



Videotapes

The videotapes listed below are available in the EAP Office. An appointment to view a tape is required and can be made by calling Phyllis Mercer (pmercer@cchd.usf.edu) at 974-5469. Tapes vary in length from 15 minutes to 1 hour. Videos are not available for check-out.

- About Self-Esteem
- Adult Children Of Alcoholics: A Family Secret
- Building Sound Self-Esteem
- Bulimia: Out Of Control Eating
- Bulimia: The Binge/Purge Obsession
- Children Of Alcoholics
- Date Rape
- Dealing With Anger
- Decision-Making
- Developing Your Self-Esteem
- High On Life; Not On Drugs
- Improving Mathematics Studying and Test-Taking Skills
- Rape: An Act Of Hate
- Test-Taking Without Fear
- Wellness: Health And Lifestyle
- When Panic Strikes

Bradshaw On: The Family - John Bradshaw

- The Family In Crisis
- The Healthy Family
- The Unhealthy Family
- The Compulsive Family
- The Persecuted
- The "Bad" Child
- The Most Common Family Illness
- Help for the Family
- Health for the Family
- Hope for the Family

Bradshaw On: Homecoming - John Bradshaw

- The Problem of the Wounded Child
- Original Pain
- Reclaiming Your Inner Infant
- Reclaiming Your Inner Toddler
- Reclaiming Your Inner Preschooler
- Reclaiming Your School Age Child
- Championing: New Permissions
- Championing: Protection and Practice
- Your Wonder Child
- The Child as the Source of Regeneration

For more information or assistance:

USF students may call 974-2831;

Faculty and staff may call 974-5469