
Appendix F: Suggested Educational Videos

Following are interactive videotapes designed to stimulate group discussion of important issues pertinent to addiction and recovery. The *Living Sober Series* includes brief (12-15 minutes) videos on specific recovery issues that can easily be used in group sessions.

Daley, D., and Rogers, G. *Living Sober: An Interactive Video Program*. Skokie, IL: Gerald T. Rogers Productions, 1994, 1-800-227-9100.

Video A: Resisting Social Pressures to Use Chemicals

Video B: Coping With Cravings and Thoughts of Using

Video C: Managing Anger in Recovery

Video D: Managing Feelings of Boredom and Emptiness

Video E: Coping With Family and Interpersonal Conflict

Video F: Building a Recovery Network and Sponsorship

Video G: Coping With Relapse Warning Signs

Video H: Recovering From Crack/Cocaine Addiction

Daley, D., and Rogers, G. *Living Sober II: An Interactive Video Program*. Skokie, IL: Gerald T. Rogers Productions, 1997, 1-800-227-9100.

Video I: Motivation and Recovery

Video J: Relationship Issues Part I - Amends, Assertiveness, and Honesty

Video K: Relationship Issues Part II - Passion, Rejection, and Criticism

Video L: Relationship Issues Part III - HIV, Quick Sex, and Early Recovery Romances

Video M: Other Addictions

Video N: Balanced Living

Appendix F Suggested Educational Videos

Daley, D., and Rogers, G. *Living Sober III: An Interactive Video Program*. Skokie, IL: Gerald T. Rogers Productions, 1999, 1-800-227-9100.

Video O: Compliance With Aftercare and Outpatient Counseling

Video P: Low Motivation to Change or Seek Treatment

Video Q: Relationship to Therapist and Treatment Group

Video R: Compliance With Medications and Self-help Programs

Video S: Compliance With Lifestyle Changes

The following videos dealing specifically with family issues are available from: Hazelden Educational Materials, Box 176, Center City, MN 55012-0176, 1-800-328-9000.

1. Enabling: Masking Reality
2. Family Issues for the Chemically Dependent
3. Intervention: Facing Reality
4. Reflections From the Heart of a Child