

Trauma Videos/DVDs

Available from the Idaho RADAR Network Center
Video/DVD Lending Library
Revised October 1, 2009

Behind Closed Doors: Trauma Survivors and the Psychiatric System

The award-winning documentary, **Behind Closed Doors**, was produced with funds from a SAMHSA grant. The film tells the story of four women who spent years struggling to overcome childhood abuse only to be traumatized again within the walls of psychiatric hospitals. Their journeys toward healing began when they entered a non-traditional community program that offered safety, compassion, and hope.

Adult 20 min. 2007 DVD-20

The Healing Years (cc)

THE HEALING YEARS is a documentary taking a bold look at the profound effects of child sexual abuse on individuals, families and society, and the importance of recovery as a key to ending the cycle of abuse. The program profiles three women survivors of incest from diverse socioeconomic backgrounds – Marilyn Van Derbur, former Miss America; Janice Mirikitani, President of San Francisco's renowned Glide Memorial Church; and Barbara Hamilton, a 78-year old survivor. These women bear witness to the emotional dysfunction, addiction, perpetuation of abuse, and detrimental impact this crime has on families and society. Yet, the program is ultimately inspiring as we witness their recovery from victims to empowered women, ending the cycle of child sexual abuse in our families or communities where incest and abuse is widely prevalent.

This documentary does the most difficult, almost impossible feat: it admits the sick and cruel past. In doing so, it becomes therapy for a healthful future. This is an exhibition of abundant courage and great heart. Thank you. – Maya Angelou

High School/Adult 60 min. 1999 V-130

Incest: A Family Tragedy [HOPE TO ORDER]

A film about sexual molestation, specifically incest, from several points of view: the offenders, the victims, law enforcement personnel, social workers, counselors and lawmakers. Filmmakers challenge the lack of policies in place to prevent the kind of molestation that no one wants to talk about. The film ends with a list of suggested measures to combat the cycle of molestation.

Adult 96 min. 2007 DVD-

Seeking Safety [HOPE TO ORDER]

Seeking Safety Training, v. 1

A 2-hour training video by Lisa Najavits, including clips from real clients and clinicians. The training is a 2-hour version of her standard initial training on Seeking Safety, including background on trauma/PTSD and substance abuse; overview of Seeking Safety; implementation; studies; and frequently-asked questions.

Therapy Session: Asking for Help, v. 2

A 1-hour video of Lisa Najavits conducting a group session (unscripted) with real clients. The session uses the topic "Asking for Help" from the Seeking Safety book.

A Client's Story, v. 3

A 20-minute video in which a man describes the impact of sexual abuse and addiction, and his attempts to obtain treatment. **Example of Teaching Grounding to a Client.** A 16-minute example of teaching a real client the skill of "grounding" using the script from the Seeking Safety manual.

Adherence Rating Session: Healthy Relationships, v. 4

A 1-hour video of a clinician conducting a group session with real clients, unscripted. The session uses the topic "Healthy Relationships" from the Seeking Safety book. The session was designed to show both good and poor elements, and is for use with the [Seeking Safety Adherence Scale](#) and [Seeking Safety Adherence Scale Score Sheet](#) (free downloads). You can compare your rating to the expert rating as a learning exercise for clinical purposes or for research purposes (e.g., to aid inter-rater reliability estimation).

Adult 2006 DVD-