Video Guide

Numerous excellent videos are available for presentation to introductory psychology students. The Introductory Psychology Lecture Starter Video includes approximately sixty-five short (two to seven minute) video clips organized into thirty-four topical areas. An accompanying guide resides on the text-specific web site. The other three lecture-starter videotapes, which also feature short clips, cover child development, social psychology, and abnormal psychology. A separate guide on the web site offers teaching tips and discussion questions for the 35 clips from classic movies on the Psych in Film DVD/VHS.

The following selected list of high-quality series and individual titles also provides excellent viewing material for the introductory course. Ordering information is supplied for all series included. Contact your Houghton Mifflin sales representative about possible eligibility to rent or purchase any of these videos for free.

DISCOVERING PSYCHOLOGY

The mysteries of human nature are unveiled in this series on psychology. Challenging and motivating, the programs encourage personal development while stimulating curiosity and critical thinking. Hosted by veteran psychology professor Philip Zimbardo of Stanford University, the series integrates historical and cutting-edge perspectives of the field. New developments are measured against historical breakthroughs, and theories are tested by the recent findings of leading researchers. Superior animation and documentary footage of classic experiments help the viewer to better understand psychological concepts and relate them to today’s complex world. Produced by WGBH/Boston in association with the American Psychological Association. Released: 1990. The twenty-six half-hour video programs described below are available on thirteen videocassettes. Each videocassette contains two programs.

For
Chapter(s):

VIDEOCASSETTE NUMBER 1

1, 3 1. Past, Present, and Promise
Discover psychology, a fascinating science at the crossroads of such disciplines as philosophy, anthropology, biochemistry, and artificial intelligence.

2 2. Understanding Research
The scientific method, data collection and analysis, and the value of critical thinking in interpreting research findings are presented.

VIDEOCASSETTE NUMBER 2

3 3. The Behaving Brain
This program explores the relationship between the brain’s own structure and function, and feedback from the environment.

3, 9 4. The Responsive Brain
Scientists explain the biochemical reactions that determine our thoughts, feelings, and actions.
The impact of heredity and environment on children’s development illuminates the age-old nature vs. nurture debate.

How children develop complex language skills and use language in social communication is presented.

This program focuses on how we process information and transform raw sensory data into meaningful impressions.

Pavlov, Watson, and Skinner demonstrate the principles of classical and operant conditioning.

A look at how all experiences become memory, why we forget, and how we can improve our memory.

The higher mental processes—reasoning, planning, and problem solving—are explored.

This program examines the psychology of risk taking and negotiation—why and how we make judgments and decisions.

Aspects of motivation are revealed in studies of sexual behavior and the power of optimistic beliefs.

Explore the nature of sleeping, dreaming, and altered states of consciousness.

Case studies of multiple-personality and split-brain patients and examples of hypnosis demonstrate the subconscious.

This program explores the emotional and motivational consequences of beliefs about oneself.

Psychological testing reveals how values are assigned to different abilities, behaviors, and personalities.

Find out how men and women are psychologically different, and see how sex roles reflect social values.

This program focuses on physical and psychological aging and shows how society reacts to the aging process.
VIDEOCASSETTE NUMBER 10
6, 14, 17  19. The Power of the Situation
Discover how situational forces can manipulate beliefs and behavior and learn how to interpret human behavior within context.
14, 17  20. Constructing Social Reality
This program explores how understanding the psychological processes that govern our behavior may help us deal with society.

VIDEOCASSETTE NUMBER 11
15  21. Psychopathology
Schizophrenia, phobias, and affective disorders are defined and explored.
15, 16  22. Psychotherapy
This program examines the relationships among theory, research, and practice and explores how treatment of psychological disorders has been influenced by national, cultural, and social forces.

VIDEOCASSETTE NUMBER 12
3, 13  23. Health, Mind, and Behavior
Examine the relationship between mind and body and learn about a new bio-psycho-social theoretical model.
1, 13  24. In Space, Toward Peace
Arms negotiations, the stress of space travel, and responses to nuclear war illustrate modern psychology.

VIDEOCASSETTE NUMBER 13
17  25. A Union of Opposites
This program presents a yin-yang model of complementary opposites.
1  26. New Directions
Prominent psychologists discuss the future of the field, new directions in research, theory, and application.

The above information was taken from the Annenberg/CPB Collection 1992 Video and Audio Catalogue. To order, please call 1-800-532-7637, or write to The Annenberg/CPB Collection, Dept. CA94, P.O. Box 2345, S. Burlington, VT, 05407-2345; you may also fax an order request to 802-864-9846, although you will want to verify costs of the videos in advance.

THE BRAIN
Praised by the New York Times as “possibly the best series of its kind ever done on television,” The Brain has become a classic in its field. This Peabody Award–winning series artfully blends interviews with world-famous brain scientists and dramatic reenactments of landmark cases in medical history. Programs explain and illustrate the brain’s basic operating principles, its major structural and functional systems, and the biological foundations of emotion, memory, and unconsciousness. Computer animation, time-lapse microphotography, three-dimensional modeling, and biological imaging are employed to reveal unknown interior worlds. Celebrated case studies add human interest. Produced by WNET/New York and Antenna 2 TV/France in association with NHK Japan, the Societé de Radio Television, Quebec, and Kastel Enterprises, Ltd.

For
Chapter(s):
VIDEOCASSETTE NUMBER 1
1, 3  1. The Enlightened Machine
Beginning with the nineteenth-century experiments of Viennese physician Franz Joseph Gall, the creator of the pseudoscience of phrenology, this episode moves rapidly to the forefront of twentieth-century science, using microphotography to show how the brain organizes its “electrical symphony” crossing synaptic gaps.
2. Vision and Movement
The neurological miracle of coordinating vision and movement is illustrated by Olympic diver Greg Louganis and by the work of Nobel Prize winners David Hubel and Torsten Wiesel on the visual cortex.

3. Rhythms and Drives
Vignettes from both the animal world and human society illustrate the seat of our basic instincts—the primitive brain—and its effects on sex, sleep, aggression, depression, and euphoria.

4. Stress and Emotion
Two case histories—a man who suffered an accidental frontal lobotomy and a stress-ridden air traffic controller—frame this episode about pain, anxiety, and behavior.

5. Learning and Memory
How do we remember? Why do we forget? Scientists investigate the subject using the examples of a man with a most remarkable memory and a famous psychologist who is losing his memory.

6. The Two Brains
Left brain, right brain—what happens if they don’t communicate? Research work with split-brain patients is the basis for exploring the cortical hemispheres, the relationship between thought and language, and sex differences of the human brain.

7. Madness
Compelling human portraits of schizophrenics and their families are featured, dramatically illustrating the effects of a split between the thinking and feeling parts of the brain. Scientists’ efforts to pinpoint the brain’s anatomical changes are chronicled.

8. States of Mind
How far does our knowledge of the brain extend? What questions lie unanswered? Scientists have yet to decipher the chemical maze triggered by a simple thought. This final program explores what scientists do not understand and looks to the future of research in medicine, artificial intelligence, and genetic manipulation.

THE BRAIN MODULES
Teaching Modules: The eight topical areas described above have been edited into thirty individual teaching modules. Each segment is between two and eleven minutes long. The Teaching Modules are also available on videodiscs complete with barcodes for scanning.

The above information was taken from the Annenberg/CPB Collection 1992 Video and Audio Catalogue. To order, please call 1-800-532-7637, or write to The Annenberg/CPB Collection, Dept. CA94, P.O. Box 2345, S. Burlington, VT, 05407-2345; you may also fax an order request to 802-864-9846, although you will want to verify costs of the videos in advance.

THE MIND MODULES
This companion program to The Brain consists of thirty-eight video modules on one videocassette or videodisc, continuing material from the PBS series The Mind. The modules provide brief, meaningful examples of important concepts in introductory psychology. The modules were developed by Frank
Vattano of Colorado State University with funding by a grant from Worth Publishers, in cooperation with WNET/New York. To order, please call 212-475-6000.

THE WORLD OF ABNORMAL PSYCHOLOGY

One man breaks into tears because he cannot remember his wife’s name; another sits calmly and offers no remorse for his act of murder. These are real people describing their mental disorders in doctors’ offices, homes, and prisons. This series introduces students to psychological well-being and behavioral disorders, helping them to distinguish the typical from the abnormal and the functional from the dysfunctional. It examines the complex factors that cause behavioral disorders and presents the professional nomenclature describing them. It also demonstrates the psychological, biological, and social approaches to treatment and discusses current research. Produced by Alvin H. Perlmutter in association with Toby Levine Communications.

*The World of Abnormal Psychology* has thirteen hour-long programs on thirteen separate videocassettes:

For Chapter(s):

14, 15 1. Looking at Abnormal Behavior
This unit begins with the question: What is abnormal behavior? It then explores the practices and principles of psychological assessment, introduces the variety of professionals who might be involved in the process and the tools they use, and concludes with a discussion of biological, psychological, and sociocultural approaches to understanding human behavior.

13, 15 2. The Nature of Stress
Stress is present in everyone’s life, but the effectiveness with which one copes with stress is based on many factors. This unit considers a range of stress responses, including some that are dysfunctional, and examines treatment approaches that reduce stress. Posttraumatic stress disorder is studied as an extreme form of stress reaction.

13, 15 3. The Anxiety Disorders
Anxiety is a natural human response, but for over thirty million Americans, it is problematic. This unit describes a range of anxiety responses, discusses causal factors, and shows how anxiety-based disorders are treated. The video focuses on two of the most common anxiety disorders: panic with agoraphobia and generalized anxiety disorder.

3, 13, 15 4. Psychological Factors and Physical Illness
How do our thoughts, feelings, and behaviors affect our physical well-being? This unit draws on recent research studies in several disciplines that examine the influence of psychological factors on physical health. It focuses on psychological approaches used in the treatment of three medical problems: headache, heart disease, and cancer.

14, 15 5. Personality Disorders
Personality disorders are among the hardest disorders to diagnose, and many are equally difficult to treat, yet one in every ten people is afflicted. This unit identifies eleven personality disorders and concentrates on four: narcissistic, antisocial, borderline, and obsessive-compulsive.

9, 15, 16 6. Substance Abuse Disorders
Substance abuse disorders are perhaps the country’s most pervasive mental health problem. The video portion of this unit focuses on alcohol, cocaine, and nicotine addictions. It considers the effects of substance abuse on the individual and society and examines causal factors and treatment approaches.
7. Sexual Disorders
For most people, sex is a pleasurable experience. Some people, however, find sex to be difficult or even undesirable. And some use sex to harm either others or themselves. This unit discusses a variety of sexual dysfunctions and sexual disorders (focusing on paraphilia, rape, gender dysphoria, and desire and arousal disorders) and addresses potential psychological, sociocultural, and biological causal factors as well as approaches to treatment.

8. Mood Disorders
Moods are universal human experiences. But sometimes moods become inappropriate, are long lasting, or interfere with the ability to function. In short, they become mood disorders. This unit introduces mood disorders from mania to depressive stupor. It explores those factors that contribute to their onset, describes how they disrupt people’s lives, and examines treatments that seem to work.

9. The Schizophrenias
This unit explores what it feels like to live with schizophrenia, what factors are believed to contribute to its onset, and what is being done to treat it. The unit draws on the results of numerous research studies that have been conducted in the last decade to help explain this most devastating of mental disorders.

10. Organic Mental Disorders
Organic mental disorders refer to psychological and behavioral problems that follow physical damage to the brain. This unit focuses on organic mental disorders that result from three causes: physical trauma, disease, and exposure to toxic substances. Assessment, treatment, and prognosis are all addressed.

11. Behavior Disorders of Childhood
The classification of childhood disorders as separate from adult disorders is a relatively recent distinction that recognized the biological and psychosocial factors affecting a child’s emotional development. This unit focuses on three types of children’s disorders: developmental (primarily autism), disruptive (including attention-deficit hyperactivity disorder and conduct disorder), and emotional (primarily separation anxiety disorder).

12. Psychotherapies
Clinicians select from a wide range of therapeutic approaches to treat psychological disorders. In the video portion of this unit, clinicians demonstrate three types of psychologically based therapies (psychodynamic, cognitive-behavioral, and experiential) and show their application with both individuals and groups.

13. An Ounce of Prevention
Mental disorders can emerge at any point in the life span. Can they be prevented? This unit examines several community-based projects that focus on specific life stages. Each example uses a unique combination of strategies to lessen the effects of known psychological, sociocultural, environmental, and biological risk factors in the hope that the development of psychological disorder can be averted.

The above information was taken from the Annenberg/CPB Collection 1992 Video and Audio Catalogue. To order, please call 1-800-532-7637, or write to The Annenberg/CPB Collection, Dept. CA94, P.O. Box 2345, S. Burlington, VT, 05407-2345; you may also fax an order request to 802-864-9846, although you will want to verify costs of the videos in advance.

MADNESS
Diagnosis and treatment of abnormal behavior has come a long way in recent times, yet many of the questions that have been with us throughout history remain unanswered today. Renowned physician and author Jonathan Miller uses historical reenactments, rare photographs and archival footage,
interviews with eminent psychiatrists, and scenes from present-day mental health facilities to explain the history of the observation and treatment of mentally disordered people. A Brook Production for BBC Television and KCET/Los Angeles, 1992.

The series contains the following five hour-long segments on five separate videocassettes:

For Chapter(s):

15 1. To Define True Madness
This program examines views of mental illness throughout the history of Western society and attempts to explain why so little progress has been made in the diagnosis and treatment of psychiatric conditions. Scenes of psychiatric treatments and interviews with mentally ill patients explore what it means to be insane, how insanity feels to those who experience it, and how it is diagnosed by doctors and psychiatrists.

1, 16 2. Out of Sight
Learn the history of the rise and decline of asylums and other institutions for the mentally ill. Beginning with family care in the Middle Ages, host Jonathan Miller traces custodial care and treatment of the insane through its greatest transformations in the nineteenth century, to its peak in the 1950s, and on to its present-day decline.

1, 3, 16 3. Brainwaves
This program explores the physical explanations and treatments for mental illness from the late eighteenth century to the present day. From the crude restraints and medical equipment of earlier days to the electroshock therapy, psychosurgery, and drug therapy practiced today, Jonathan Miller presents an overview of treatments, including graphic descriptions of the bizarre and the brutal.

14, 16 4. The Talking Cure
Trace the development of psychotherapy, including the important contributions of Sigmund Freud. From Freud’s early pioneering work to contemporary practices, Jonathan Miller explains the concepts behind the “talking cures” for insanity. See how Freudian practices developed and flourished in Europe and the United States and view alternative approaches, including family therapy, observations of child development, and adolescent intervention programs.

3, 15, 16 5. In Two Minds
Is insanity a disease? This program explores how breakthrough treatments for schizophrenia are helping psychiatrists and doctors answer this and other questions about mental illness and the functions of the human mind.

The above information was adapted from the PBS Video 1993 Catalog. To order, please call 1-800-424-7693.

SEASONS OF LIFE

This close-up look at human development provides provocative insights from current research in psychology, biology, anthropology, and sociology. Powerful documentary footage introduces real stories from each “season of life”: infancy and early childhood, childhood and adolescence, early adulthood, middle adulthood, and late adulthood. This series proposes that all human life is governed by three developmental “clocks”: a biological clock, the timeline our bodies follow; a social clock, the age norms dictated by family and society; and a psychological clock, each individual’s unique sense of timing. These clocks tick in the background through all life’s seasons, as each of us becomes the author of his or her own life story. Produced by WQED/Pittsburgh. Released: 1990.

The audio portion of this set contains twenty-six segments on thirteen audiocassettes. The audio component of the series is sold only as a complete set.
This video portion contains the following five hour-long segments on five separate videocassettes:

For

Chapter(s):

12 1. Infancy and Early Childhood
Beginning with early childhood, the early influences of the biological and social clocks, how children develop, and how they gain confidence and curiosity are explored.

12, 13 2. Childhood and Adolescence (Ages 6–20)
Examines the years before and during adolescence and the stressful task of molding an identity while the biological and social clocks are out of synch.

12, 17 3. Early Adulthood (Ages 20–40)
Young adults hear the first of many messages from the social clock—separate from family, get a job, find a mate, set goals, face reality—in this period of intense social growth.

12 4. Middle Adulthood (Ages 40–60)
Older adults are concerned with creating a legacy for the next generation, changes in life direction, and personal goal achievement.

12 5. Late Adulthood (Ages 60+)
An examination of the last stage of life, when people consider what they might still do to change or add to their lives.

**CHILDHOOD**

This documentary charts the global journey from infancy to adolescence, offering new scientific data and an international context on the process of growing up. Twelve families on five continents filmed in their daily lives for over a year form the backbone of the series. It also includes a wealth of recent findings by anthropologists, sociologists, historians, educators, and psychologists.

The series consists of the following seven hour-long segments on seven separate videocassettes:

For

Chapter(s):

12, Genetics 1. Great Expectations
One of the major themes of the series is introduced and explored—the mutual influence and importance of both “nature” and “nurture.” Highlights of this program include witnessing three births in Russia, America, and Brazil to show how different societies approach this universal, yet unique, experience.

12, 14 2. Louder Than Words
An infant is not able to speak, but research shows that the roots of future personality are present from birth. Observer Jerome Kagan shows why shyness and sociability have a distinct biological component. But is biology destiny? We see how parents’ expectations and actions shape a child’s behavior and character.

3, 8, 12, 14 3. Love’s Labors
An exploration of the fascinating period between six months and three years, when almost every day brings startling evidence of rapid maturation in brain and body—improved coordination, increased mobility, the acquisition of language, and an emerging sense of self.
4. In the Land of Giants

This program features three- to five-year-olds learning the social and psychological intricacies of family life. As the wider world affects the family, the family in turn teaches children how to view and cope with it. Families use varying models of behavior and codes of discipline to mold children in their culture’s proper social image.

5. Life’s Lessons

The “5–7 shift” is what it’s called—the time when children become more responsible and capable. Society sees it as the age when children can venture beyond the home and into the school, factory, or field. This program looks at the stage when the brain and body are sufficiently mature that children begin formal training for their future roles in society and at what recent research says makes for effective education.

6. Among Equals

This program looks at the world of peers and examines one of the most important methods of socialization: play. Are there timeless games? What do they tell us of human nature? We see how boys of this age usually play with boys, and girls with girls, in distinctive and different ways.

7. The House of Tomorrow

Puberty marks the onset of major physiological changes. This program looks at the end of childhood and the almost infinitely varied rites of passage. The impact of childhood on the adult is analyzed.

The above information was adapted from the Ambrose Video 1993–1994 Catalog. To order, please fax 212-265-8088 to request ordering information.

CHILDHOOD: A JOURNEY

Childhood: A Journey provides a close-up look at the status of children and children’s issues around the world. The series was produced by Emmy Award–winning producer Daniel Wilson.

This series consists of three hour-long tapes containing the following eight segments:

For Chapter(s):

VIDEOCASSETTE NUMBER 1

1. Street Kids

Visit the “Right Way” program in south central Los Angeles, where one man, Alex Poe, has independently provided a safe haven for 700 kids who are caught in the struggle to survive on the streets.

2. Children of War

This segment looks at the children of Northern Ireland, examining how the prolonged conflict there has affected their childhood and how growing up in the shadow of war affects their lives as they become adults.

3. Storytelling and Traditional Cultures

This segment visits children in a Navaho boarding school in Nazlini, Arizona, and looks at the various ways cultural values and history are passed down from generation to generation.

VIDEOCASSETTE NUMBER 2

4. Education

Travel to two classrooms, one in Sudan and one in Harlem, where children must battle incredible obstacles to obtain an education.
5. Global Children’s TV
Through interviews with experts from Norway, the United States, and England, this segment examines the best of children’s television at home and abroad.

6. Children and the Arts
This segment introduces Jana Taylor, who uses photography to reach children living in poverty in Venice, California.

VIDEOCASSETTE NUMBER 3
7. Day Care
This segment looks at day care in the United States and in Italy, where Elixir Goldschmeid’s innovative, initiative day care has been in place for four decades.

8. Child Health
This segment highlights recent efforts to improve child health in Harlem, as well as in Kenya, where local clinics are teaching women about nutrition—both for themselves and their babies.

The above information was adapted from the Christian Science Monitor’s Childhood: A Journey video supplement. To order, please call 1-800-775-2775.

AGAINST ALL ODDS: INSIDE STATISTICS
The series presents the fundamentals of statistical manipulation, including the mathematical formulas themselves and their application to a variety of different examples, such as environmental studies, courtroom cases, weight-loss programs, and weather reports. Against All Odds will give your students as well as average consumers a solid foundation in the use and misuse of statistics. Produced by the Consortium for Mathematics and Its Applications and Chedd-Angier.

For Chapter(s):

VIDEOCASSETTE NUMBER 1
1. What Is Statistics?
Discover how this complex discipline has evolved.

2. Picturing Distributions
Construct stem plots and histograms and understand the importance of pattern distribution.

VIDEOCASSETTE NUMBER 2
3. Describing Distributions
Examine the difference between mean and median and learn of quartiles, boxplots, interquartile range, and standard deviation.

4. Normal Distributions
Shows the progression from histogram to a single normal curve for standard measurement.

VIDEOCASSETTE NUMBER 3
5. Normal Calculations
Emission standards and cholesterol studies give examples of normal calculations at work.
Stats. Appendix

6. Time Series
Statistics identify patterns over time, answering questions about stability and change, as seen in the stock market.

VIDEOCASSETTE NUMBER 4
7. Models for Growth
Topics include linear growth, least squares, exponential growth, and straightening an exponential growth curve by logic.

2, Stats. Appendix
8. Describing Relationships
Scatterplots, smoothing scatterplots of response versus explanatory variables by median trace, and least squares regression lines are covered.

VIDEOCASSETTE NUMBER 5
9. Correlation
How to derive and interpret the correlation coefficient using the relationship between a baseball player’s salary and his home run statistics.

10. Multidimensional Data Analysis
This program recaps data analysis by showing computing technology at Bell Communications Research.

VIDEOCASSETTE NUMBER 6
11. The Causation Question
The relationship between smoking and lung cancer is examined, and a study of admissions data illustrates Simpson’s paradox.

12. Experimental Design
Distinguish between observational studies and experiments and learn the basic principles of design, including comparison, randomization, and replication.

VIDEOCASSETTE NUMBER 7
13. Blocking and Sampling
Understand random sampling and the difference between single-factor and multifactor experiments.

14. Samples and Surveys
Stratified random sampling is explained. A 1936 Gallup election poll yields information about undercoverage.

VIDEOCASSETTE NUMBER 8
15. What Is Probability?
Distinguishes between deterministic phenomena and random phenomena.

16. Random Variables
Topics covered include independence, the multiplication rule for independent events, and discrete and continuous random variables.

VIDEOCASSETTE NUMBER 9
17. Binomial Distributions
Calculate the mean and standard deviation of binomial distributions and see a representative example of binomial distribution.
18. The Sample Mean and Control Charts
Roulette and business demonstrate the use of the central limit theorem, control chart monitoring of random variation, creation of x-bar charts, and definitions of control limits.

19. Confidence Intervals
Explains the confidence interval using population surveys to show how margin of error and confidence levels are interpreted.

20. Significance Tests
A hiring discrimination case illustrates the basic reasoning behind tests of significance.

21. Inference for One Mean
Study inference about the mean of a single distribution, with an emphasis on paired samples and the confidence interval and test.

22. Comparing Two Means
Learn to recognize a two-sample problem and to distinguish it from one- and paired-sample situations.

23. Inference for Proportions
See confidence intervals and tests for comparing proportions applied in government estimates on unemployment.

24. Inference for Two-Way Tables
The chi-square test and the relationship between two categorical variables are covered.

25. Inference for Relationships
Understand inference for simple linear regression, emphasizing slope and prediction.

26. Case Study
See planning data collection, collecting and picturing data, drawing inferences, and evaluating conclusions.

The above information was taken from the Annenberg/CPB Collection 1992 Video and Audio Catalogue. To order, please call 1-800-532-7637, or write to The Annenberg/CPB Collection, Dept. CA94, P.O. Box 2345, S. Burlington, VT, 05407-2345; you may also fax an order request to 802-864-9846, although you will want to verify costs of the videos in advance.

ETHICS IN AMERICA
This series will provoke the liveliest debates in both classrooms and living rooms. Ethics in America is an irresistibly involving examination of highly charged questions that will have students and viewers defending positions and ideas they didn’t realize they had. Loyalty, confidentiality, privacy, truthfulness—these and more become palpable, real issues, not just a news story. The lively, contentious, roundtable debates in this timeless series feature such well-known figures as Peter Jennings, C. Everett Koop, Mike Wallace, Justice Antonin Scalia, and many more. Produced by Columbia University Seminars on Media and Society.
The video series contains ten hour-long programs on ten separate videocassettes. Program 9 is relevant to the introductory course.

For Chapter(s):

9. The Human Experiment

Does finding a cure justify putting test subjects at risk? C. Everett Koop is joined by Dr. Arnold Relman, editor of the *New England Journal of Medicine*, and other distinguished panelists in a discussion of the medical research field.

The above information was taken from the Annenberg/CPB Collection 1992 Video and Audio Catalogue. To order, please call 1-800-532-7637, or write to The Annenberg/CPB Collection, Dept. CA94, P.O. Box 2345, S. Burlington, VT, 05407-2345; you may also fax an order request to 802-864-9846, although you will want to verify costs of the videos in advance.

FILMS FOR HUMANITIES VIDEOS

For Chapter(s):

Dopamine Seduction (25 minutes, color) Item #BVL9097 Greg is a man with two brains: a highly evolved, rational brain and, lurking beneath it, a primitive, animal brain. Designed to further Greg’s survival, his animal brain keeps him out of trouble—or does it? This program illustrates the function of the limbic system as Greg successfully staves off danger and hunger—and attempts to follow the dictates of desire, both helped and hindered by alcohol. Extraordinary 3-D computer animations such as the release of hormones into the bloodstream and brain cells transmitting nerve impulses demonstrate the mechanisms of the animal brain. Not available in French-speaking Canada.

The Development of the Human Brain (40 minutes, color) Item #BVL2399 This program follows the physiological development of the control center of the human body: the brain. It examines the formation and growth of this almost incomprehensibly complex organ from the moment of conception, through the growth of the neurological system in utero, to the moment of birth, when an amazing variety of brain functions are already apparent. The camera Continues to follow the development of the child to the age of eight, and viewers witness the appearance of a whole range of motor and cognitive skills—some as simple as focusing the eyes, others as complex as playing the piano.

Brain and Nervous System: Your Information Superhighway (25 minutes, color) Item #BVL8165 This program explores the brain and nervous system, using the analogy of computers and the Internet. Topics discussed include electrical impulses and how nerve messages travel; parts of the brain and their functions; how the brain and spinal cord are protected; the senses; and diseases, drugs, and their effect on the brain and nervous system. A Cambridge Educational Production.

The Brain 6-part series Item #BVL2970 Roger Bingham’s fascinating and informative series on the human brain—examining research on how it works.

Inside Information: The Brain and How It Works (58 minutes, color) Item #BVL2842 This program explains research on the brain’s processes: how individual parts of the brain work, how the brain uses pattern recognition rather than logic to interpret reality, which experiments with computer analogs have been successful and which have failed, and why. The program also provides interviews with some of the foremost researchers in the field, including neuroscientist John Hopfield, vision scientist V. S. Ramachandran, and physicist Carver Mead, who has a computer chip that can “see.”
3, 9, 13  The Addicted Brain (26 minutes, color) Item #BVL1363 This documentary takes viewers on a tour of the world’s most prolific manufacturer and user of drugs—the human brain. The biochemistry of the brain is responsible for joggers’ highs, for the compulsion of some people to seek thrills, for certain kinds of obsessive-compulsive behavior, even for the drive to achieve power and dominance. The program explores developments in the biochemistry of addiction and addictive behavior.

3, 12  The Sexual Brain (28 minutes, color) Item #BVL1416 Study of the brain provides some of the answers that separate cultural and social from physiological distinctions between the sexes. Mammalian brains, including our own, show distinct differences between male and female in the thickness of the cortex and the size of the corpus callosum. The program shows some startling effects of hormone injections on brain structure and raises provocative questions about the sexual and reproductive roots of structural differences between males and females.

9  Dreams: Theater of the Night (28 minutes, color) Item #BVL1737 Why do dreams occur? What is their function? What do they mean? This provocative program looks at the facts and examines the theories, from Freud’s The Interpretation of Dreams to today’s neuroscience laboratory findings. The program visits a sleep research lab to explain REM sleep; another lab where researchers are using positron emission tomography (PET scanning) to explore the dreaming brain; and a therapy session where a patient describes a recurring dream. It covers a variety of theories about the physiological, chemical, and psychological reasons for, and results of dreams.

9  Chronobiology: The Time of Our Lives (58 minutes, color) Item #BVL2206 This program examines the biological evolution of our internal timekeepers, examining the conflict between the time in our bodies and brains and the time on our wrists. It looks at the fish with the most accurate pacemaker known to science; shows how cell cycles are being tracked and biological clocks transplanted; reveals the novel ways in which human biological clocks are being reset; and explains why Greenwich is where time starts, how conversations can be set to music, why some people are larks and others owls, and what causes the Monday morning blahs.

7  Memory: Fabric of the Mind (28 minutes, color) Item #BVL1738 This program looks at the various areas that brain researchers are now exploring: What kind of brain chemistry can explain memory? If long-term memory is a kind of permanent pattern on the fabric of the mind, what structural changes occur in the brain? Are different types of memory located in different areas of the brain? Are specific memories stored in separate places? What is the process of forgetting? Is it possible to improve memory? The program seeks answers to these and other fascinating questions about the brain and memory at several internationally renowned memory research labs. Gary Lynch’s team believes it has found the basic mechanism of memory formation; James McGaugh’s that emotional states affect the ability to store and recall information; Richard Thompson has located and experimentally proved the specific location of a procedural memory; John Hopfield is developing a computer to simulate brain activity. The program also demonstrates prodigious feats of memory and the advice of a memory teacher.

4, 5, 6, 7, 8, 12  The Psychology of Learning: 7-part series. Item #BVL8787 This series comprises a comprehensive analysis of how people learn, investigating the areas of attention, cognitive development, memory, language development, classical and operant conditioning, approaches to learning, and perception. These programs, previously offered separately—with the exception of Perception: The Theories, which is new—are now available as a seven-part series at a special savings.
5 **Perception: The Theories** (48 minutes, color) Item #BVL8786 Can perception be explained in terms of sensation? In this program, the senses, including proprioception, are described; the Structuralist, Gestalt, Constructivist, and Direct Perception theories are critically analyzed, focusing on both their strengths and weaknesses; and perceptual models such as those of Ulric Neisser and David Marr are presented. Many examples of the perceptual theories are provided. In addition, the roles of Wundt, Wertheimer, Gregory, and Gibson are discussed, along with key perceptual concepts such as Weber’s Law, the Principle of Pragnanz, and the Laws of Proximity, Closure, and Continuity. An excellent overview of perception theory and various interpretations.

6 **Classical and Operant Conditioning** (56 minutes, color) Item #BVL6541 This program explains the nature of Behaviorism, so central to the study of human behavior, and its important applications in clinical therapy, education, and child-rearing. The program clearly explains, discusses, and illustrates the complex Classical and Operant conditioning theories of Pavlov and Skinner, and features archival footage of laboratory work with dogs and present-day research using rats in Skinner boxes, as well as numerous examples of conditioning in everyday life.

6 **Further Approaches to Learning** (57 minutes, color) Item #BVL6542 This program explores alternative approaches and explanations of learning, including Latent Learning, Learning Sets, Insight Learning, Ethology, Social Learning, and Neuroscience. The program emphasizes the recent move towards a Cognitive Theory of Learning and examines the current research in this area. The program includes archival film featuring B. F. Skinner and Dr. Robert Epstein, who demonstrated apparent “insight” learning in pigeons using behaviorist techniques. Skinner, speaking just before his death, claims that reinforcement rather than higher mental processes is at work in learning. The cognitive behaviorists think differently!

6 **The Study of Attention** (43 minutes, color) Item #BVL6012 Do we really have to pay attention to control and direct all our behavior? How is it that we focus our attention on one input or stimulus and ignore the rest? This program answers these questions by examining the following concepts: the Selective Attention models of Broadbent and Triesman are described using real-life examples such as air traffic controllers; Divided Attention theories are described and evaluated; and the area of Visual Attention is illustrated by the demonstration of the Visual Search technique and the Stroop test.

7 **The Study of Memory** (74 minutes, color) Item #BVL6014 This program introduces the basic terms used in the study of memory such as encoding and storage and retrieval, and looks briefly at the historical ideas about memory. Modern theories are explained using diagrams and real-life examples, and the program then goes on to discuss current research in the area of Everyday Memory. The Reasons for Forgetting are explored and the biological basis of memory outlined. In addition, the program examines ways of improving memory. The program emphasizes the radical change in the past decade from laboratory-based research to the study of memory in everyday life. The program also includes eight exercises for viewers to take part in, including memory tests and a video clip of a robbery to test recall for Eyewitness Testimony.

8 **Language Development** (40 minutes, color) Item #BVL6015 The emphasis in this program is on the development of language in babies and young children. The program follows this development from the first cry of an infant in the delivery room through that of a seven-year-old, when language development is almost complete. The program features babies and children attempting to communicate, from crying and babbling to making grammatical errors to speaking fluently. The program
discusses the arguments for and against the Nature-Nurture debate and the Interactionist view. The Whorf-Sapir Hypothesis is described and illustrated with real-life examples. The question “can non-human animals use language?” is discussed and illustrated with video of chimpanzees.

12 Cognitive Development (58 minutes, color) Item #BVL6013 The aim of this program is to examine Piaget’s theory and to critically evaluate it in light of modern research. The study of child development in this century has revolved around Jean Piaget’s theories, and the program clearly describes their central themes, covering the Cognitive Stages of Development from birth to twelve years old, giving illustrations of children’s behavior at each level. Recent research is examined in relation to each stage and comparisons drawn with the theories of Jerome Bruner. The program concludes that children are more cognitively capable at an earlier age than Piaget suggested, but it is the ages rather than the stages that are disputed. Current and future developments such as Meta Cognition and Theory of Mind are outlined and recent research findings reported.

6, 12 Learning in Context: Probing the Theories of Piaget and Vygotsky (31 minutes, color) Item #BVL10221 This program presents recent work by developmental psychologists that emphasizes the influence of contextual factors in learning and performance. Three sets of experiments involving children are examined: tasks in which deliberately gender-biased instructions are provided; tasks requiring cooperation between asymmetrical pairs of peers; and tasks involving training of students by adults and by peers. The intriguing results of these tests shed light on the impact of stereotyping on performance; the effects of self-perception on competence; and the influence of different teaching approaches on learning. Implications for adults are considered as well.

11 The Gay Gene (30 minutes, color) Item #BVL8130 The science behind the controversial genetic research into the so-called “gay gene” is the focus of this program. A geneticist explains how the study was carried out, from initial interviews with gay men and their families, to the plotting of family trees, the extraction of DNA, and the analysis of samples in the lab. The program also considers the findings of the research: that homosexuality is, in part, genetically determined. It discusses whether these finds will advance the cause of gay rights and promote tolerance and understanding in society at large.

11, 15 Eating Disorders (15 minutes, color) Item #BVL6792 Part of the series Anxiety-Related Disorders: The Worried Well Anorexia nervosa and bulimia nervosa—two conditions rooted in the desire to be slim—are the focus of this program. While the first deprives the body of food, the other causes its victims to compulsively purge food through vomiting. Two women who suffer with these conditions tell poignant stories of how these compulsive behaviors have nearly destroyed their lives and the lives of their respective families. An expert explains the specialized approach used in treating both disorders.

11, 15 Eating Disorders: The Hunger Within (42 minutes) Item #BVL6240 There are an estimated eleven million people in the U.S. who suffer from eating disorders, and thousands of these die each year from acute anorexia. In this program, ABC News correspondent Lynn Sherr visits the Montreux Counseling Center in Victoria, British Columbia, where Peggy Claude-Pierre offers hope, a voice of comfort and reason, and a highly successful alternative treatment plan for anorexia and bulimia to more than 400 patients annually. The program demonstrates firsthand how Ms. Claude-Pierre has succeeded where traditional medical care has failed in bringing young people back to life and health from an illness that has a high relapse rate and no cure in sight. Peabody Award Winner
12 Puberty (18 minutes, color) Item #BVL8947 Most teenagers agree that puberty is like a ride on a roller coaster. This program describes the hormonally driven metamorphosis that takes place in females and males as they grow to physical, emotional, and sexual maturity. Changes specific to young women, such as breast and ovary development, are examined in detail, as are the development and mechanical function of the male reproductive organs. Acne, growth spurts, and the emergence of body hair—phenomena common to both genders—are investigated as well. Spectacular microscopic, endoscopic, and thermal imaging of hormone crystals and components of the female and male reproductive systems complete this informative program. Contains explicit language and material. A BBC Production.

12 The Differences Between Men and Women (23 minutes, color) Item #BVL5605 The debate still rages: are the social and psychological differences between men and women conditioned by biology or by familial and social environment? This program presents the opinion of scientists who reach beyond the obvious physical differences between the sexes to others that are not as visible. We are also introduced to recent research which claims that the female and male brain are far from identical. Finally, we attempt to determine whether nature or culture makes the sexes so different.

12 Aging Well (18 minutes, color) Item #BVL5389 This program introduces two senior women, a 76-year-old and a 65-year-old, as examples of the “new” senior citizen of the ’90s. The program explains how these people are living longer than their parents did and why they are staying healthier. It examines medical advances that continue to boost our life expectancy rate, and the role that lifestyle changes play. The program also explores what seniors can do to motivate themselves to keep their mental powers sharp, and the effects of aging on mental skills. Finally, the program looks at the emotional issues of aging, such as the death of one’s spouse, and explores how seniors can be helped to overcome feelings of loneliness and uselessness.

13 Stress: Keeping Your Cool (36 minutes, color) Item #BVL5725 This program looks at the impact that stress has on our society and describes positive and negative stress, stress control, and ways to simplify a hectic lifestyle. Experts identify what causes stress, why women are experiencing such high levels of stress in their lives, and how teenagers are particularly prone to stress. The program explores the relationship between stress levels and health and the growing recognition in medical circles that physical ailments are often linked to, if not caused by, mental and emotional stress and anxieties.

15 Understanding Schizophrenia (21 minutes, color) Item #BVL5827 Part of the series No More Shame: Understanding Schizophrenia, Depression, and Addiction Schizophrenia is the most severe of the serious mental illnesses, and it is more common than diseases such as cystic fibrosis, diabetes, or Alzheimer’s disease. This program explains recent research on the disease, speaking with leading medical researchers to explore what we do and don’t know about schizophrenia. The program profiles an individual with schizophrenia and explains how the disease has affected his life and his family’s and how they are coping with it.

15 Understanding Depression (22 minutes, color) Item #BVL5828 Part of the series No More Shame: Understanding Schizophrenia, Depression, and Addiction Depression affects over 4% of the population of the U.S.—over 10 million people—annually. It is a condition that will affect one in five Americans over the course of their lifetime. A depressive illness can be devastating not only for the affected, but also for family and friends. This program focuses on current research into depression, explaining the medications and psychosocial therapies that can help to eliminate the symptoms of the disease. The program profiles a woman with clinical depression and examines how her life and that of her family have been affected by the disease.
15 Obsessive-Compulsive Disorder (15 minutes, color) Item #BVL6789 Part of the series Anxiety-Related Disorders: The Worried Well Intrusive, repetitive thoughts, often of a disturbing nature, are the symptoms of the anxiety-related condition, OCD. In this program, two people whose lives have been shattered by OCD tell their stories. An 18-year-old woman talks about how she feels compelled to perform detailed rituals every day of her life. A man tells how he is tormented by the obsessive belief that he has killed someone. A psychiatrist sheds light on this bewildering condition.

15, 16 Depression and Manic Depression (28 minutes, color) Item #BVL6297 Depression affects over 17 million Americans each year, and it’s been estimated that only one-third of this group gets any treatment, largely because of stigma and fear. The lack of treatment results in a high number of suicides, making this illness as fatal as any other illness and a public epidemic. This program from The Doctor Is In explains the disease through the experiences of several people, including 60 Minutes host Mike Wallace; Kay Redfield Jamison, psychiatrist and author of a book on her life with manic-depressive illness; artist Lama Dejani; and State Dept. official Robert Boorstin. The program also provides an overview of the medications and therapy currently in use. A Dartmouth-Hitchcock Medical Center production. Finalist, AMA International Health & Medical Film Competition Gold Award, National Health Information Awards, Award of Excellence, AAMC/GIA, Silver Apple, National Educational Media Network Bronze Plaque, Columbus International Film & Video Festival. “This is an absolutely superb video about depression and manic-depression. It was elegantly presented, filled with accurate information (no mean feat), and wonderfully descriptive of the experiences involved.”—Dr. Kay Redfield Jamison, Professor of Psychiatry, Johns Hopkins Medical Institution, and author of An Unquiet Mind. “I think it is one of the most informative, balanced, and effective presentations that I have ever seen.”—John Gates, Ph.D., Director, The Carter Center, Mental Health Division

15, 16 Schizophrenia: New Definitions, New Therapies (29 minutes, color) Item #BVL10045 Using interviews with medical authorities including neuropsychiatrist Richard Petty, of the University of Pennsylvania Medical Center, and outstanding computer animation of the brain, this program provides an update on the causes and latest treatments of schizophrenia. News Hour correspondent Susan Dentzer focuses on a young Philadelphia man trying desperately to control this devastating disorder. Although new atypical antipsychotic drugs such as Olanzapine, Risperidone, and Quetiapine are proving helpful—to those who can afford them—experts agree that a strong community support program is also essential to achieve lasting recovery. 2000 Robert L. Robinson Electronic Media Award, American Psychiatric Association

17 Understanding Prejudice (50 minutes, color) Item #BVL8038 This program discusses the nature of prejudice and its effects on individuals and society. The focus is on the following questions: Where does prejudice come from? Why does it exist? Where are we headed as a society? Included are a historical overview of prejudice and definitions of key terms, such as discrimination and bigotry. Interviews illuminate different kinds of prejudices and stereotypes. The timely topics of multiculturalism, homosexuality, “politically correct” language, the role of the media, and religion are discussed. This is an excellent classroom tool for promoting tolerance. A Cambridge Educational Production.
OTHER SUGGESTED VIDEOS

For
Chapter(s):

2  Methodology: The Psychologist and the Experiment (30 minutes). CRM, 1975. This videotape does an excellent job of presenting research methods and emphasizes the scientific aspects of psychological research. The majority of the videotape deals with the experimental method and provides examples of research ranging from an experiment on vision using cats to a social experiment involving people. The videotape also defines and delineates such factors as the independent variable, random group assignment, and replicability.

3, 6, 9, 15, 16  Brain Triggers: Biochemistry and Human Behavior (45 minutes). Human Relations Media, 1983. This is a videotaped filmstrip reviewing activity in the brain in three 15-minute parts. Part II relates well to mental disorders and can be discussed when covering Chapter 13. Part III relates well to consciousness and is a good linkage to Chapter 4.
Part I: “Neurotransmitters” gives basic information about hormones, neurotransmitters, and how specific drugs influence the brain’s specific neurotransmitters.
Part II: “Disorders of the Mind” shows how mental illness might be understood biochemically. It discusses the mechanism of action for drugs used to treat depression and schizophrenia.

6 Learning (30 minutes). CRM, 1971. This is a classic learning videotape. It presents principles of learning in a humorous context. Classical and operant conditioning are discussed. Little Albert makes an appearance as a college applicant with a fear of furry white things.

12 Moral Development (28 minutes). CRM, 1973. This is a classic film that uses Stanley Milgram’s famous obedience study as a setting for demonstrating Lawrence Kohlberg’s stages of moral development. The film does a good job of presenting Milgram’s experiment and providing information about Kohlberg’s stages of moral development. It also offers a short discussion of social learning theory in this situation.

12 “The Pinks and the Blues” (57 minutes). PBS, NOVA, 1980. This video discusses the importance of different gender-based expectations of parents in the development of their children. It focuses on eight areas of personality (aggression, activity, curiosity, impulsivity, anxiety, compliance, achievement, and self-concept) and how gender-based differential treatment has an impact on them.

15, 16 Depression: A Study in Abnormal Behavior (27 minutes). CRM, 1973. In this film, a young woman experiencing an episode of depression is followed. The symptoms and the inability to function normally are stressed.

17 Eye of the Storm (26 minutes). ABC, 1970. This is a compelling ABC special news report of a teacher’s attempt to teach her all-white, rural class about prejudice. She sets up prejudice and discrimination on the basis of eye color; the results are shown and discussed in the film.

18 Obedience (45 minutes). New York University Film Library, 1969. This film documents Stanley Milgram’s famous experiment.