Employee Assistance Program

**Video & Audiotape Giveaway**

EAP is updating the Lending Library. The materials below are available to be given away. If you would like any of these items, please contact EAP Coordinator Brenda Seckerson to make arrangements to receive them through campus mail or by stopping by the EAP Office.

bseckerson@albany.edu
442-5483

**Addiction**
From Use to Abuse
Sexual Addiction

**Families**
Combating Domestic Violence
How to Raise Happy Confident Kids
Juggling Your Work and Family
NYS Developmental Disabilities Planning Council: Mary’s Choice
NYS Developmental Disabilities Planning Council: La Decision de Maria
Parenting with Humor
Power of Choice (for teens)

**Finances**
Personal Finance for Everyone (1 audiotape)

**Fitness**
Introduction to Step Training
Kathy Smith’s Fat Burning Workout
Yoga for Relaxation

**Health**
Oh My Aching Back!
Successful Disease Management: Diabetes
Management
Coaching and Counseling
Cultivating Initiative in Your Staff
Effective Supervision
How to Write and Conduct Effective Performance Appraisals
High Impact Leadership: How to be More Than a Manager (audiotape series)
Implementing Self Directed Work Teams
The Manager as Coach
Total Quality Management
Total Quality Management

Personal Growth/Self-Help
Building and Maintaining High Energy
How to Handle Conflict and Manage Anger (audiotape)
Keeping Your Cool When Others Don’t
Manage Anger
Practice Delegation
Speed Reading – video set
Success
The Twenty Questions

Stress Reduction
Controlling Interruptions
Dealing with Stress
Stress: Is Your Lifestyle Killing You?
Stress Management for Professionals
Stress Skills

Work-Related
Assertiveness Training for Professionals
Business Etiquette
Dealing with Conflict and Confrontation
Juggling Priorities
How to Deal With Difficult People
Problem Solving
Sexual Harassment
Taking Control of Your Work Day
Violence in the Workplace