

# RESOURCES FOR SEPARATED & DIVORCED MINISTRY

## BOOKS

### **Separation and Divorce Ministry**

By: Novalis

Guideline and insights on how the Church ministers to the separated and divorced. **12.MORE**

### **The Ministry to the Single Person**

By: Merrill Morse

The Ministry to the Single Person identifies some common myths about singles and offers practical tips for organizing a singles ministry that responds to the needs of the three groups. **12.MORS**

### **The Ministry to the Divorced**

By: Joseph Norris

This booklet outlines how a parish might organize a divorce ministry program. This ministry that is outlined here is based on the instruction and experience of the North American Conference of Separated and Divorced Catholics (NACSDC), whose ministry centres on lay initiative, lay involvement and lay leadership. **12.NORR**



**Go In Peace:** A Biblical Perspective on Healing for Women By: Ruthann Williams, OP  
Drawing on her wide experience in the healing ministry, Ruthann Williams offers encouragement, compassion and hope to women. In a uniquely effective way, she develops healing lessons from the stories of various women in the Bible. The author invites every woman to reflect on her calling as a woman and to understand and accept the gift she is as woman. **20.WILL**

### **Protect Us From All Anxiety:** Meditations for the Depressed

By: William Burke

Protect us from all anxiety offers hope and consolation to those suffering from the terrible effects of depression, as well as those trying to understand and assist others in their struggle for wholeness.

**23.BURK**

### **The Angry Christian: How to Control & Use Your Anger**

By: Bert Ghezzi

If you are looking for ways to cope with feelings of anger, you're not alone. Anger troubles many Christians, at times inciting them to hurt others. Bert Ghezzi outlines a successful strategy for handling anger, based on Scripture and his experiences as a leader in Christian groups.

**23.GHEZ**

### **Facing Your Feelings:** How to Cope with Your Emotions

By: Bert Ghezzi

If you're searching for positive ways to deal with anger, resentment, loneliness, jealousy, sexual temptations, doubt or problems related to self-esteem, this book may be for you. Bert Ghezzi offers an effective, biblically based way to understand and come to grips with your feelings... so that you can begin to work for you instead of against you. **23.GHEZ**

### **Don't Sweat the Small Stuff About Money**

By: Richard Carlson, Ph.D.

Spiritual and practical ways to create abundance and more fun in your life. **28S.CARL**

**Where Do You Stand With the Church? The Dilemma of Divorced Catholics**

By: John T. Catoir

Society of St. Paul, 1996

This book addressed the dilemma of Catholics who have been divorced and possibly remarried outside the Church, who want to know where they stand. Can they receive the sacraments? If there any hope for getting a Church annulment? **28S.CATOIR**

**The Five Love Languages for Singles**

Northfield Publishing

Gary Chapman

This book reveals how different personalities express love in different ways. He tailors his message to meet the unique needs of singles, using real-life examples and anecdotes taken from his 30 years of interaction with single adults. Whether you are young or old; widowed, divorced, separated or never married, these proven principles of communicating and receiving unconditional love can apply in all your relationships, including friends, coworkers, classmates or roommates. **28S.CHAP**

**The Divorced Woman's Prayerbook**

By: Ginger Farry

A collection of prayers of a divorced woman who has walked the long and difficult road and turns to God as the source and centre of her hope. **28S.FARR**

**A Single Mother's Prayerbook**

By: Ginger Farry

In this book the author suggests that single mothers pray their way through the parenting experience. Here are the prayers that a real mom who called upon God in child-rearing situations and in times of loneliness and frustrations. She found, without a doubt, that God was there. **28S.FARR**

**Rebuilding When Your Relationship Ends**

By: Dr. Bruce Fisher/Dr. Robert Alberti

If you're hurting after a divorce, you need this supportive step-by-step program for putting your life back together. The newly revised and updated third edition offers just the right balance of shoulder-to-cry-on and kick-in-the-pants to help you get through the confusing and often-painful process. **28S.FISH**

**Catholic Annulment: Spiritual Healing**

By: Dennis & Kay Flowers

The authors address a variety of basic mental, emotional and spiritual factors in the process of healing the pain of divorce and broken relationships. The focus is broad, from looking inward to letting go. The approach is caring, informative, noncritical, and easy to read. A practical guide in the healing process. **28S.FLOW**

**Annulment The Wedding that Was**

By: Michael Smith Foster

This book's question and answer format provides an overview of the marriage law of the church and its practical implications and makes difficult concepts understandable to the nonexpert. **28S.FOST**

**Mars and Venus Starting Over**

By: John Gray, Ph.D.

A practical guide for finding love again after a painful breakup, divorce or the loss of a loved one. **28S.GRAY**

**Divorce and Beyond (Participant Book)**

By: James Greteman, C.S.C.

A complete program for newly divorced persons that focuses on the mourning period of the divorce process. It combines the advantages of a support group with personal exercises, activities and reflections. **28S.GRET**

**With Open Arms**

By: John Hosie, S.M.

Father Hosie's words are good news for those who have felt outcast or worried about their position in the Church due to their divorce or remarriage. He shows readers how to develop - through Christ - the sense of hope, strength, peace and healing that rises out of adversity. **28S.HOSI**

**Successful Single Moms**

Michele Howe

Pilgrim Press, 2003

This book tells the incredible stories of 13 single mothers who beat the odds by conquering challenges and transforming them into victories. **28S.HOWE**

**When You Are A Single Parent**

Jeanne Hunt

St. Anthony Messenger, 2003

Those who find themselves parenting alone, whether from divorce or separation, the death of a spouse or the lengthy absence of a partner, have a daunting mission. How can you make time for handing on the faith when there are bills to pay, a house to clean, clothes to wash and a thousand other demands on your time? This book tackles these questions with practical advice for doing it all without forgetting why you are doing it. **28S.HUNT**

**Our Family Is Divorcing**

By: Patricia Johnson

A read-aloud book for families experiencing divorce. **28S.JOHN**

**Moving Beyond Your Parents' Divorce**

By: Mel &amp; Patricia Krantzler

In this refreshing and practical book, the authors reveal that healthy, productive lives are more the rule than the exception for adult children of divorce. Drawing from extensive research, their own professional and personal experience, they provide guidelines that will empower you to reinforce your self-esteem, leave behind feelings of victimization and resentment, and make positive things happen in your life. **28S.KRAN**

**Life After the Divorce**

By: Medard Laz

This book attempts to deal with the central issues people face as they go through a separation or divorce. You'll discover the importance of spiritual resurrection and its impact on facing your loss and dealing with your agony. You'll learn how acknowledging your loss and confronting your feelings are the first step in the inner healing process. Written with a simple, straightforward outlook, this book guides you through the various stages of post-divorce grief eventually leading you to a new beginning in life. **28S.LAZ**

**What you should know about Family Law in Ontario**

This booklet contains information about the law as it was at the time it was written. The law can change. This booklet does not contain legal advice or replace the specialized advice of lawyers or other experts.

**A Pilgrimage Through Grief**

By: James Miller

After losing someone or something we loved well, we find ourselves in the strange and unsettling world of grief. We wonder who we are now and how we are to go on with our lives. For pilgrims struggling to find their way through grief, this book will serve as a beautiful, compassionate and insightful guide to renewed life and replenished hope. **28S.MILL**

### **Separate Ways**

By: Ministry of the Attorney General

This booklet captures the key points made in the video by the professionals and those who have gone through the process. **28S.MINI**

### **When Your Long-Term Marriage Ends... A Workbook for Divorced Women**

By: Elaine Newell

This book focuses on recovery for women who “grew up” with their husbands, raised a family together - then suddenly found themselves alone. Elaine Newell shares how she faced and eventually overcame her fears, and she explains the ten phases of recovery. Each chapter includes exercises to help readers identify and “discuss” - journal style - their feelings around each phase of recovery. **28S.NEWE**

### **Part-Time Parent**

By: Carolyn Pogue

This book is for all non-custodial parents. It follows the stories of 20 men and women as they go through the initial separation, first birthdays, and holidays without the kids. The author stressed that while one kind of parenting may be over forever, a parent never ceases to be a parent. **28S.POGUE**

### **Love Hangover**

By: Shewanda Riley, M.A.

This book provides a road map for recovery for those who seek genuine and long-lasting emotional healing after a romantic relationship has gone adrift. When a relationship ends, it takes time for “toxins” such as the burden of shame, the irrationality of anger, and the sting of rejection to leave the emotional system. This book is not about rebuilding a relationship with an “ex”; it is about rebuilding one’s life and relationship with God through the process of recover. **28S.RILEY**

### **Marriage, Divorce & Nullity**

By: Geoffrey Robinson

This book is not directed only at those considering annulment. It also addresses Catholics who believe that marriage blessed by the Church is for ever, those who believe that the Church should recognize civil divorce and those divorced Catholics who wish to remarry. **28S.ROBI**

### **The Unwilling Celibates**

By: Jean Sheridan

The author addresses the needs, benign neglect, hurtful attitudes and aloneness that single adults experience and provides an appeal blend of reflection, means and methods for spiritual growth to meet these situations. **28S.SHER**



### **Healing the Wounds of Divorce**

By: Barbara Shlemon

After thirty years of marriage, Barbara’s divorce was a jolting experience, a tragedy that plunged her into psychological and spiritual isolation. She relates how she felt abandoned even by God and how in the midst of the chaos of her life, the Good Shepherd sought her out and bandaged her wounds. Chapters deal with such issues as children, finances, relatives, spiritual concerns such as fear, guilt and forgiveness. **28S.SHLE**

### **Growing Through Divorce**

By: J. Smoke

In a society that has a pill or a prescription for almost everything, very little is available to help the person struggling through the hurricane of divorce. Divorce is one of the most painful and emotionally draining experiences that a human being can have. It is a hurt that goes deep and is accompanied by the doubt that it will ever heal. *Growing Through Divorce* offers practical guidance for anyone facing divorce. Based on the author’s firsthand experience of working with thousands of formerly married persons, this book can transform your life from an old ending to a new beginning! **28S.SMOK**

**Annulment: A Step-by-Step Guide for Divorced Catholics** By: Rev. Ronald T. Smith  
In simple language this book explains exactly what a person needs to do and say in order to obtain an annulment. **28S.SMIT**

**Annulment: Do you have a case?** By: Terence E. Tierney  
An annulment is a church declaration that this or that particular “marriage,” because of some defect, was never actually a marriage as understood by the church and codified in its laws. This book was intended to enable lay persons to comprehend with ease some of the legal intricacies involved and to help them judge with some degree of confidence if they have a case. (Note: opinions expressed in this book are American) **28S.TIER**

**When You Hurt** By: Lour Torok  
When you hurt, you are never alone, even though you may feel abandoned, misunderstood or even betrayed. Pain can isolate you to the point that you no longer know where to turn. This little book is meant to assist through inspiring anecdotes, uplifting prayers and a list of places one can approach in order to find specific help and information on a wide variety of illnesses, relationships and hurtful situations. **28S.TOROK**

**When Catholics Marry Again/Guide for the Divorced** By: Gerald Twomey  
When Catholics Marry Again is a clear, concise, practical guide for Catholics who want to remarry and are concerned about their relationship to the Church. The book explores the emotional, psychological, and spiritual issues and concerns affecting Catholics as they contemplate and enter into second marriages. **28S.TWOM**

**To Trust Again/Remarriage Preparation Program** By: William Urbine  
Couple's Workbook  
Leader's Guide  
The To Trust Again Remarriage Inventory consists of 150 statements, with which couples agree or disagree. This is neither a test nor a psychological profile. It is a resource to assist couples in preparation for marriage - not to predict whether they should or should not be married. **28S.URBI**

**The Divorce Book**  
This book is a one-stop resource to help you cope with all the issues involved in surviving divorce - your feelings, your children, your lawyer, your finances and your future. (Note: opinions expressed in this book are American) **28S.VARI**



**The Divorce Mediation Answer Book**  
You can choose to mediate your separation or divorce and save yourself time, money and aggravation. Mediation enables couples to create custom-made agreements that work for everyone, and that pave the way for an amicable future relationship. (Note: opinions expressed in this book are American) **28S.VARI**

**Chicken Soup for the Single's Soul**  
Whether you love being single or you long to find your life partner, you'll find wisdom, laughter and inspiration in these stories of love and inspiration for the single, divorced and widowed. **28S.VARI**

**What About the Kids?**

By: Judith Wallerstein & Sandra Blakeslee

For parents who are deeply concerned about how their children are doing in the post-divorce family.  
**28S.WALL**

**Living Whole Without a Better Half**

By: Wendy Widder

Bombarded by the good intentions of others, singles find themselves in a mad pursuit to find their “better half” instead of living the whole life God intended for all of His children. Their obsession to lose the “single” label may rob them of His richest gifts.

This books blends the experiences of singleness and the truths of God’s Word with a sense of humour to proclaim God’s promises of abundant life - with no marital strings attached. **28S.WIDD**

**The What, Why, and How of Marriage Annulments**

By: Fr. William E. Young, Jr.

Beginning with an affirmation of the sacred nature of marriage, this booklet explains why the Church understands marriage to be a holy union. After discussing the holy and enduring character of marriage, a series of questions and answers explores the issues that surround marriage annulment. Dealing with topics ranging from applying for an annulment to abusive relationships, *The What...* presents the facts about Catholic annulment in a clear and non-judgmental way. **28S.YOUNG**

**When Mom and Dad Divorce**

By: Emily Memendez-Aponte, 1999

Divorce isn’t easy on anyone, least of all children. This book helps to gently guide children through this painful passage. **41.APON (Children’s Section)**

**AUDIO TAPES**

**Separated & Divorced: A Guide to the Tasks of Healing**

By: Kathleen Kircher, Ph.D.

Kathleen Kircher discusses the psychological and religious dimensions of separation, divorce and remarriage. She explores with examples, depth and sensitivity what occurs to both adults and children when a marriage ends. Not afraid to bring up controversial issues, she presents the tasks of healing the family and pastoring the brokenness after divorce in a provocative manner.

**Wisdom for Single Parents**

## VIDEOS on Separation and Divorce

### **Love and the One Parent Family**

**Speaker:** Rev. Terry Attride

A series of interviews of adults and teenagers whose families have been disrupted by the death of a spouse, separation and divorce. The Ministry for Divorced Catholics and other support groups show how to cope with the loneliness a family feels when one parent is taken away. The message is simple: We can minister by being sensitive to another's loss; young people can be a great help to each other, and love is the greatest healer in a one-parent family. **Length:** 30 min. **VID#:** 30.001

### **Growing in Faith After Divorce**

**Speaker:** Rev. Barry Brunzman

Three 20-min. segments are designed to dispel false notions that lead to alienation. This video is especially helpful for Catholics to understand their relationship to the Church. Fr. Brunzman's message is: No one need be paralysed spiritually or without hope because of divorce. Content:

- 1) Popular misconceptions about divorce
- 2) History of divorce and remarriage in the Catholic Church
- 3) How to be a faith-filled person after divorce

Level: highschool - adult.

**Length:** 45 min. **VID#:** 30.002

### **Divorce & Annulment**

**Program:** That's The Spirit Series

The question of divorce, annulment and remarriage arise more frequently in Catholic circles than ever before. The troubled society in which we live is seeking answers. While no two cases are alike in these areas, this program frankly and competently discusses the topics. Level: highschool - adult.

**Length:** 30 min. **VID#:** 30.003

### **Dream's End: Divorce and Separation**

The emotional trauma of divorce has devastating effects on families from all walks of life. With so many marriages ending in divorce, no faith community can escape the challenge of providing spiritual and emotional comfort to hurting people. This compelling video utilizes the expertise of Catholic, Protestant and secular counsellors, along with the candid testimony of a courageous group of divorce "survivors" to present an authentic picture of the 2 to 5 year separation, divorce and recovery experience.

In viewing this program, divorcing individuals will see that their pain and loss has been felt by many others, and that there is hope. Ministers and lay counsellors will see how they can make a difference. All will receive solid information and guidelines for designing a successful, faith-based divorce recovery program.

A comprehensive discussion leader's guide is included in the package.

**Part I**           Death of a Relationship, 9.14 min.

**Part II**          A New Reality, 11 min.

**Part III**        Mourning, 14.3 min.

**Guide. VID#:** 30.004

### **Divorce & Other Monsters**

In this dramatization, Sandy reacts to her parents' recent divorce. She experiences a full range of feelings including anger, fear, guilt and rejection. It is in talking to her parents, her teacher, her friends and directly to the viewer that she comes to realize that the divorce is not her fault, that her parents really did try, and that sometimes trying hard doesn't work the way we want it to. She learns that by naming the monsters in her life, by naming her fears, she can learn to cope with them. The film addresses the feelings and concerns of children honestly and with understanding and humour. **Guide. Length:** 21 min. **VID#:** 30.005

## **Divorce Recovery**

This six-part workshop is a timely, much needed resource designed to meet the needs of those adjusting to broken marriages. You can either go through divorce, or you can grow through it. It is possible for this painful tragedy to become a positive time of growth. This workshop comes complete with a comprehensive study guide for six rewarding, renewing sessions.

- Tape 1:           Episode One - Is this really happening to me?  
                      Episode Two - Coping with your ex-spouse
- Tape 2:           Episode Three - Assuming new responsibilities  
                      Episode Four - Being a single parent
- Tape 3:           Episode Five - Finding and experiencing forgiveness  
                      Episode Six - Thinking about new relationships

**Guide. Length:** 3 tapes, 60 min. each. **VID# 30.006, 1-3**



## **Children: The Experts on Divorce**

Without any prompting or coaching the children in this video speak from their own experience of going through their parents' divorce. Their experiences represent the bulk of the research findings relating to what children need from their parent in a divorce. They didn't read the research. They know from living it. If we listen closely to what these children have to say we can prevent much of the long term harm that too many children feel from being caught in their parent's divorce. Created for parents who want to learn what children really think about divorce and what children need from parents during and after separation. 38 min. **VID#: 30.007**

## **Shattered Dreams: Healing After Divorce**

**Publisher:** Paraclete Press, 2002

All those who have experienced the pain of divorce, regardless of their age or gender, have suffered a loss. Whether the wounds of divorce are new or old, divorced men and women can find emotional and spiritual healing after divorce. In this video, you will meet men and women who have suffered the pain of divorce, have walked through a recovery process, and have found healing and hope in life again. **GUIDE. LENGTH:** 30 min. **VID#: 30.008**

## **Raising Children of Divorce**

**Publisher:** Paraclete Press, 2002

The divorce of one's parents is a traumatic event in a child's life. The biggest concern for almost all divorcing parents is how their children will be hurt by the breakup and what they should do to help their children. To parents and adults who work with children, this video will give concrete ways to help children through divorce. Hosted by Dr. Philip Stahl, this video is an invaluable resource in walking children through one of the most difficult times they will ever face. **GUIDE. LENGTH:** 30 min. **VID#: 30.009**

## **Faith & Family Life: How to Raise Your Child with Faith as a Single Parent**

**Speaker:**        Gaynell Cronin

Shows how a single parent can meet this challenge with confidence and hope. **VID#: 20.015**

## **Co-Dependent Denial**

**Speaker:**        James Crossen

Establishes rules for the co-dependent in denial which provide the information and motivation for their first real opportunity to sort out and prioritize their own goals and lives. Level: adult. **Length:** 45 min **VID#: 24.702**

### **Continuing Recovery Skills**

**Speaker:** James Crossen

Dr. Crossen presents specific skills and strategies that can be used to create a successful recovery for the dependent. The tape emphasizes the goal of a "happy, joyous, free" and continuing recovery. Level: adult.

**Length:** 45 min. **VID#:** 24.703

### **Dependent Denial**

**Speaker:** Dr. James Crossen

Dr. Crossen leaves no doubt for the necessity for continued attendance in a 12-Step Program. The patient or client will learn how the denial system is reinforced by the ego defence mechanism's attack on the memory system. They will learn the most skills and time tested practices of recovery which can be used to fight the strong denial system's interference with the "clean and sober" goal. **Length:** 45 min **VID#:** 24.706

### **Surviving Life Transitions**

**Speaker:** Clayton Barbeau

Our ways of thinking, feeling, and being are constantly changing. Change can also be very threatening because of fear of the unknown. Clayton guides us through the process of change and offers stories and strategies for healthy personal growth. Level: high school - adult. **Length:** 30 min. **VID#:** 24.715

### **Surviving Failure, Rejection**

**Speaker:** Clayton Barbeau

The fear of rejection, for most people, flows out of self-rejection. If we have a low opinion of ourselves and find it hard to accept ourselves, we even expect others to reject us. In this program, Clayton discusses the need to increase our awareness of our strengths. Level: high school - adult.

**Length:** 34 min. **VID#:** 24.716

### **Surviving Broken Relationships**

**Speaker:** Clayton Barbeau

Clayton talks about the anger and pain that follow a broken relationship. He assures us that the feelings we experience at this time are natural. Broken hearts do mend and when they do, they are often more loving and compassionate. Level: high school - adult. **Length:** 24 min. **VID#:** 24.717

### **Midlife, Invitation to Intimacy**

**Speaker:** Ann & Bob Faucett

This video series attempts to help people understand the midlife transition. It encourages the viewer to begin the process with positive attitude to achieve healing and growth. There are six 30-min. segments on two video cassettes:

- 1) Introduction and Stages of Life
- 2) Midlife-Separation and Endings
- 3) Midlife -- Betwixt and Between
- 4) Reintegration and Midlife
- 5) A View of the Mountain
- 6) Healing at Midlife

**Guide. Length:** Six 30-min. segments **VID#:** 24.718, 24.719

### **Surviving Depression**

**Speaker:** Clayton Barbeau

Clayton helps us come to terms with some signs of depression -- from changes in eating and sleeping habits to inattentiveness, a sense of alienation and even thoughts of suicide. Clayton also offers some practical tactics for survival, all enriched by his use of personal stories and true-life examples. Level: high school - adult. **Length:** 23 min. **VID#:** 24.727

### **Surviving Loneliness**

**Speaker:** Clayton Barbeau

In this program, Clayton examines loneliness as part of everyone's life, especially in today's competitive society. He then offers many concrete strategies to counteract those moments when we experience loneliness. Level: high school - adult. **Length:** 25 min. **VID#:** 24.728

### **The Dependent Woman**

Explores the concepts of "supermom", shame, guilt, and women's self hatred as recovery issues, proposing that the recovering woman deserves the same quality of treatment that men receive. **Length:** 45 min. **VID#:** 24.729

### **Healing Memories and Forgiveness**

**Speaker:** Rev. Martin Padovani

Fr. Padovani shows us how to face painful times in our lives, and how to let go of the feelings we keep hidden away. The author has found that the one common element emotionally troubled people share is repression. Personal pain takes its toll among those who suffer silently in a vain attempt to avoid dealing with difficult aspects of their lives. He encourages viewers to bring unresolved conflicts to the surface. There is a very helpful question-and-answer period at the end of the program that offers enlightening insights into specific concerns. **Guide. Length:** 30 min. **VID#:** 24.733

### **Happiness is an Inside Job**

**Speaker:** John Powell S.J. and Loretta Brady M.S.W.

John Powell's presentations in Segments 2-11 followed by interaction with the audience, which is facilitated by Loretta Brady.

- 1) Introduction
- 2) Self Acceptance
- 3) Full Responsibility
- 4) Relaxation, Nourishment, Exercise
- 5) Acts of Love
- 6) Stretching
- 7) Goodfinding
- 8) Growth, Not Perfection
- 9) Communication
- 10) Enjoyment of Life
- 11) Prayer
- 12) Conclusion

**Guide:** See book of same title. **Length:** Twelve 30-min. segments **VID#:** 24.742-24.744

### **Where is God When Life Hurts?**

Anyone who has experienced suffering or tragedy has asked this question. Is it really God's will? Does God hurt us to teach us? Dr. Chesto challenges some of the religious theories we have created to justify pain. In sharing her own struggle with disability and degenerative illness, she questions a society that measures our worth by our productiveness.

This is a video for those dealing with suffering and for their caregivers. It is for parishes that have a real ministry of caring and want to understand the best way to reach out. It is also for priests, ministers and health professionals who regularly minister to hurting people. It offers insight into the mind and heart of the person in pain, the helplessness and rage, but it does not end there. By suggesting that there is no answer to the question, it offers the possibility of accepting life as mystery and discovering healing and hope. **Guide. Length:** 43 min. **VID#:** 24.748

### **When Bad Things Happen to Good People**

For the first time on home video, Dr. Harold S. Kushner powerfully presents the thinking and faith behind his best-selling book, *When Bad Things Happen to Good People*, a source of comfort and insight for anyone confronted by tragedy and suffering. Kushner speaks from his own painful experience, the loss of his young son, Aaron, to a rare illness. He recounts his own realization that the traditional words of consolation we so often speak - words that Kushner so often spoke to others - are far from adequate. His search for a better response leads to the Book of Job and that



most profound question of faith: If God is all powerful and all good, why do good people suffer? Kushner's answer is as practical as it is theological. It provides a reaffirmation of a belief in God, and offers compassionate direction for those in pain. **Length:** 1 hour **VID#:** 24.754

### **COPING SERIES**

**Speaker:** Clayton Barbeau

Clayton Barbeau is one of America's most popular and entertaining speakers. His perceptions derive from a tremendous sensitivity to his own family's experiences and to his many years of involvement as a family therapist.

#### **Tape One: Coping with Self** (Guide/60 min.)

Beginning with stresses surrounding birth, Clayton humourously describes how coping with ourselves depends on our abilities to react creatively to stress. He explains how stress on individuals can bring about either good or bad results.

#### **Tape Two: Coping with Others** (Guide/60 min.)

Using a variety of anecdotes from his family experiences and the lives of his counselling clients, therapist Clayton keeps his audience chuckling as he shares insights about coping with others.

#### **Tape Three: Coping with Loss** (Guide/60 min.)

No human being escapes coping with loss in life. Failing to cope with loss, both great and small is to wound ourselves. Clayton leads his audience to examine healthy coping from death of a loved one to simple losses in daily living.

#### **Tape Four: Coping with Feelings** (Guide/60 min.)

A lively and insightful presentation on just how to cope creatively with personal feelings like anger, fear, disappointment and depression. **VID#:** 24.761-24.764

### **Surviving Anger**

**Speaker:** Clayton Barbeau

In this program, Clayton talks about the different causes of anger and the various guises that anger often takes. He also points out that we face anger from both ourselves and others, and that any number of experiences can trigger it. With the help of anecdotes based in personal experiences, Mr. Barbeau shows how important it is to understand the source and destructiveness of one's anger and to face up to it. He proposes strategies for analysing and dealing with one's own anger and with the anger of others. **Length:** 32 min.

**VID#:** 24.765

### **Surviving Difficult People**

**Speaker:** Clayton Barbeau

In this program, Clayton gives special attention to the problem individuals who can make day to day living difficult at work or at home. He suggests ways to approach people who tend to bully or to criticize constantly, or those who demand inordinate attention or wish to be always in control. And he profiles those who can't make a decision or simply won't communicate. He states that it is very important to realize that one's response to a difficult person is more important than that person's behaviour. **Length:** 40 min. **VID#:** 24.766

