

## COACHING-DVD'ER MV.

Ønsker du at låne nogle af SEBC's DVD'er på listen nedenfor, bedes du venligst læse instruktionen på SEBC's hjemmeside ([www.sebc.dk/videtok.html](http://www.sebc.dk/videtok.html)).

### COACHING

TITEL	<b>18-Hour Coach Training DVD Programs</b>
INDHOLD	<p>The following DVD programs are available:</p> <p>Coaching Skills and Practice Development by Jeffrey Auerbach, Ph.D. 6 CE Hours</p> <p>Executive Coaching: What You Need to Know by Andrea Molberg, Ph.D. 6 CE Hours</p> <p>Peak Performance Skills for Your Coaching Clients by Sandra Foster, Ph.D. 6 CE Hours</p> <p>The 18-Hour DVD coach training program package consists of Coaching Skills and Practice Development; Executive Coaching: What You Need to Know; and Peak Performance Skills for Your Coaching Clients.</p> <p>DVD Versions of the Live Workshops: Coaching Skills and Practice Development; Executive Coaching: What You Need to Know; and Peak Performance and Coaching. Includes binders of written materials and seven DVDs. Presented by Jeffrey Auerbach, Ph.D.; Andrea Molberg, Ph.D.; and Sandra Foster, Ph.D. Earn 18 CE Hours by completing the included quizzes for psychologists, MFTs, Social Workers and Professional Counselors in most states.</p>
TITEL	<b>Blueprint For Building A 6-Figure Coaching Practice: Internet Marketing For Coaches</b>
UDGIVER	Carol Solomon, et al.
INDHOLD	<p>About the Actor</p> <p>Carol Solomon, Ph.D. MCC is a psychologist, master certified coach, author, and group leader. She served on the faculty of MentorCoach and as a trainer in the Authentic Happiness Coaching program.</p> <p>With 25 years experience in helping people find solutions and make positive life changes, Carol is a natural teacher and coach. She enjoys a thriving coaching practice and is passionate about helping others succeed. Carol has a warm and genuine personal style and an enthusiastic love of learning.</p> <p>Carol is the author of 5 ebooks and an email newsletter with over 16,000 subscribers. She trains coaches to leverage the internet to use the methods she has implemented to develop streams of passive revenue and build a full coaching practice.</p> <p>Product Description</p> <p>Dr. Carol Solomon is an introvert. When it came to building her 6-figure coaching practice, she was determined to do it without ever going to networking meetings or shaking anyone's hand.</p> <p>The internet is a powerful tool to grow your business. Yet, it's easy to get lost in a sea of complexity and bogged down with technology.</p> <p>Learn the fastest, smartest and easiest ways to grow your business online using websites, newsletters and products.</p> <p>Learn how to overcome overwhelm and build your coaching practice online without ever leaving the comfort of your own environment.</p>

TITEL	<b>Brief Coaching: "Taken More Seriously"</b>
UDGIVER	Switzerland: Solutionsurfers
INDHOLD	<p>by Peter Szabó (as coach) &amp; Insoo Kim Berg</p> <p>In this DVD, viewers will be introduced to Jonathan, the founder and director of a company which has been in business for ten years. Overwhelmed by daily business issues, Jonathan wants to be taken more seriously by board members and colleagues at his company as he pursues some of his long-standing dreams. Szabó and Berg show you how to coach clients like Jonathan and guide them in their efforts to get back on track and move toward their goals.</p> <p>In the session presented in the DVD, Szabó and Berg demonstrate the effectiveness of providing Jonathan with a concentrated time to think about his goals, resources, and next steps. The DVD concludes with an immediate post-session interview that allows viewers to learn what has been most helpful to Jonathan. There is also footage of a later session with Jonathan in which he discusses the further progress he has made in pursuing his dreams.</p> <p>Brief Coaching: "Taken More Seriously" features:</p> <p>Part 1) Coaching Session (34.09)</p> <p>Part 2) Thinking Break (5.52)</p> <p>Part 3) Feedback to Client (2.32)</p> <p>Part 4) Post Session Interview (7.55)</p> <p>Part 5) Follow-up Session (3.53)</p> <p>60 minutes</p>
TITEL	<b>Coaching - Sådan får du gode resultater</b>
UDGIVER	NLP Europe
INDHOLD	<p>med Nikolaj Lehman, Michael Kold</p> <p>Om de grundlæggende teknikker som kan anvendes når man går i gang med en coaching session. Med klip fra virkelige coaching-sessioner</p> <p>Hvis du vil vide hvad coaching er og hvordan du selv kan anvende det i dit privat- eller arbejdsliv, så er denne DVD noget for dig. Den henvender sig til dem, der er nybegyndere indenfor coaching, men også til dem der i forvejen har en viden om coaching. På denne DVD deler Michael Kold og Nikolaj Lehmann ud af deres erfaringer som coaches. De giver anvisninger på hvilke coaching værktøjer, der kan anvendes hvornår samt hvilke faldgrupper, der kan være, når man coacher. Med en blanding af informationer, værktøjer og klip fra live coaching sessioner, vil du blive taget ind i coachens verden, hvor ét enkelt spørgsmål mange gange kan gøre den store forskel på, om du får succes, når du coacher.</p> <p>Ved at se denne DVD kan du bl.a. lære:</p> <ul style="list-style-type: none"> <li>- Hvad coaching er.</li> <li>- Hvad der er essensen i effektiv coaching.</li> <li>- Hvordan du selv kan anvende coaching.</li> <li>- Hvilke spørgsmål der skaber de største positive forandringer.</li> <li>- Fem step der kan føre dig igennem din coaching med succes.</li> <li>- Hvordan du får den coachede til at fokusere på muligheder.</li> </ul> <p>Michael Kold og Nikolaj Lehmann er erfarne coaches, der igennem mange år har arbejdet med coaching professionelt. Coaching af bl.a. private personer, medarbejdere, ledere og topchefer i nogle af Danmarks største virksomheder.</p> <p>I Michael Kolds nye bog Lær at skabe positive forandringer kan du læse mere om de teknikker, der bliver anvendt på DVD'en. Bog og DVD findes også i en samlet pakke, der indeholder begge produkter.</p>

TITEL	<b>Coaching a Winning Team</b>
INDHOLD	<p>Program Highlights:            Building credibility and consensus in a vision.            Using enthusiasm to turn around team motivation.            Identifying and using complementary strengths in a team.            Featuring: Tara VanDerveer            Director &amp; Head Coach Women's Basketball            Stanford University</p> <p>In this video, described as "motivational," "Extremely inspirational," and "a dynamic stab in the arm," Tara VanDerveer shows us that, whether it be in basketball or business, a successful team is born of strengthening individual qualities and focusing them on a singular goal. A candid and engaging storyteller, VanDerveer shares the coaching methods that have helped her teams triumph, as well as what she has learned to avoid. Using honesty and positive reinforcement as the cornerstones of her process, she explains how to maintain team unity and stay focused on a goal.</p> <p>In her 14th year as Head Coach of the Stanford Cardinal Woman's Basketball Team, Tara VanDerveer has had an extraordinary record of 344 wins to 90 losses, including eleven 20-win seasons. She has led her teams to two NCAA championships. In addition to her successes at Stanford, she coached the USA Woman's Basketball Team to an Olympic gold medal in 1996 and to three gold medals in World Championships.</p> <p>55 minute VHS or DVD video</p>
TITEL	<b>Coaching and Counseling</b>
UDGIVER	Marianne Minor, Edge Training Systems, Inc
INDHOLD	<p>Develop a full set of effective, easy-to-use coaching and counseling skills to 1) accurately identify when your employees require assistance and 2) deliver the help they need—whether it's a timely piece of advice, a sounding board, or an encouraging word.</p> <p>Develop your own coaching and counseling skills</p> <p>Learn the 10 key methods for giving useful feedback</p> <p>Recognize the benefits of coaching and counseling in the workplace</p> <p>Real-world interviews with experts provide viewers with successful techniques for effectively coaching and counseling employees. Examples show the differences between coaching and counseling and when to use each. A specific example of how to give positive feedback to help employees work through personal issues that may be affecting job performance is also featured.</p> <p>Key learning Points:</p> <p>Learn how to coach employees to maximum performance</p> <p>Learn how to recognize skills and improve weaker areas</p> <p>Discover ways to counsel employees about personal issues that affect their job performance</p> <p>Group Training Video Program:</p> <p>Includes an 18- to 25-minute video and a training manual for conducting a full- or half-day session, as well as a disc of masters for classroom handouts and visual aids. For additional learning, a role play video with an associated discussion guide and an individual guide are included.</p>
TITEL	<b>Coaching Psychology for Health, Fitness, and Mental Health Professionals</b>
INDHOLD	<p>Coaching Psychology for Health, Fitness, and Mental Health Professionals offers an insightful and informative workshop designed for health-care providers, featuring Margaret Moore, founder and CEO, and Blaine Wilson, faculty member, of Wellcoaches Corporation. This workshop teaches 18 core coaching skills and three coaching processes that are grounded in evidence-based coaching psychology. Based on the premise that behavior change starts in the mind, the 3-disc DVD set explains how health, fitness, and mental health professionals can help clients or patients develop the mindset they need to navigate the challenging path toward mastery of health and well-being.</p>

The DVD shows how to create growth-promoting coaching partnerships by talking less and providing fewer answers. Instead, the DVD details how health, fitness, and mental health professionals can help patients and clients to work hard to find their answers by listening attentively and asking powerful questions in a way that leads them to connect to their strengths, confront their personal truths, and decide to take meaningful action to enhance their health and well-being. Produced in cooperation with the American College of Sports Medicine.

TITEL	<b>Dimensions of Coaching</b>
INDHOLD	<p>Coaching is one of the most powerful tools available for reaching business and professional development goals. So, why aren't more individuals and organizations experiencing phenomenal results? The answer lies in the approach.</p> <p>The old view of strictly manager-driven coaching severely limits results. In today's business climate, a coach can be anyone who has the knowledge, willingness, and availability to help with a developmental need. An understanding of the concept and process of coaching can transform professionals into more valuable resources for each other and the organization.</p> <p>Dimensions of Coaching is a visual exploration of the different kinds of coaching. Professional actors dramatize the use of coaching in realistic situations, and a narrator guides the audience through a simple, but highly effective model for using coaching in their own developmental programs.</p> <p>Dimensions of Coaching, a 1-hour or 2 1/2-hour workshop, teaches employees with expertise and availability how to help their coworkers to become productive and effective. Key concepts covered in the workshops include: adapting your coaching style to the learner's personality and needs; the difference between directive and nondirective, programmatic and circumstantial, specific and holistic coaching styles; and the four-step coaching process – a proven, simple approach.</p> <p>For any coaching situation, viewers will learn:</p> <ul style="list-style-type: none"> <li>How to coach-with either a directive or nondirective approach</li> <li>When to coach-with an ongoing development program or only as circumstances warrant</li> <li>What approach to use-holistic or specific</li> </ul> <p>Each option is fully illustrated, creating one of the most comprehensive teaching tools available on this subject.</p> <p>Workshop Overview</p> <p>Introduction</p> <p>Participants...</p> <ul style="list-style-type: none"> <li>- Complete coaching style Preferences self-assessment</li> <li>- Determine coaching style</li> </ul> <p>Video Viewing</p> <p>Participants...</p> <ul style="list-style-type: none"> <li>- Increase awareness of effective coaching</li> </ul> <p>Group Discussion</p> <p>Participants learn...</p> <ul style="list-style-type: none"> <li>- The difference between coaching and supervision</li> <li>- What coaching styles employees respond to</li> <li>- What makes an effective coach</li> <li>- The differences between directive and nondirective coaching and when to use them</li> <li>- The differences between circumstantial and programmatic coaching and when to use them</li> <li>- The differences between specific and holistic coaching and when to use them</li> </ul> <p>Group Exercise</p> <p>Participants...</p> <ul style="list-style-type: none"> <li>- Assess and evaluate the effectiveness of their own coaching style and preferences</li> </ul> <p>Role-Play Exercises</p> <p>Participants...</p>

- Practice the four-step coaching process and various coaching styles

Fast Networking Exercise

Participants...

- Learn and practice the concepts of follow-up and encouragement

24 minute VHS or DVD video presentation, one 55-page Facilitator Guide with agendas for one hour and two-and-a-half hour programs and ten Effective Coaching manuals

TITEL	<b>En gruppecoachingsamtale</b>
UDGIVER	Attractor
INDHOLD	<p>Gruppe coaching Video, Jens Nørlem, Finn Christensen, Kirsten Jensen og Andreas Juhl fra Attractor</p> <p>Denne video viser en gruppecoaching. De tre deltagere er Jens Nørlem, Finn Christensen og Kirsten Jensen som coaches af Andreas Juhl på emnet "mødekultur på Journalisthøjskolen".</p> <p>Videoen er den første af to, hvor der coaches på emnet mødekultur. TV-optagelse nr. to er under produktion og vil blive lagt på sitet i løbet af sommeren.</p> <p>Det er hensigten, at der i tilknytning til denne video skal ligge en forklaring, da gruppecoachingen umiddelbart kan være lidt sværere at forstå. Kommentarerne er under udarbejdelse.</p> <p>Videoen varer 21 minutter.</p>
WEB	<a href="http://www.attractor.dk/Default.aspx?ID=35">http://www.attractor.dk/Default.aspx?ID=35</a>

TITEL	<b>En kortere coachingsamtale</b>
UDGIVER	Attractor
INDHOLD	<p>Coaching Video, Finn og Andreas Juhl fra Attractor</p> <p>Her ser du et eksempel på en kortere coachingsamtale.</p> <p>Det kunne være den type, hvor man lige mødes på gangen, standser op og coacher nogle minutter over et arbejdsproblem/-udfordring.</p> <p>Videoen varer 6 minutter.</p> <p>--&gt; Se alternativ interaktiv udgave af samme coaching video</p> <p>Coaching i praksis, som er refleksioner over denne coachingsamtale kan ses her.</p>
WEB	<a href="http://www.attractor.dk/Default.aspx?ID=35">http://www.attractor.dk/Default.aspx?ID=35</a>

TITEL	<b>En længere coachingsamtale</b>
UDGIVER	Attractor
INDHOLD	<p>Coaching Video, Kirsten og Andreas Juhl fra Attractor</p> <p>Her ser du et andet eksempel. Nærlig på en lidt længere coachingsamtale.</p> <p>Det kunne typisk være en coaching af den slags, hvor man uforstyrret sætter sig sammen på et kontor.</p> <p>Videoen varer 22 minutter.</p>
WEB	<a href="http://www.attractor.dk/Default.aspx?ID=35">http://www.attractor.dk/Default.aspx?ID=35</a>

TITEL	<b>Succeed By Coaching - Coaching Skills For Supervisors</b>
INDHOLD	Do you want reduced costs and reduced employee turnover? Do you need improved quality and quantity of work by your staff to make your business grow? do you desire improved employee problem-solving ability and increased likelihood that goals will be reached?

Do you want enhanced employee growth? If the answer is yes to any of these questions, then you need the new video training program "Succeed by Coaching". With this practical guide of do-it-now information you'll discover the essentials of coaching, including how to do it, when to do it, and why it is necessary in today's business world.

You'll learn:

The coaching process model

Why to coach

When to coach

How to evaluate your employees

How to set performance goals

How to provide feedback

"Succeed by Coaching" comes complete with a video, audiocassette and copy of the book "Coaching Skills" by Robert W. Lucas, which is part of the Business Skills Express Series Published by the McGraw-Hill Companies.

30 minute VHS or DVD package

TITEL	<b>The Art of Coaching in Business</b>
INDHOLD	<p>Learn from the experts ...</p> <p>The Art of Coaching in Business video is a unique coaching video. It offers compelling and inspiring information from seven extraordinary individuals who understand the coaching process inside and out. The "stars" of the video aren't actors reading a script about coaching. They are experts in the fields of business, sports, music and dance sharing their wisdom and experience about what it takes to coach successfully.</p> <p>Herb Kelleher: CEO of Southwest Airlines, recently rated "the best company to work for in America" by Fortune Magazine</p> <p>Jack Nicklaus: Chairman of Golden Bear Golf and widely recognized as the greatest golfer of all time</p> <p>Mercedes Ellington: Artistic Director of Dance Ellington and granddaughter of the jazz musician Duke Ellington</p> <p>Keith Lockhart: Conductor of the Boston Pops Orchestra and successor to John Williams and Arthur Fiedler</p> <p>Lenny Wilkens: Coach of the New York Knicks and the "winningest" coach in the history of the NBA</p> <p>Sarah Nash: Managing Director of J.P. Morgan and head of the firm's investment banking activities in North America</p> <p>Jim Flick: Director of Education for the Nicklaus/Flick Golf School and coach to Jack Nicklaus</p> <p>The Art of Coaching in Business has been called a "breath of fresh air" and a "breakthrough" video. The program is organized around 8 coaching issues:</p> <p>What is Coaching?</p> <p>Coaching requires our time and a shift in priorities.</p> <p>How do I get by-in for coaching?</p> <p>What actions do I take to coach?</p> <p>How do I provide feedback to improve performance?</p> <p>How do I coach someone who knows more than I do?</p> <p>How do I get the most from my people?</p> <p>What are the payoffs for the coach?</p> <p>Effective coaching is essential to building any successful organization. It's the most powerful tool managers have to improve individual and team performance. Look behind any high-performing individual or team and you're likely to find a skilled and committed coach. The Art of Coaching in Business will inspire all managers in your organization, from the shop floor to the boardroom, to learn and commit to using the coaching process to improve their associates' performance. The video is 20 minutes long and includes excellent support material including a Leader's Guide, a Participant's Guide and a Coaching Skills Survey.</p>

## DIVERSE

TITEL	<b>Arnold Lazarus: Live Case Consultation</b>
INDHOLD	<p>Arnold Lazarus, PhD</p> <p>"My basic approach to therapy is very much that of problem solving. I see that people come into therapy with a whole myriad of different problems, and yet do not know how to solve some simple ones. And quite often simple solutions can have a tremendous, reverberating, positive effect." – Arnold Lazarus</p> <p>See the master psychotherapist Dr. Arnold Lazarus apply his Multimodal Therapy model as he consults with two clinicians:</p> <p>Jurgen, an experienced psychodynamic-oriented psychotherapist, presents the case of a recently divorced 38-year-old woman who constantly pulls him to put out fires.</p> <p>Marlou, a new psychotherapist, presents the case of a mother who is struggling to connect with her teenage foster son.</p> <p>Multimodal Therapy (MMT) is a form of Cognitive-Behavioral Therapy based on social and cognitive learning theory, and practical problem-solving methods. MMT integrates techniques from a broad range of therapeutic disciplines, and is based on the assumption that most psychological problems are multifaceted, multidetermined and multilayered.</p> <p>By watching this video, you will:</p> <p>Understand how challenging and complex cases can benefit from simple solutions and problem-solving.</p> <p>Learn how to apply Dr. Lazarus' unique and effective ideas to your work with clients you are struggling with.</p> <p>See how Dr. Lazarus' consults using practical ideas and suggestions.</p>
TITEL	<b>Brief Therapy Inside Out: Cognitive Therapy of Depression</b>
INDHOLD	<p>Judith S. Beck, Ph.D., therapist.</p> <p>In this videotape, Judith Beck, Ph.D. interviews a depressed patient. While the videotape can stand on its own, it is a valuable companion to Dr. Aaron T. Beck's classic videotapes, providing explanations of the techniques he uses in the videotapes listed above. This videotape is in two parts. In the first part, Dr. Judith Beck is interviewed about the forthcoming therapy session with a depressed patient. The interview continues periodically throughout the therapy session, as Dr. Beck explains what she is doing and why. In the second part of the videotape, the viewer can watch the entire therapy session without interruption. Dr. Beck illustrates the basics of cognitive therapy: doing a mood check, setting and prioritizing an agenda, discussing a problem, collecting data, eliciting and responding to automatic thoughts and images, problem-solving, assigning homework, and eliciting feedback. Running time: 95 mins.</p>
TITEL	<b>Coming Through the Ceiling: A Solution-Focused Approach to a Difficult Case</b>
INDHOLD	<p>Steve de Shazer</p> <p>Here's another clinical situation that most of us would approach with very limited expectations . The client, a middle-aged secretary, reports difficulty sleeping since she moved into her apartment fourteen months ago. She attributes this to her upstairs neighbor, who has an "electrical machine" that is specifically designed to disrupt her sleep. An entire year of therapy has not made a dent in this complaint. In this videotape we view the entire first session and the beginning of the second session. De Shazer avoids any confrontation with the client's explanation of events, and instead focuses entirely on her goals, and how she can achieve them. He demonstrates solution-focused techniques, such as the development of exceptions, the "miracle question," and a between session task. Conversations with Insoo Kim Berg clarify his unconventional, yet remarkably effective approach in this case.</p> <p>In 1985, Steve de Shazer published the conceptual model for solution-focused therapy.</p>
TITEL	<b>Carl Rogers and the Person-Centered Approach</b>
INDHOLD	<p>Dr. Carl Rogers was one of the most influential psychologists and psychotherapist of our time. In this singular presentation, Rogers' biographer Howard Kirschenbaum guides</p>

us through Rogers' life and work and the development of the "client-centered" and "person-centered" approach to counseling, education, group work, and human relationships.

Many audio and video examples of Rogers counseling clients and working with groups, plus over 100 photographs, illustrate this comprehensive, 60-minute presentation. The DVD/video is an excellent choice for Counseling Theory and Practice courses, psychology courses, and psychotherapy and human relations training programs. It is now being used in some 800 colleges, universities and institutes around the world.

TITEL	<b>Demonstration of the Cognitive Therapy of Depression: Interview #1 (Patient with a Family Problem)</b>
INDHOLD	Aaron T. Beck, MD., therapist. ©1977. All rights reserved. In this classic roleplayed recording, Dr. Beck demonstrates the use of cognitive therapy with a depressed and suicidal woman. He skillfully interweaves accurate empathy, socialization of the patient to the cognitive model, and collaborative rational evaluation of her distressing thoughts and beliefs. His style exemplifies collaborative empiricism and the active, structured, direct, and problem-oriented approach used in cognitive therapy. This tape also demonstrates how to conceptualize a patient in a cognitive framework. Running time: 39:27. (Tape was created in the 1970s and is best played at a high volume.)
TITEL	<b>NLP Teknikker 1-2</b>
UDGIVER	Produceret og demonstreret af Helene og Jack Makani Makani & NLP Huset • www.nlphuset.com © FORLAGET AKASHA • ISBN 87-90522-10-9
INDHOLD	NLP Teknikker 1-2 på Practitioner niveau NLP Teknikker 1-2 indeholder en gennemgang af nogle centrale NLP begreber og metoder, samt demonstrationer af, hvordan NLP Teknikkerne virker i praksis. Sammen med DVD 3-4 indeholder denne DVD serie de fleste af de teknikker og metoder, der bliver gennemgået på en NLP Practitioner uddannelse. Disse DVD'er kan ses som forberedelse eller supplement til en NLP uddannelse, eller bruges som selvstudium suppleret med en NLP bog. Optagelserne giver et godt indtryk af, hvordan NLP kan anvendes i praksis. For at integrere NLP kræves der øvelse og personlig feedback, som opnås bedst ved at gennemføre en certificeret NLP uddannelse. DVD'erne giver ikke den fornødne basis for at lave forandringsarbejde med andre mennesker - men de giver mulighed for, at man kan blive endnu bedre til det, man allerede er god til. Helene og Jack Makani er internationalt certificerede Master Trainers of NLP (Neuro Lingvistisk Psykologi) og er blandt de første NLP udbydere i Danmark. De har undervist i NLP siden 1993, og er grundlæggere af Makani & NLP Huset i Danmark og Norge. Indhold DVD 1 Modellen af verden. Jack gennemgår den grundlæggende tankegang i NLP: hvordan vi oplever verden omkring os gennem vores personlige filter. (26 min.) Ankring. Hvad betyder det at vi ankrer igennem vores sanser, og hvordan kan man anvende det til at få adgang til flere ressourcer? Jack gennemgår og demonstrerer. (16 min.) Submodaliteter. Vores tanker består af billeder, lyde, indre dialog og kropsfornemmelser. Helene gennemgår hvordan vi kan ændre vores måde at tænke på en bestemt oplevelse. (23 min.) DVD2 Metamodel. Helene gennemgår de 9 kategorier i NLPs spørgeteknik, kaldet metamodelen, illustreret ved eksempler. (39 min.) Strategier. Hvordan gør du dig selv stresset? Hvilken strategi går du igennem inden i dig selv? Helene demonstrerer "vikarbureauetoden" som en metode til at bevidstgøre om og ændre uhensigtsmæssige strategier. (40 min.) Målsætning Jack gennemgår modellen for at sætte sig specifikke, målbare, attraktive mål. (19 min.)
TITEL	<b>NLP Teknikker 3-4</b>
UDGIVER	Produceret og demonstreret af Helene og Jack Makani

	Makani & NLP Huset • www.nlphuset.com © FORLAGET AKASHA • ISBN 87-90522-11-7
INDHOLD	<p>NLP Teknikker 3-4 på Practitioner niveau  NLP Teknikker 3-4 indeholder gennemgang af nogle centrale NLP begreber og metoder, samt demonstrationer af, hvordan NLP Teknikkerne virker i praksis. Sammen med DVD 3-4 indeholder denne DVD serie de fleste af de teknikker og metoder, der bliver gennemgået på en NLP Practitioner uddannelse.  Disse DVD'er kan ses som forberedelse eller supplement til en NLP uddannelse, eller bruges som selvstudium suppleret med en NLP bog. Optagelserne giver et godt indtryk af, hvordan NLP kan anvendes i praksis. For at integrere NLP kræves der øvelse og personlig feedback, som opnås bedst ved at gennemføre en certificeret NLP uddannelse. DVD'erne giver ikke den fornødne basis for at lave forandringsarbejde med andre mennesker - men de giver mulighed for, at man kan blive endnu bedre til det, man allerede er god til.  Helene og Jack Makani er internationalt certificerede Master Trainers of NLP (Neuro Lingvistisk Psykologi) og er blandt de første NLP udbydere i Danmark. De har undervist i NLP siden 1993, og er grundlæggere af Makani &amp; NLP Huset i Danmark og Norge.</p> <p>Indhold  DVD 3  Coaching. Helene demonstrer en enkelt coaching session. (22 min.)  Afbalancering af positioner. Helene demonstrerer, hvordan man kan afbalancere den måde, man oplever en anden person på, og derigennem forbedre sit forhold til personen. (16 min.)  Walt Disneys kreative strategi. Jack gennemgår og demonstrerer hvordan man kan blive bedre til at gå fra drøm til virkelighed. (43 min.)  DVD 4  Logiske niveauer. Jack viser hvordan man kan afbalancere og forstærke et mål gennem at gå igennem de seks trin i de logiske niveauer. (17 min.)  Støttende overbevisninger. Jack demonstrerer hvordan man kan installere nye, støttende overbevisninger, som gør det lettere for os at nå vores mål. (20 min.)  Swish. Helene viser, hvordan man kan skifte ubehagelige billeder ud med mere behagelige. (11 min.)  Visual squash. Jack demonstrerer hvordan man kan arbejde med indre splittelse, og få indre dele til at samarbejde. (21 min.)</p>
TITEL	<b>NLP Teknikker 5-6</b>
UDGIVER	<p>Produceret og demonstreret af Helene og Jack Makani  Makani &amp; NLP Huset • www.nlphuset.com © FORLAGET AKASHA • ISBN 87-90522-12-5</p>
INDHOLD	<p>NLP Teknikker 5-6 på Master Practitioner niveau  Jack og Helene Makani er internationalt certificerede Master Trainers of NLP (Neuro Lingvistisk Psykologi) og er blandt de første NLP udbydere i Danmark. De har undervist i NLP siden 1993, og er grundlæggere af Makani &amp; NLP Huset i Danmark og Norge.  NLP Teknikker 5-6 indeholder demonstrationer af de avancerede NLP teknikker, der ofte undervises i på en Master Practitioner uddannelse, og henvender sig således først og fremmest til mennesker, som allerede har kendskab til NLP på Practitioner niveau.  Disse DVD'er kan ses som forberedelse eller supplement til en Master Practitioner uddannelse, og giver mulighed for at lære mere om, hvordan man støtter mennesker til at skabe forandring. Det er en mulighed for at studere erfarne Master Trainers og deres anvendelse af kalibrering, rapport og sprog.  For at integrere NLP kræves der øvelse og personlig feedback, som opnås bedst ved at gennemføre en certificeret NLP uddannelse. DVD'erne giver ikke den fornødne basis for at lave forandringsarbejde med andre mennesker - men de giver mulighed for, at man kan blive endnu bedre til det, man allerede er god til.</p> <p>Indhold  DVD 5  Coaching. Helene demonstrerer en coaching session med afklaring af værdier. Sessionen er en demonstration af, hvor meget afklaring der kan komme af at sætte ord på og blive lyttet til. (35 min.)  Fobikur. Helene demonstrerer hvordan man kan slippe en fobi – i dette tilfælde en højdeskræk – ved hjælp af NLPs enkle fobikur med ændring af submodaliteter. (12 min.)  Forhandling. En demonstration af en win-win forhandling, hvor man chunker op til fælles værdier for de to parter. (30 min.)  Hinkerude. I denne teknik demonstreres, hvordan det er muligt at slippe en begrænsende overbevisning ved at skifte tidsperspektiv eller position. (27 min.)  DVD 6</p>

Essensforvandling. Med denne enkle og meget virkningsfulde ~ teknik kan man skabe store forandringer og bringe udforskeren i endnu dybere kontakt med sin inderste kerne. (40 min.)  
 Frigørelse fra afhængighed. Afhængighed opleves ofte som en næsten fysisk forbindelse. I denne teknik arbejdes med at slippe denne forbindelse, for at opnå større grad af uafhængighed. (21 min.)  
 Mundelag 1. Ved hjælp af avancerede sprog mønstre demonstrerer Helene, hvordan man kan assistere andre til at ændre fortolkningen af det, der sker. (16 min.)  
 Mundelag 2. Som Mundelag 1. (18 min.)

TITEL	<b>Psychotherapy with the Unmotivated Patient</b>
INDHOLD	Erving Polster, PhD This video depicts renowned therapist and teacher Erving Polster artfully and adeptly plying his trade with Gerald, the type of client we have all struggled with: bright, cynical, emotionally detached, overly-intellectual, and seemingly determined to defeat this therapist as he has previous ones. Polster summarizes his approach: "Obvious therapeutic techniques will alienate him. Instead I'll try to stay in close contact with him, more like a savvy uncle than a therapist, meeting and matching him with sarcasm, humor, confrontation, and common sense. Everything I say will be as close to the truth and responsive to our interchanges as possible." In numerous vignettes over the course of treatment, we watch Polster continuously engage him in here-and-now interactions, matching wits, joining him with humor, and challenging his defenses with a delicate balance of confrontation and empathy. Erving and Miriam Polster provide illuminating commentary, sharing with the viewers mature wisdom garnered from a lifetime of practicing therapy and training thousands of therapists. It is hard to imagine any therapist who will not benefit from the viewing of this video. DVD 1 hrs. 21 min.
TITEL	<b>Recent Advances in Cognitive Therapy: An interview with Aaron T. Beck, M.D. Conducted by Judith S. Beck, Ph.D.</b>
INDHOLD	Created for the European Association for Behavioural and Cognitive Therapies, September 21st, 2005.
TITEL	<b>Student-Athlete Stress Management</b>
INDHOLD	Young people are under more pressure than ever to excel and perform well in school, athletics, and life. Student-Athlete Stress Management is designed to address ways that coaches can help their athletes perform well in all areas of their lives. The video provides insights in determining what causes the stress in the lives of student-athletes and how coaches might identify the physical, mental, and emotional signs that are attendant to such stress. The video also features ideas on how changes can be made in the lifestyles and methods of thinking of student-athletes that can have a dramatic effect on reducing their overall level of stress. In addition, several simple relaxation techniques are reviewed that coaches can teach to their student-athletes to help them handle the pressures they face in their daily lives, as well as in competition and performance settings.