



Video KIT SOS Help For Emotions: Managing Anxiety, Anger, And Depression

Lynn Clark

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This video-based program is used by educators and counselors to help teens and adults to manage emotions and behavior of anxiety, anger, aggression, depression, and impulsivity. The DVDs also teach and demonstrate principles from Emotional Intelligence. You don't need to be a clinician to use this educational program. The DVDs do the teaching. Teens and adults can view Disc #1, #2, or #3 by themselves. Educators can show the DVDs to groups using the Video Leaders Guide; which contains questions and answers for discussion. Allow two to seven sessions when working with groups. Use one DVD or all four DVDs depending on the objectives of your classes or workshops. The video scenes show people reacting to stressful situations involving anxiety, anger, aggression, and depression. Contents: The video package includes four DVDs, Video Leaders Guide, the book SOS Help For Emotions: Managing Anxiety, Anger, And Depression, and unlimited free downloadable color PDFs of handouts, study sheets, and quizzes from the Publishers website. The DVDs have closed subtitles and will play world wide in all countries. All DVDs can loop continuously in a waiting area with subtitles displayed and sound off. The program helps adults or teens, individually or in groups. The following are uses of this Video KIT: Behavioral health programs. Wellness programs. Adult treatment programs. Adolescent treatment programs. Recovery groups. Life coaching. In-service training and staff development. Corrections & court mandated treatment programs. College and professional courses.

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Cheri Whaley:

Playing with family within a park, coming to see the ocean world or hanging out with good friends is thing that usually you might have done when you have spare time, and then why you don't try point that really opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love Video KIT SOS Help For Emotions: Managing Anxiety, Anger, And Depression, it is possible to enjoy both. It is very good combination right, you still want to miss it? What kind of hang type is it? Oh occur its mind hangout folks. What? Still don't understand it, oh come on its referred to as reading friends.

Michael Ramsey:

As a college student exactly feel bored to be able to reading. If their teacher inquired them to go to the library as well as to make summary for some publication, they are complained. Just little students that has reading's spirit or real their interest. They just do what the professor want, like asked to the library. They go to generally there but nothing reading really. Any students feel that studying is not important, boring as well as can't see colorful photographs on there. Yeah, it is to become complicated. Book is very important to suit your needs. As we know that on this time, many ways to get whatever we want. Likewise word says, ways to reach Chinese's country. So , this Video KIT SOS Help For Emotions: Managing Anxiety, Anger, And

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