

UW Benefits & Work/Life Video Library

Video Title	Year	Speaker Name	Call Number	Subject	Annotation
A Mind of Their Own	2001	Jan Faull	16	Parenting	What's required for infants' and toddlers' minds to develop? Since every brain is different, what we really need to know is how the brain works and how the world around it affects development. This seminar will give you a good understanding of why children experiment with their world and how nurturing, responsive care, and a loving home will contribute to a developing mind and brain.
ADD - The Impact on the Family	2002	Roslyn Duffy	6	Parenting	Attention Deficit Disorder (ADD) touches all cultures, stretches across the lifespan, and creates havoc in people's lives. How does the brain work? How (and why) does ADD affect the whole family? Learn what it is and how to live with it. Join Roslyn to find out what works and doesn't work as we take a look inside the family dynamic of living with ADD. This is a fascinating seminar and will be helpful for anyone interested in this disorder.
Adopting a Healthy Lifestyle	2005	Dr. Florence Sheehan	100-VHS 102-DVD	Selfcare	Most people stress out over their financial status when planning for retirement. But did you know that your health is the wildcard determining whether you will achieve your retirement dreams? The important thing is to stay out of nursing homes and make sure you maintain the strength and energy to pursue your dreams. Taking care of your lifestyle portfolio is one the best investments you can make. This talk will show you how. At the end of her talk she gives three suggestions to help you transition from just "thinking about it" to taking action. Dr Sheehan is a cardiologist and professor at the University of Washington.
All About Eldercare: A Beginning Point	2004	Charles A. Emlet	61	Eldercare	Gain information about the main aspects of Family Caregiving and the current services and resources available to support families. Charles Emlet, Ph.D., UW Tacoma - Social Work Program. Bob Riler, Staff at Pierce County Aging and Long Term Care. Ellen Blizinsky, MSW, UW Work/Life
Appreciative Inquiry	2005	Kurt Obrien	99-VHS 101-DVD	Selfcare	Most of us have been conditioned to look for what is wrong with our organizations; we believe that we must call out problems so they can be fixed. Appreciative Inquiry is an approach that is used to help facilitate the discovery of success stories versus inadequacies. The goal is not to generate "happy talk", but to use a disciplined process for discovering what is best about an organization, and then determine how to replicate these instances of success.

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Beating the Body Blues	2002	Marie-Annette Brown	5, 25	Selfcare	Do you ever feel fatigued, irritable, have trouble sleeping, or experience food cravings? You may have the "Body Blues," our most misdiagnosed and under-treated mood syndrome. The UW School of Nursing has developed and tested a three part program to address this problem and was extremely successful in improving the overall mood, general well being, and self-esteem in study participants. The LEVITY (Light, Exercise and Vitamin Intervention Therapy) program relies on three simple but very specific lifestyle changes. Come to "Beating the Body Blues" and find out more about the LEVITY program along with strategies for integrating these changes into your daily life. This information is relevant to both men and women and could serve to boost your energy and productivity at work and at home!
Building Resilience	2005	Sue Covey	81,82	Selfcare	Building resilience to deal with life's stressors is key to getting through tough situations. When inevitable daily hassles or unexpected major setbacks get you down, being resilient allows you to adapt, persevere and more easily recover from adversity.
Camp, Kids and Family Connections: Summer Memory Makers	2003	Roslyn Duffy	14	Parenting	What to do with the kids this summer? Roslyn will share basic ideas about the need for summer structure and how to get it. She will also offer lots of ideas for connecting with our families around the theme of 'Camp'. From real sleep away 'Camp' to 'Camp Cousins' in Grandma's living room - these ideas are winners that you will love trying with your own potential camp-mates, no matter what their ages.
Caregiving: Navigating Difficult	2003	John Gibson	23	Eldercare	Complex issues and intense feelings emerge as the abilities of aging
Childcare: Old Questions, New Recent Research	2001	Catherin Booth	22	Parenting	Parents are faced with challenging decisions about childcare and worries about the effects these decisions. This seminar focuses on separating fact from fiction about childcare and providing parents with information to make these important decisions. Dr. Booth is a developmental psychologist and a Professor of Family and Child Nursing at the UW. She is one of the lead investigators of the NICHD Study of Early Child Care and Youth Development, a national study of the effects of childcare on children's development from birth through early adolescence.
Community Loft (The)	?	Community Playthings	97	Parenting	Video put out by manufacturer of playground toys.

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Dealing with Change and Managing the Stress of it All	2003	Sue Covey	27	Selfcare	While change has been with us from the beginning of time, the pace of change in both our personal and work lives has increased dramatically. Since change is a constant in all of our lives, we can benefit from learning how to manage the personal and professional stress change creates by recognizing our reactions and responding effectively. Join us in learning more about: 1) the specific phases of transitions and how to anticipate and accept the signs and symptoms of each phase; 2) identifying personal and organizational strategies to successfully manage change; 3) avoiding or minimizing negative and potentially destructive responses to the stress of change; and 4) using stress management techniques to assist in dealing with change.
Developing a Positive Attitude in 2004	2004	Sue Covey	17, 18	Selfcare	We can all get overwhelmed at times with all that goes on over which we have little or no control. Yet, typically, people feel better when they are in charge of their lives. Our attitude is one area over which we do have choices. Our attitude is directly influenced by how we elect to view a situation, how we view ourselves, and how we view the world in which we live. Sue Covey shows us how we choose to shape our attitude impacts not only our personal well-being, but also our health and energy level. Sue Covey, LCSW, ACSW, CEAP is a regional manager for UW CareLink.
Discipline Strategies for Children 3-8 years old	2002	Carolyn Webster-Stratton	9, 10	Parenting	In this workshop, Dr. Webster-Stratton will overview some of the parenting strategies and skills that enhance children's social competence and reduce misbehavior in children ages 3 to 8 years. She will be utilizing videotapes to illustrate these approaches.
Dying Your Way	2001	Tom Preston	3	Eldercare	This is a difficult topic, but one that we can't avoid. Join Dr. Tom Preston to discuss the goals of peaceful dying and how to attain it. He will talk about the potential of increased suffering due to technological extension of life and the dying process.
Emotional Inteligence	2005	Kurt Obrien	83	Selfcare	Examine emotional intelligences and how it impacts problem solving and builds empathy. He'll also cover simple ways to improve your own emotional intelligence. Join us for this fast-paced, informative presentation.
Family Caregiving - Legal and Financial	2004	Barbara Isenhour & Marta Acedo	72, 73	Eldercare	Discussing financial and legal matters and openly assessing our relatives' circumstances is key to helping them. Preparing legal documents and researching financial alternatives provides options and security for the future. Barbara Isenhour and Marta Asedo will present legal and financial options for your consideration and further research.

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Family Caregiving - Mental/Emotional Functioning	2004	Soo Borson and Karen Kent	76, 77	Eldercare	Family communication & interaction patterns evolve early in family life and often become more intense with the challenges of caregiving. Professor Borson will discuss issues of mental functioning and aging; Ms Kent will discuss family caregiving dynamics, rules & secrets, and how to examine & negotiate the caregiving role.
Family Caregiving - Year After Year	2004	Kristin Swanson & Ellen Blizinsky	70, 71	Eldercare	We care for our adult relatives in many ways ... often it is a gradual process, sometimes in crisis. Either way, your life and relationships change. Join Professors Emler and Swanson as they discuss the many facets of this profound experience.
Five Wishes: the dvd	2000	Aging with Dignity	96DVD, 98-DVD	Eldercare	Five Wishes is changing the way America talks about and plans for care at the end of life. It helps people express how they want to be treated if they are unable to speak for themselves. It helps people maintain their human dignity by addressing their personal, spiritual, and medical concerns.
Five Wishes: the video	2000	Aging with Dignity	74, 79	Eldercare	Five Wishes is changing the way America talks about and plans for care at the end of life. It helps people express how they want to be treated if they are unable to speak for themselves. It helps people maintain their human dignity by addressing their personal, spiritual, and medical concerns.
Flexible Work Arrangement	2004	Panel Discussion	20, 21	Selfcare	Job flexibility is a critical resource for meeting the needs of the UW and/or individual UW staff. Flexible work arrangements are alternatives to the traditional "9 to 5" workday, the standard work week, or the traditional workplace. For managers, flexible work arrangements can be valuable tools for meeting business needs, promoting workgroup productivity, and enhancing job satisfaction of valuable employees. A panel discussion is followed by questions and answers to round out the seminar
Foundations: The Value of Unit Block and Play	2000	Published by Community Playthings	31	Parenting	Children respond to the great variety of opportunities blocks open to them. Blocks are the prime unstructured material and permit children to create, with the next step determined by them, not by the structure of the play material. With durable hardwood unit blocks, children can create designs limited only by their imagination.
Helping Older Adults to Age in Place	2003	Asuman Kiyak	75,80	Eldercare	With aging come many normal declines in physiological and cognitive functions that may be compounded by disease. These changes may impair the older person's ability to remain independent in their own home. Yet, there are many reasons why adapting the physical features of one's private home is better than forcing adaptation to a new setting. This presentation will offer suggestions for helping older family members age in place for as long as possible, making physical and social accommodations to the aging process, for safety, comfort, and most of all for maintaining quality of life in old age.

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How to Live Healthy, Wealthy, and Wise	2004	Florence Sheehan	28,78	Selfcare	Most people stress out over their financial status when planning for retirement. But did you know that your health is the wildcard determining whether you will achieve your retirement dreams? The important thing is to stay out of nursing homes and make sure you maintain the strength and energy to pursue your dreams. Taking care of your lifestyle portfolio is one the best investments you can make. This talk will show you how. At the end of her talk she gives three suggestions to help you transition from just "thinking about it" to taking action. Dr Sheehan is a cardiologist and professor at the University of Washington.
I am your Child. Discipline: Teaching Limits with Love	?	Hosted by Dr. T. Berry Brazelton	33, 34, 35	Parenting	Discipline (setting limits), is one of the most difficult challenges parents face. In this video, Dr. T. Berry Brazelton, America's foremost pediatrician, shows parents that setting limits in not punishment, but a loving way to teach a child how to control his or her own behavior.
I am your Child. Quality Child Care: Making the Right Choice.	?	Hosted by Maria Shriver	45, 46, 47	Parenting	Finding the right childcare is often challenging, but one of the most important decisions a parent will ever make. Children's intellectual and emotional development is strongly influenced by the quality of the care that they receive in the first few years of their lives. This means that the right kind of child care can be a wonderful opportunity to enrich children's lives and help them realize their full potential.
I am your Child. Read to Learn	?	Hosted by Jamie Lee Curtis and LeVar Burton	48, 49, 50	Parenting	When you hold a baby lovingly and talk, sing, or read to her, the emotional closeness and language experiences you provide are an important part of preparing her to learn when she is old enough for school. There are many things parents and caregivers can do to help build a child's literacy skills from the time he is born.
I am your Child. Your Healthy Baby	?	Hosted by Phylicia Rashad	42, 43, 44	Parenting	In order to give a child a healthy start in life, parents and caregivers need the most up-to-date information on children's health and nutrition issues. In this video, Phylicia Rashad delivers expert advice on how parents can help their children establish healthy habits and other important information.
I am your Child: Safe from the Start	?	Hosted by Gloria Estefan	58, 59, 60	Parenting	Childhood is a time of growth, experimentation and learning. Although a few bumps and scrapes are to be expected along the way, there are many things parents and caregivers can do to help prevent serious childhood injuries. It is important to think ahead about potential hazards to make a child's development as safe as possible. Prevention will go a long way towards making children "safe from the start."

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I am your Child: The First Years Last Forever	?	Hosted by Rob Reiner	55, 56, 57	Parenting	The new research in brain development tells us of the vital importance of the relationship between caregiver and child in the critical first years of life. New parents have a wonderful opportunity to help children reach their full potential.
If You're Lucky, You're Going to Get Old: Trends in the Eldercare Field	2003	Jan Knutson	13	Eldercare	We are an aging society; the fastest growing population in the United States is 65 years old and older. Aging is becoming another "family planning" issue. Are you facing the challenges of caring for an elder family member? Are you and your family ready to face the challenges of your own aging? Come learn about the current trends in the eldercare field and the wide variety of services available to seniors and their caregivers, families and friends.
Kin Care	2005	Abby Moon Jordan	92	Parenting	A new topic for UW Work/Life which deals with the issue which finds more and more children being cared for by relatives other than their parents. Abby Moon from the King County Health Department will discuss the emotional issues, coping strategies and resources she has found helpful in working with this population for over 10 years. Kin Care is an issue which often hidden in the workplace but is one which can take its toll on the energies and focus of those involved.
Learned Optimism	2005	Kurt Obrien	88,89	Selfcare	The way you explain every day occurrences to yourself shapes the attitude you bring to work as well as your interactions with others. How do you interpret the good and the bad events in your life ... what's your "Explanatory Style"? What are your "Habits of Thinking?" This presentation will provide new insights about your notions around optimism and pessimism and how to respond when faced with setbacks. Presenter Kurt O'Brien runs his own independent consulting business and has been helping individuals and organizations with leadership development and coaching, team building, interpersonal skill development, emotional intelligence, and conflict resolution for over ten years.
Listening with the Heart: Compassionate Listening	2003	Karen Bonnell	40	Eldercare	Compassionate Listening helps us move beyond hearing with our ears to listening with our hearts. We learn to suspend judgment, quiet our own inner dialog, disarm our own defensiveness, and open to the essence of communication – to hear the pain, the needs, the deep humanity in the other. This alone is healing for both speaker and listener. From this place of greater understanding and compassion, we are far more equipped to enter into meaningful dialog's, create new solutions, and establish more trusting relationships with peace and reconciliation as our goals.

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Love Life for Parents	2005	Pamela Jordan	84,85	Selfcare	When you said “hello” to kids, did you say “goodbye” to intimacy? Are you and your partner still communicating as a couple? Will you have to wait until the kids move out to have fun and intimacy in your couple relationship? Learn specific techniques to revive your loving relationship and get the intimacy that you want from your partner. Pamela Jordan, PhD, RN, Associate Professor in the Department of Family and Child Nursing, is the developer of the Becoming Parents Program.
Money 101 For You and Your Teenager	2004	Diane Cooley & Kyra Worrell	63	Selfcare	High School and College students are finding that a firm grasp of Money Management is increasingly important for survival in today’s world. Credit Card and Student Loan debt can burden students early on, not what you want for your kids! But are you ready to provide information and guidance to your teenager about the confusing world of finances? Representatives from the UW’s Student Fiscal Services Office offer their presentation “Money 101” to provide you with up-to-date information to share with your teenager. The presentation covers five areas of financial services important to your student’s financial success later in life.
Preparing for the Big Launch from High School to College	2004	Laura Kastner	62, 65	Parenting	We hear more about the difficulties of the “terrible twos” and teens then we hear about the difficulties of the launching years – ages 18 & 19 – when our children prepare to and do leave home. Launching our teenagers after high school is often perceived as the toughest of the parenting years. Find out the common recommendations from college admissions, educators and parenting experts as well as some parenting priorities that optimize your young person’s development. Our speaker is Dr. Laura Kastner, Ph.D., Clinical Associate Professor in the Department of Psychiatry and Behavioral Sciences at the UW.
Preventing Depression and Preserving Quality of Life for Older Adults	2002	Rebecca Logsdon	8	Eldercare	For most of us, life after age 60 is marked by a number of transitions. Changes in our work life, social and leisure activities, and health present both challenges and new opportunities for maintaining our wellbeing and quality of life. This presentation will describe research findings and practical suggestions for maintaining a positive outlook and good quality of life for ourselves and our aging family members through these often challenging years.
Raising Resilient Kids: Fostering a Bounce Back Attitude	2004	Jan Faull	66,67	Parenting	Is your child resilient and able to bounce back from life's ups and downs? Learn more about the steps you can follow to strengthen their bounce-back attitude with Jan Faull

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Resistance to Care	2004	Nancy Hooyman	26	Eldercare	Families are often frustrated when their older relatives are resistant to changes, such as moving to a safer living situation, giving up driving or accepting in-home help. Without understanding the dynamics underlying such resistance, family conflicts and tensions may escalate, with both family caregivers and older relatives frustrated and resentful.
Resistance to Care	2003	Nancy Hooyman	11	Eldercare	Same as 2004
Room for Children	?	Community Playthings	36	Parenting	Video put out by manufacturer of playground toys.
Sand & Water	?	Community Playthings	37	Parenting	Video put out by manufacturer of playground toys.
Setting Limits and Providing Guidelines for Your Teenager	2003	Kevin Haggerty	39,86	Parenting	Teens need parents to provide ongoing information and support around decision making, values, skills, and goals. Have you been wondering how to do just that with your teenager? Join us as Kevin Haggerty presents some insights and examples from Family Connections Project at the University's School of Social Work.
Simplifying Your Life & Making Room for What You Love	2002	Janet Luhrs	2, 24	Selfcare	It's Spring and time to break free of all that binds you and drains your energy! Join acclaimed simplicity expert, Janet Luhrs, to hear about the best ways to simplify and streamline your life. She'll share her favorite stories and tips about money, time, and clutter to help you make room for what you love. Janet is one of our most popular speakers.
Simplify & Create a Meaningful Life	2001	Janet Luhrs	1	Selfcare	Does your life feel too hectic and unfulfilled? Learn how to have a deeper, richer life using the principles of simple living. In this lunchtime talk, you'll learn to create the life you want by stripping away the excess emotional and physical clutter and focusing on what is truly important to you. You'll learn about the big three causes of stress: time, money and clutter, and how to simplify each one to your advantage!
Steps to Downsizing Your Possessions	2002	Michelle Walsh	7	Selfcare	Come spend an hour learning how to downsize your possessions. Are you keeping too much? Look at why people are buried by "stuff". Learn what supplies are needed, where to begin, how to put a fair value on your giveaways, and where to donate things you don't want or need. Be inspired to develop your own plan for downsizing.

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Stress Management: Practical Tips and Techniques	2003	Sue Covey	12	Selfcare	Compared to 30 years ago, the average American worker is doing the job of 1½ people and is working an average of 48 hours per week. Add to that two career families, single parents, aging parent issues, financial pressures, long commutes and it's no wonder people feel stressed out. This presentation examines the physical and psychological effects of long term stress. More importantly however, it also gives practical tips and techniques for developing a strategy for managing stress, with numerous options for making even one small change in your day to day lifestyle by the end of this session.
Talk with your Teens about Sex: Peer Pressure	1997	Broadcast from PBS	51	Parenting	A four-part television series that encourages sexuality education in the home. The series highlights the advice high school age youth have to offer the parents of middle school students.
Talk with your Teens about Sex: Reducing the Risks	1997	Broadcast from PBS	54	Parenting	A four-part television series that encourages sexuality education in the home. The series highlights the advice high school age youth have to offer the parents of middle school students.
Talk with your Teens about Sex: Talking with your Daughters	1997	Broadcast from PBS	53	Parenting	A four-part television series that encourages sexuality education in the home. The series highlights the advice high school age youth have to offer the parents of middle school students.
Talk with your Teens about Sex: Talking with your Sons	1997	Broadcast from PBS	52	Parenting	A four-part television series that encourages sexuality education in the home. The series highlights the advice high school age youth have to offer the parents of middle school students.
Teaching Children to Read	2000	National Reading Panel	32	Parenting	This video highlights the main points of the National Reading Panel's comprehensive report on reading instruction. The video explains research-based findings through classroom applications with real students. The video also contains clips of NRP members explaining the rationale behind their conclusions. This video is ideal for parents, teachers, and anyone concerned about reading instruction & how to better teach children to read.
The Big 6: Teaching Information Technology	2004	Dr. Michael Eisenberg	68,69	Parenting	Are you and your family bombarded with information? Are you feeling overwhelmed with too much "stuff" and finding it difficult to keep up? Are you surrounded by information yet never seem to find what you really want? Learn more about "The Big 6," the most widely known and widely used approach to teaching information and technology skills in the world with Mike Eisenberg,
The Worst Case Scenario Workshop: How Will You and Your Family Deal With a Regional Disaster?	2005	Elenka Jarolimek & Tamlyn Thomas	87	Selfcare	Disaster planning and response is everyone's responsibility. Some workplaces and schools have disaster plans but what about you and your family ... do you have a plan? Join us for this lunch hour presentation to learn about the potential regional disasters, the steps to building a disaster response plan, and participate in an interactive exercise to establish a basic communication plan for your family and personal network.

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Time Management for the Rest of Us!	2004	Michelle Walsh	19, 38, 64	Selfcare	Time management is a choice; its how the hours are used that count. Learn about the time management myths, managing meetings and managing yourself. Identify the biggest time wasters in today's high tech work world and gain insights about overcoming the "too busy to think" syndrome. Michelle Walsh is a trained record manager, professional organizer, and speaker. She provides diverse consulting services to individuals in homes and offices and corporate executives.
Walk Talk: Focus on your Feet	2005	Kim Trimmer	90,91	Selfcare	This noontime seminar will begin with a conscious exploration of our feet, then bring attention to the way our weight rests on our feet, and how we can steer the muscles of our legs. Followed by a moving meditation; a great tool for shedding the stresses/efforts of the day. We will close with gentle stretches to relieve muscle fatigue & tightening after a walk. Presenter: Kim Trimmer, an experienced yoga/meditation teacher at the UW Women's Center & in her own private practice - www.kimtrimmer.com
Walk Talk: Optimal Nutrition	2005	Chelsey Bobcek	93, 94, 95	Selfcare	We live in an "obsegenic" environment, given this dilemma, how are we supposed to eat right & fuel our body's without over eating? Join us for this noontime presentation where we will talk about what you can do to fit a healthy, great tasting, nutritious diet into your life. Presenter: Chelsey Bobcek graduated from the UW with a BA of Science and is currently pursuing a Master's Degree at the UW in the Nutritional Sciences program - working to become a Registered Dietician.
When Caring Becomes Caregiv	2005	Amanda Wood	103-DVD 104-VHS	Eldercare	Caring for another human being is a wonderful gift, but it can also be very challenging, and at times overwhelming. Whether you think of yourself as a caregiver, or simply someone who cares, this presentation is for you. Topics include: Different stages of the caregiving cycle. Practical information, phone numbers and websites on appropriate programs to assist at each caregiving stage. Caregivers taking care of themselves as well as their loved ones.
When Domestic Violence Comes to Work	?	Published by Intermedia	29, 30	Selfcare	Domestic violence may occur at home but it also comes to work and affects the bottom line of every private and public sector organization. "When Domestic Violence Comes To Work" video can help educate employers and employees about domestic violence and help develop policies, procedures, and benefit programs. This training program can save your organization direct financial costs.

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When Listening is Louder Than Words	2001	Karen Bonnell	4	Parenting	Learning about the art of listening so completely that worlds can open up, new insights, unfold enemies to be friends, conflicts can be resolved when the gift of understanding is shared. Building bridges through understanding our children, our parents, our partners is perhaps the most important work we will do in our lives. Please join us as we learn together how to be better listeners. Karen Bonnell, MS, teaches skills for living a life of potential and purpose. She specializes in interpersonal communication and relationships.
Work and Life - Balancing and Blending	2003	Ellen Blizinsky	15, 41	Selfcare	Are you having difficulty finding time for kids, partner, self? Want to add a new activity to your life but can't seem to find the time? Need to rethink your personal work/life blend? Gain perspective in identifying your values and goals. Re-think strategies for finding balance, for blending work, life and you. Presented by Ellen Blizinsky, MSW.