

# **Codependency Videos**

**Available from the Idaho RADAR Network Center  
Video/DVD Lending Library  
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## **Co-Dependency Series**

### **The What and Why of Co-Dependency, v. 1**

Using a combination of mimes and family vignettes, program gives an overview of the history of co-dependency. Describes current thinking regarding the disorder and discusses its origins, including family traits such as faulty communication, inadequate boundaries and abuse.

Adult 22 min. 1990 V-44

### **Characteristics of Co-Dependents, v. 2**

Using vignettes of three individuals: a nurse whose life is centered on an overweight daughter, a recovering alcoholic who is experiencing little satisfaction from life, and a woman who is enmeshed in an unhealthy relationship – discusses common characteristics of co-dependents, including being externally focused, overly responsible, controlling, rigid, and engaging in compulsive behavior.

Adult 23 min. 1990 V-45

### **The Path to Recovery, v. 3**

Discusses common concerns of co-dependents entering treatment: effects of treatment on significant others, spiritual issues, and use of willpower and analytic thinking in overcoming co-dependency. Discusses common treatment modalities, the importance of groups, letter writing to parents, a personal “bill of rights” to establish boundaries and personal affirmations.

Adult 21 min. 1990 V-46

### **Healing the Family Within, v. 4**

Drawn from the work of nationally known author and lecturer, Robert Subby, this program utilizes his workshops and other interviews in a fast-paced presentation. Subby states that this program is about “learning to get along with the inner parent, adult and child of our spirit. Together these three dimensions provide us with the intellectual, moral and emotional understanding necessary to help reach our full potential.

Adult 30 min. 1990 V-47

### **Pieces of Silence, v. 5**

Tells the story of a family that has suffered the effects of an alcoholic parent. It is the family of nationally known author and psychologist Robert Subby who not only narrates, discussing addiction and co-dependency, but gives his own perspective on being part of such a family. Interviews with family members poignantly illustrate the pain, guilt and frustration of life in a dysfunctional family.

Adult 56 min. 1988 V-48