EST) movement (including North American and European benchmarks), Bruce and Jongsma outline

several ways to fold ESTs into treatment for GAD. With a thorough rundown of approaches that includes overview and rationale, live demonstration, and interactive commentary on each vignette, this video shows you how to compose a six-step treatment plan based on Comprehensive Cognitive-Behavioral Therapy for GAD—but the method itself is applicable to a range of diagnoses and is a useful framework regardless of theoretical orientation. You'll also observe a client receiving instruction in relaxation and cognitive techniques, and you'll discover ways to incorporate this and other interventions, as well as relapse prevention, into treatment.

If you're looking to deepen your understanding of evidence-based treatment planning and the particulars of generalized anxiety, you're sure to be satisfied with this information-packed video.

By watching this video, you will:

- Understand the DSM criteria for Generalized Anxiety Disorder and its epidemiology.
- Learn about the history of empirically supported treatments (ESTs) and those designated for Generalized Anxiety Disorder.
- Know how to create a six-step treatment plan based on well-established evidence-based ESTs.

Item no. : LG07620470
Format : Streaming (1 Year)
Duration : 67 minutes
Price : USD 150.00

URBAN

POWER TO THE PEDALS: WENZDAY JANE AND THE CULTURE OF CHANGE

By Bob Nesson

This documentary portrays the transformative vision and extraordinary efforts of Wenzday Jane, a young woman whose mechanical skills and innovative actions are reshaping her community. Wenzday Jane goes to the heart of the sustainability issue by offering practical economic solutions, and suggests that things don't have to be the way they are.

As a young child growing up in public housing, Wenzday's bicycle meant personal responsibility and self-direction. She watched her family struggle with dependence, disempowerment, and inertia. Determined to pull herself out from those inherited conditions, she gradually built up her skill set. Learning construction techniques and welding, she realized that she literally had the power to reshape her world. Now, with a passion for mechanics and organization, she is creating the means and cultural conditions to replace trucks with human-powered, souped-up bicycles for many local deliveries.

Shot in an intimate, lyrical style, the film follows Wenzday as she builds an organization of riders and cargo bicycles that work in agriculture and food delivery, composting, recycling and waste-hauling — and community building. We follow a rider making the rounds of municipal recycling bins, emptying bottles and cans into the bike's cavernous tank. Weaving his 300-pound load through traffic, he heads for the city's waste sorting facility where he dumps into a mountain of trash "just like any other gigantic truck." Wenzday reflects on winning a substantial contract for municipal recycling pickup. "I've always been interested in challenges — in problem-solving. There's an opportunity to learn something new by solving a problem."

Power-lifting a huge axle onto a stand, Wenzday disassembles a complex wheel assembly. "There's no alternative: you can't just take these to the nearest garage, like a car, to get them repaired." Her hands are covered with grease as she removes a planetary gear. "Bikes represent self-reliance and autonomy," she says. "Working on bikes gives me a platform for really thinking about how things work." By building a fleet of cargo bikes and creating a business around them, Wenzday is lowering the carbon footprint of our transportation system, one bike at a time.

Review

- "...an emotionally charged and inspiring film. Wenzday's story is extraordinary and highly motivating." - Marion Stoddart, of Work of 1000

Award

- Best Film, Boston Bike Film Festival, 2014

Item no. : RL03720860
Format : DVD (Color)
Duration : 32 minutes
Copyright : 2014
Price : USD 252.00

URBAN PLANNING & DESIGN

H2OMX

By Jose Cohen

A driver who was kidnapped for the contents of his water truck. A man filling dozens of fifty-gallon drums with water, in an urban neighborhood whose residents have spent more than three decades fighting for running water. Large drifts of industrial foam billowing through the air from a drainage canal, and contaminating crops with heavy metals and coliforms.

These are just some of the striking moments in H2OMX, a masterful, award-winning documentary about getting water to and from the 22 million people of Mexico City.

Built on a basin surrounded by mountains and with little drainage, the city is facing a water crisis driven by geography,

population, and history. With a growing population, a depleted aquifer, and 40 percent of the water being brought in by aqueduct from another drainage area being lost to leaky pipes, the challenges are huge.

H2O MX captures the scope of the problem by taking us to a wide range of locations in and near the municipality, and introducing us to people dealing with a wide range of water-related issues. On the fringes of the city, we meet residents who can only access water by filling large jugs and hauling them back home with donkeys. We visit what will one day be the largest wastewater treatment plant in the country, only to learn that it is already five years behind schedule, and won't deal with many of the contaminants that make crops irrigated with the water dangerous to eat.

Meanwhile, as residents struggle to get access to fresh water, periodic floods—caused by storm sewers overwhelmed with torrential rains and sewage—overflow on a regular basis.

There are solutions: a pair of enthusiastic young industrial designers are helping rural communities install rainwater harvesting systems that, together, are collecting millions of gallons of water a year; fixing leaky pipes could mean not having to go as far afield for water; and proper treatment can allow purified water to go back into the aquifer. But none of this will be easy—and time is running out.

From stunning shots millions of gallons of water on the move to Mexico City and aerial views of a drainage canal choked with miles of garbage, to interviews with those trying to solve the water problem and those who must live with it every day, H2OMX captures the complexities of trying to provide one of the most basic of human rights—access to clean water—to one of the world's megalopolises.

Review

- "A rallying cry for government and collective action, H2OMX is a good-looking, well-researched and smartly assembled documentary that makes a persuasive case that the time is nigh to remedy the status of water management in the Valley of Mexico." - Variety

Item no. : CL03400945
Format : DVD (Color)
Duration : 82 minutes
Copyright : 2013
Price : USD 398.00

WOMEN'S STUDIES

ALTINA

Director: Peter Sanders

Altina is the provocative portrait of an American trendsetter whose free spirit defied convention. A woman ahead of her time, Altina Schinasi was born in 1907 in New York City; the daughter of a tobacco tycoon and decedent of Sephardic Jews,

she upended the expectations that accompanied her position. Altina was a paradox: simultaneously seductive and reserved, her genteel upbringing was in sharp contrast to the bold sexuality of her art and her life.

In addition to creating whimsical works of art and sculpture, Altina invented the glamorous Harlequin 'cat's-eye' eyeglasses, worn by the likes of Lucille Ball and Peggy Guggenheim, and as well directed an Oscar-nominated documentary about Nazi brutality told through the drawings of German expressionist artist George Grosz. Altina's life was anchored in the social and political issues of the time: helping Jewish refugees escape the Holocaust; providing aid and shelter to friends who were targeted by Joseph McCarthy's Un-American Activities campaign; and being involved early on in the struggles of Martin Luther King Jr.

Directed by her grandson Peter Sanders, the film captures this unpredictable woman whose bold, uninhibited passion for life is an inspiration for all.

Reviews

- "An absorbing look at wealth, privilege, creativity and progressive thinking...also an evocative time capsule" - Los Angeles Times
- "A joyful portrait... We are treated to an acquaintanceship with a woman in an almost constant search for a creative life, and that might be its most moving feature. At a time when expectations of women were rigid and limiting, Altina allowed herself to make choices that seem to have opened doors to both a seemingly fearless creativity and true love." - The Village Voice

Item no. : FZ10800380
Format : DVD
Duration : 80 minutes
Copyright : 2014
Price : USD 295.00



ORDER FORM

P.O. Number: _____

P.O. Date: _____

Bill To

Institution _____

Department _____

Address _____

Country _____

Phone No. _____

Fax No. _____

Email _____

Contact Name _____

Deliver To (If Different)

Institution _____

Department _____

Address _____

Country _____

Phone No. _____

Fax No. _____

Email _____

Contact Name _____

Order No.	Title	Quantity	Unit Price	Amount

*Applicable taxes and shipping & handling are extra.

Total: _____

Payment Method (*Please tick the appropriate boxes)

☐ I enclose a cheque payment of \$ _____ (Payable to **Learning Rendezvous Ltd.**)

☐ I authorise you to debit my credit card the sum of \$ _____ ☐ Visa ☐ Master

Card No. _____ / _____ / _____ / _____ Expiry _____ / _____

Name on card: _____ Signature _____

Approved & Authorized by:

Name: _____

Signature: _____