



Employee Assistance Program

Audio Tape, CD, Video, & DVD Library

*Note: DVD unless otherwise noted

Addiction

From Use to Abuse (video)

Sexual Addiction (video)

Families

Combating Domestic Violence – (video)

Dr. Tony Atwood Asperger's Syndrome – Vol. 2

Hablen, Escuchen, Conecten: Ayuda Para Las Familias Durante La Partida Militar

How to Raise Happy Confident Kids (video)

Infant & Toddler Emergency First Aid: Accidents

Juggling Your Work and Family (video)

LifeWorks for NYS Employees (video)

NYS Developmental Disabilities Planning Council: Mary's Choice (video)

NYS Developmental Disabilities Planning Council: La Decisión de Maria (video)

Parenting with Humor – Loretta LaRoche (video)

Positive Discipline: Parenting that Works (1 audiotape)

Power of Choice (for teens) (video)

Talk, Listen, Connect: Helping Families During Military Deployment

Finances

Best of Suze Orman Collection (4 part DVD)

NYS Dept. of Civil Service Planning for Retirement (2005 video)

Personal Finance for Everyone (1 audiotape)

The Power to Attract Money Volumes 1-3 (video)

Fitness

10 Minute Solution: Fat Blasting Dance Mix

10 Minute Solution: Rapid Results Pilates

Bellydance: Fitness for Beginners

Gary Null's Get Healthy Now!

Get Moving! Walking for Weight Loss

Introduction to Step Training (video)
Kathy Smith's Fat Burning Workout (video)
Kathy Smith's Functionally Fit Peak Fat Burning
Kathy Smith's Lift Weights to Lose Weight (2 part DVD)
Kathy Smith's Timesaver Cardio Fat Burner
Pilates Powerhouse Workout
Qigong for Stress Relief
Stress Relief Yoga
T'ai Chi Daily Practice
T'ai Chi for Health
Yoga for Relaxation (video)
Walk Away the Pounds

Healing Arts

Aromatherapy
Complete Guide to Practical Reflexology

Health

Dr. Christiane Northrup's Menopause and Beyond (2007 PBS Special)
Dr. Andrew Weil's Healthy Aging (2006 PBS Special)
Health Solutions: Sleep
Joint Articulation for Arthritis & Rheumatism
Oh My Aching Back! (video)
Successful Disease Management: Diabetes (video)

Inspirational

A Mighty Heart (Book on CD)

Lifestyles

Living Artfully

Management

Coaching and Counseling (video)
Cultivating Initiative in Your Staff (video)
Effective Supervision (video)

How to Write and Conduct Effective Performance Appraisals (video)
High Impact Leadership: How to be More Than a Manager (audiotape series)
Implementing Self Directed Work Teams (video)
The Manager as Coach (video)
Motivating People in Today's Workplace
Total Quality Management (cassette)
Total Quality Management (video)

Personal Growth/Self-Help

Building and Maintaining High Energy (video)
Feel the Fear and Do it Anyway (CD)
How to Handle Conflict and Manage Anger (audiotape)
Keeping Your Cool When Others Don't (video)
Manage Anger (video)
Memory Power (audiotape series)
Power Talking (audiotape series)
Practice Delegation (video)
Speed Reading (video)
Success (video)
The Twenty Questions (video)

Stress Reduction

Best of Caribbean Beaches: Waves Virtual Vacation
Controlling Interruptions (video)
Coping with Stress
Dealing with Stress (video)
Guided Relaxation for Stress
Guided Relaxation for the Body and Mind
Healthy Solutions: Stress Relief
Loretta LaRoche's Humor Your Stress (video)
Loretta LaRoche's Joy of Stress (video)
Loretta LaRoche's Relax! You Only Live Once (video)
Meditation for Beginners
Meditation for Relaxation and Stress Reduction
Soul of Healing with Deepak Chopra, MD
Stress: Is Your Lifestyle Killing You? (video)
Stress Management for Professionals (video)
Stress Skills (video)
When Your Body Gets the Blues

Work-Related

Assertiveness Training for Professionals (video)
Business Etiquette (video)
Dealing with Conflict and Confrontation (video)
Juggling Priorities (video)
How to Deal With Difficult People (video)
High Impact Communication Skills
Mindfulness @ Work (CD)
Negaholics: How to Handle Negativity in the Workplace (audiotape series)
Problem Solving (video)
Sexual Harassment (video)
Stephen R. Covey's The 8th Habit: From Effectiveness to Greatness (1 audiotape)
Taking Control of Your Work Day (video)
Violence in the Workplace (video)