

Anger Videos/DVDs

Available from the Idaho RADAR Network Center
Video/DVD Lending Library
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Anger: Creating New Choices – Edited version

In this powerful program, ex-offenders and people in recovery look at the cost of anger and aggression in their own lives – and learn how to create new choices. They discover that destructive actions don't "just happen" in an instant; they grow out of a pattern of thoughts, beliefs and feelings. Viewers learn an array of effective alternatives and practical skills which make it possible to stop aggression before it's too late. Exploding in anger need not be an automatic response; it is possible to create new choices – and a different kind of life.

A Closer Look, v. 1

Does rage explode "out of nowhere?" A closer look reveals that many things happen before we get angry: thoughts, beliefs and feelings all play a crucial role. Discovering that we do have time to do something different is a crucial first step in creating new choices.

Adult 36 min. 2001 V-1004 79 page guide plus four overheads: 1. What Are Your Beliefs? 2. Fear of... 3. Anger can be a smokescreen, hiding other feelings. 4. Just before you got angry... what were you feeling?

Catch It Early: Pictures in My Mind, v. 2

When anger begins to grow, adrenaline flows and major changes take place in our bodies. Learning how to notice these changes allows us to see what's coming before it's too late.

Adult 35 min. 2001 V-1005

Practical Skills, v. 3

Aggression can become a habit; we can invite anger even when we don't intend it. Our habitual body language and manner of speaking can take us down an all-too-familiar path. Learning practical skills for "keeping things cool" – for being assertive instead of aggressive – opens a new door, giving us the ability to do something different: the power to create new choices. Michael Solomon, PhD also facilitates.

Adult 35 min. 2001 V-1006

Anger: Creating New Choices – Unedited version

In this powerful program, ex-offenders and people in recovery look at the cost of anger and aggression in their own lives – and learn how to create new choices. They discover that destructive actions don't "just happen" in an instant; they grow out of a pattern of thoughts, beliefs and feelings. Viewers learn an array of effective alternatives and practical skills which make it possible to stop aggression before it's too late. Exploding in anger need not be an automatic response; it is possible to create new choices – and a different kind of life.

A Closer Look, v. 1

Does rage explode "out of nowhere?" A closer look reveals that many things happen before we get angry: thoughts, beliefs and feelings all play a crucial role. Discovering that we do have time to do something different is a crucial first step in creating new choices. *Viewer discretion advised.*

Adult 36 min. 2001 V-1001 or DVD-1001 79 page guide plus four overheads: 1. What Are Your Beliefs? 2. Fear of... 3. Anger can be a smokescreen, hiding other feelings. 4. Just before you got angry... what were you feeling?

Catch It Early, v. 2

When anger begins to grow, adrenaline flows and major changes take place in our bodies. Learning how to notice these changes allows us to see what's coming before it's too late. *Viewer discretion advised.*

Adult 35 min. 2001 V-1002 or DVD-1002

Practical Skills, v. 3

Aggression can become a habit; we can invite anger even when we don't intend it. Our habitual body language and manner of speaking can take us down an all-too-familiar path. Learning practical skills for "keeping things cool" – for being assertive instead of aggressive – opens a new door, giving us the ability to do something different: the power to create new choices. *Viewer discretion advised.*

Adult 35 min. 2001 V-1003 or DVD-1003

Anger: the Bottom Line [HOPE TO ORDER]

According to Dr. Nuckols anger and how it affects us is based on our life experiences and the way we look at the world. He explains how anger has many causes and has become a learned coping and survival skill for many who are in treatment programs or in a criminal justice setting. Dr. Nuckols addresses how angry people can be compared to the alcoholic or addict new to treatment, most are in denial about their anger. He also explains how many people withdraw or use alcohol and drugs, attack others or abuse themselves to try to make their anger go away. He emphasizes the importance of taking responsibility for your anger in order to eliminate problems with relationships, getting and keep a job and staying out of trouble with the law. Dr. Nuckols addresses why it is important to understand the consequences of your anger because relapse is often associated with anger and frustration. **Anger: The Bottom Line** provides strategies that will help the viewer change their behavior and take control of their life and provides proven techniques that will help them control inappropriate anger.

Adult 49 min. 2006 DVD-

C.A.G.E. the RAGE [HOPE TO ORDER]

Calm down, Assess the situation, Gauge alternatives, and Empower yourself by choosing how to react: that's the way to safely C.A.G.E. the rage. By viewing this program, students will (1) see how to identify anger in themselves and those around them; (2) understand why mismanaged anger is so destructive; (3) discover how anger gets repressed, and the bodily and mental illnesses that may result from it; and (4) learn to release anger and express emotions in an acceptable and positive way using the C.A.G.E. method. Scenarios in which students model first unhealthy and then healthy behaviors make this video a particularly effective teaching tool. Candid interviews with experts and teens are also included. A viewable/printable instructor's guide is available online.
Middle School/High School 23 min. 2007 DVD-

Keep the Peace, Conflict Resolution Series [HOPE TO ORDER]

Follow a group of teens who come into conflict with one another and have to learn the essential skills that help them take control of their lives and resolve conflicts peaceably. By focusing on the same group of teens, these six programs bringing continuity and realism to the discussion and facilitate the acquisition of conflict resolution skills. Each program is 18 minutes and can be purchased individually or as a series at a special price.

LEARN IT, EARN IT: Respect!, v. 1

Respect is an essential element in any healthy relationship. Jackson disregards Samantha's dream of creating a dress that will help her get into a design college. Zoe inadvertently insults her friend's Indian culture by making fun of the arranged marriage of Anjali's parents. JB constantly puts down Zoe's taste in music. These vignettes illustrate the importance of respecting other people's dreams and interests, culture and differences, and personal tastes.

SPREAD THE WORD: Communication and Conflict (Student Workshop), v. 2

Maya and Max, listening to a mediation CD, are able to pass along some of the key elements of communication as they go through their day with friends and family. They learn about listening skills, the importance of body language and tone of voice, "I" messages, the value of sending an "adult" rather than a "child" message in order to be treated with respect.

KEEP YOUR COOL: Anger in Conflict (Student Workshop), v. 3

Maya is upset with Zoe for neglecting to pay back the money she owes, but instead of getting angry, she gets a headache. Samantha's mother takes her own anger out on Samantha, and Samantha turns around and "dumps" on her little sister. Students learn to identify and handle their anger triggers and cues, anger styles and consequences, and then develop problem solving skills.

PEACEABLE SOLUTION: Conflict Resolution Skills (Student Workshop), v. 4

Disagreements and misunderstandings are part of everyday life and can escalate rapidly into out-and-out conflict. Zoe is furious when she thinks that JB is spreading a rumor about her and Miguel. JB gets the story straight, Zoe and JB are able to resolve their conflict. Students learn to develop the easy-to-use quick fixes that will short circuit a conflict before it starts, brainstorm, understand positions and their underlying needs, and negotiation.

MEDIATION: Finding Win-Win Solutions (Student Workshop), v. 5

When Jackson spots his girlfriend Samantha in cozy conversation with Derrick, the situation quickly escalates and ends with the boys coming to blows. Referred to mediation, these two hostile disputants are taken through the steps of the mediation process by Max, a first time mediator, and Maya. Viewers learn the importance of each of the steps including: setting the ground rules, getting the story, brainstorming, choosing a solution and closing the mediation on a handshake. Program can be used to train peer mediators.

CONFLICT? You Solve It!, v. 6

Generate lively class discussion about how to handle all types of conflict! Friends are shown in different situations that are fraught with conflict. Pauses and suggested questions after each scenario helps students think and talk about how to: be assertive when refusing a request made by a friends, respond effectively to someone else's anger, work out a conflict with adults, and solve conflicts in order to successfully work together.

*Includes Teacher's Guides

LifeSteps Series with Michael Pritchard (cc)**Taking Charge, v. 3**

To become independent, teens must incorporate a range of social and emotional skills. This program focuses on the emotional side of responsibility as students explore the key elements of self-control: coping with stress, avoiding impulsive behavior, delaying gratification, and managing anger.

Teens 30 min. 2003 DVD-5103

PeaceTalks With Michael Pritchard (cc)**Managing Your Anger, v. 3**

This program discusses the friction of daily life and how to diffuse potentially dangerous situations. It teaches how to recognize your anger buttons and clarify your emotions through the anger management techniques of Stepping Back, Cooling Out, and Self-Control.

Grades 9-12 30 min. 1997 V-

The Real Deal! Anger Management for Adolescents

A structured, video-based intervention for groups of six to eight students. Especially beneficial for working with tough-to-reach teens who have emotional and behavioral disorders. *The Real Deal* is an easy-to-implement, "plug and play" program that engages students in cognitive exercises for learning to recognize and correct thinking errors that lead to anger, active practice of social-behavioral skills through role-playing, and participation in progressive muscle relaxation exercises. The program features three training videos that focus on specific skills for controlling conflict.

Takin' It, v. 1

Receiving negative feedback or criticism from someone, usually an authority figure — a parent, teacher, or other adult.

Grades 6-12 2007 47 min. DVD-1007

Givin' It, v. 2

Expressing negative feedback such as criticism, disappointment, anger, or displeasure.

Grades 6-12 2007 38 min. DVD-1008

Workin' It Out, v. 3

Listening, identifying problems and possible solutions, suggesting alternatives, and working out a compromise.

Grades 6-12 2007 33 min. DVD-1009

Progressive Muscle Relaxation – Audio CD

Also included is a self-relaxation audio CD featuring six different scripts, male and female narrators, and a variety of background sounds.

CD-1010

Stress: Portrait of a Killer [HOPE TO ORDER]

Over the last three decades, science has been advancing our understanding of stress—how it impacts our bodies and how our social standing can make us more or less susceptible. From baboon troops on the plains of Africa, to neuroscience labs at Stanford University, scientists are revealing just how lethal stress can be. Research reveals that the impact of stress can be found deep within us, shrinking our brains, adding fat to our bellies, even unraveling our chromosomes. Yet understanding how stress works can help us figure out ways to combat it and how to live a life free of the tyranny of this contemporary plague. In *Stress: Portrait of a Killer*, scientific discoveries in the field and in the lab prove that stress is not a state of mind, but something measurable and dangerous.

High School 50 min. 2008 DVD-

Time Out on Anger: Learning Self-Control (cc)

Through four dramatic vignettes, students learn the basics of anger management. Easy-to-use tips include stop and think, take deep breaths, count to ten, talk about your feelings and more. Each vignette models ways kids can find alternate solutions to their problems that don't involve violent or impulsive behavior. Viewers learn how important it is to talk about angry feelings instead of holding them inside, and are encouraged to transform their anger into something productive-by using their angry energy to try harder instead of giving up. Program emphasizes concrete communication skills and conveys a clear message: although it's okay to have angry feelings, it's never okay to react with anger by hitting, yelling or breaking things. Students are sure to learn new ways to find healthy, productive solutions to their problems. Teacher's Resource Book includes activities designed to reinforce the concepts and skills demonstrated in the program.

Grades 3-6 16 min. 2006 VD-5116

When Tempers Flare: a Guide to Understanding and Managing Anger [HOPE TO ORDER]

Anger is often an emotion that is expressed in extremes, either avoiding any show of anger or exploding in a rage and/or violence. Both approaches can have a detrimental effect on physical and emotional health. This DVD explores why and how we experience anger and offers practical strategies for expressing anger in constructive, rather than destructive, ways. Features Dr. Charles D. Spielberger, Director of the Center for Research in behavioral Medicine and Health Psychology, University of South Florida and Dr. Doyle Gentry, Clinical psychologists specializing in the treatment of anger disorders.

30 min. 2004