



# 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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