

Audiovisuals in Mental Health

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THE MENTAL HEALTH FIELD is characterized by heavy and varied uses of audiovisual materials. Film, television and video, as well as audio materials, have found useful applications in teaching, research, patient care, and patient education. This article describes major uses of these media; discusses problems in selection and bibliographic control, production and collection maintenance; and concludes with a list of media sources. Audiovisual media considered here include film, television and video, as well as audiotapes. Slides, transparencies and other audiovisuals are treated briefly, because their use is not as prevalent in the mental health field as film and video.

There is a need for the librarian to understand how audiovisuals are useful in mental health treatment, research and training, and the audiovisual specialist should understand the special problems audiovisuals pose in the library. The ultimate goal is easy access to the best material available, and the purpose of this article is to give basic information and reference sources to make this possible.

Uses of Audiovisuals in Mental Health

The uses of audiovisual materials for the treatment of mental conditions began in the late twenties with the use of audiotape recorders which permitted playback and analysis of the confidential and private patient interview. In the sixties experimental devices permitted the analysis of voice characteristics, and thus aided the therapist in his

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diagnoses of stress, anxiety, pleasure, and other conditions. Television was introduced in the late fifties and has been one of the more important elements in psychiatric work ever since. Many departments of psychiatry acquired their own studio facilities and equipment and began to integrate video into all activities of their departments. Rather than presenting patients "live" at conferences and running the risk of not being able to show a certain condition at the very moment of presentation, videotapes could be made at any time and played back when convenient.

Supervision and training of medical students and residents is enhanced by being able to tape their interactions with patients for later analysis.¹ In the teaching of the Mental Status Examination, students using videotaped examples made more accurate judgments than those who had not used tapes.² In other areas of training, child psychiatrists can benefit from videotaped segments showing mother-child interactions; developmental concepts may be more easily learned by this method.³ The training of family therapists is enhanced by video feedback which increases self-awareness.⁴

Audiovisuals have also been used successfully in patient treatment and patient education. Video feedback was used effectively with anorexic and depressed viewers⁵ and agoraphobics.⁶ Other examples in patient education include use of audiovisuals with heroin addicts,⁷ alcoholics,⁸ and the reintegration of the mentally retarded into the community.⁹ To survey and review this material, computer searches in the MEDLARS and ERIC data bases, as well as the bibliographies of Muzekari¹⁰ and Kenney,¹¹ are useful. Roeske gives an excellent overview of the advantages of using videotapes in psychiatric training, describes video's special capabilities, and gives production hints.¹²

There are a few books that are particularly helpful for those interested in the applications of television in mental health.¹³ Berger's *Videotape Techniques in Psychiatric Training and Treatment* is a good basic text. This collection of articles, updated in 1978, discusses confrontation, training, treatment, legal, moral, and ethical issues; a useful bibliography is appended. Fryrear and Fleshman's *Videotherapy in Mental Health* includes chapters on body expression, visual imagery, and the artistic use of video. *Studying Visual Communication* by Worth is a collection of essays on the semiotics of film and television—how meaning is communicated through visual images. Worth was involved in the use of film in education and research, and felt that the filmmaking process itself could add to our understanding of the visual mode of communication. Berger has used members of a group as "film-

maker" during videotaped group sessions with interesting results. Many of Worth's exciting ideas could bring a whole new dimension to the use of audiovisuals in the future.

The selecting, obtaining, organizing, and storing of audiovisuals is basic to any collection. In addition, there are legal considerations, such as patients' rights and copyright matters, to consider. The remainder of this article will review these areas.

Selection

Catalogs

A wealth of catalogs and other listings is available for the selection of mental health audiovisuals. Most, however, list films and video materials only, so the locating of audiotapes, slides and other media can be difficult. There is no one place to look.

Almost all general film and video catalogs contain at least a few titles which are useful for mental health purposes. Specialized listings of mental health materials are available from drug companies and some commercial film-makers. Another valuable source of such film listings is the catalogs issued by many mental health and psychiatric libraries. The Mental Health Materials Center¹⁴ lists a great many titles, as does the National Information Center for Educational Media at the University of Southern California.¹⁵ Many universities prepare listings of their holdings as well as materials produced by them. For example, the Educational Research and Development Complex of the State University of New York at Buffalo issues a *Drug and Health Mediagraphy* with volume II entirely on mental health.¹⁶ Films on mental retardation are listed by the University of Oregon's Mental Retardation Rehabilitation Research and Training Center,¹⁷ and the National Audiovisual Center lists government-produced films and other materials on special education.¹⁸ Professional associations, such as the American Group Psychotherapy Association (AGPA), issue lists of films; the AGPA list is on family and group psychotherapy.¹⁹ An annotated list of thirty-nine media sources follows this article (see appendix C).

Reviews and Other Sources

Many professional journals in the field include reviews, abstracts and annotations of audiovisual materials which can help in the selection process. They may be descriptive and/or critical, permitting the potential buyer to be aware of special problems, audience level, techni-

cal quality, and other factors. General selection media such as *Choice* and *Booklist*, published by the American Library Association (ALA), carry audiovisual reviews. More specialized reviews may be found in journals such as *Hospital and Community Psychiatry*, *TV in Psychiatry Newsletter*,²⁰ and particularly the Mental Health Materials Center publications mentioned earlier, as well as their *Sneak Previews*.²¹ Textbooks on psychiatry often contain annotated lists of materials found especially useful by the author(s).²² Professional conferences are another good source of newly available audiovisuals, where these are often shown for the first time and the showing is followed by critical discussions.

A number of indexes are available to the potential user of mental health audiovisuals. Some general sources, such as the *Film and Video Review Index*,²³ carry titles only, and list all reviews of audiovisuals appearing in sources such as the *New York Times*, *Time* and *Newsweek* below each title. The National Information Center for Educational Media (NICEM) issues catalogs and also makes its listings available in a machine-readable data base. The National Library of Medicine's AVLINE has been specifically designed to permit quick access to reviewed audiovisual materials.²⁴ A selected list of reviewing media and indexes is given in appendix D.

Acquisitions

When materials are to be acquired, one of the first decisions to be made is whether to rent, purchase or borrow the material. This becomes an issue because of the relatively high cost of films and video materials. Renting can be difficult because popular material must be scheduled months in advance. Outright purchase permits the owner to use the material for professional purposes only but otherwise without limits. It may be shown to any professional audience, and as many times as desired. Special permission should be obtained if the film or tape is to be shown to audiences other than those for which it was intended. It is becoming increasingly difficult to preview material before purchase. Videotapes and other audiovisual materials are borrowed and loaned between libraries using standard interlibrary loan forms. There may be audience restrictions, there are copyright restrictions (which will be discussed), and the borrowing library is ultimately responsible for the safe return of the material. The National Audiovisual Center (8600 Rockville Pike, Bethesda, MD 20209) is now loaning material on a two-year trial basis. Videocassettes available are tagged as such in the

Audiovisuals

AVLINE data base. A *Fact Sheet* with complete details is also available from the center.

Many institutions ask those who borrow or otherwise use film and video materials to provide an evaluation. Such ongoing evaluations serve at least two purposes:

1. They help determine "best seller" or especially good material, and such qualitative comments can then be included in any description or annotation which is provided to future users, enabling them to choose better among the wide variety of material.
2. Evaluations also aid in the weeding process. If user comments are consistently negative or noncommittal, the material in question may well be a candidate for discard or recycling.

A sample evaluation form is included as appendix B.

Cataloging

Until recently, cataloging of audiovisual materials was treated as a difficult and complicated task. Since techniques developed for book materials did not appear to work, catalogers of many audiovisual collections devised their own means of describing and listing such materials. With the publication of the second edition of the *Anglo-American Cataloging Rules* in 1978,²⁵ a standardized set of procedures became available. Chapter 12 of these rules deals with "Audiovisual Media and Special Instructional Materials" and contains detailed rules for the unambiguous description of many types of materials, thus removing much of the mystery which formerly surrounded the organization of audiovisuals. The Library of Congress began to catalog videorecordings in 1979, using the NICEM Master Input Forms which are available for cataloging from the Library of Congress.²⁶ Persons just beginning to catalog their video collections will find these forms very useful; they can also be used to submit cataloged items to NICEM for listing in its media catalogs and data base. A full cataloging service is also available from NICEM if contracting for such service is deemed desirable.²⁷

Online cataloging systems such as OCLC increasingly contain audiovisual cataloging and should in all cases be checked before undertaking in-house activities. Many libraries now contract for cataloging of audiovisuals along with their books from these online services.

Indexing

Providing subject access to audiovisual materials is no more difficult than providing such access to other types of library materials. Whatever system is used by the library should be applied to audiovisuals as well. Medical subject headings (MeSH) are used with the National Library of Medicine classification system for audiovisuals in many medical libraries with mental health collections.

In-depth indexing and retrieval of videotaped psychiatric interviews is more difficult and costly. Particular segments where certain behaviors occur must be identified, described, evaluated, and accessed so that retrieval is possible. One system was designed by this author in 1968/69 during a research project at the University of Mississippi Medical Center.²⁸ With the help of computers, systems like this may become more feasible in the future. Other, less costly systems are in use. Main access points usually are: name of patient, name of therapist, diagnosis according to DSM III,²⁹ type of interview (individual, group), treatment modality, and location of beginning and end of segment on the tape. Index cards are made up with these headings and the cards are sorted and reviewed manually. The Payne Whitney Psychiatric Clinic Media Center (New York Hospital-Cornell Medical Center) presently is using such a system, and it would be possible to computerize a simple system such as this.

Storage

The storage of audiovisual materials can be a problem because of the many formats and sizes of material and the vulnerability of tapes to the elements. Increasingly, containers are available which permit all types of materials to be shelved together, a feature deemed desirable by many librarians who would like to see audiovisual materials used as frequently and in the same manner as print materials. If access is provided in the public catalog and material is intershelved, users are encouraged to approach all types of material together. Viewing and listening equipment should be conveniently located and easily available. Special cabinets and shelving are also available, and these are sold by library and audiovisual supply houses.

Transfer

The transfer of audiovisuals from one format to another is increasing. Many films are now available in videocassette formats and video-

Audiovisuals

discs are becoming more easily available. While videotapes can easily be copied if two machines are available, this is not true for videodiscs, which have to be "mastered" in the same way as phonorecordings. This is usually done at the production facility because of the very high cost of mastering equipment. They cannot be erased and used again, but they do have the advantages of being virtually impervious to damage and of holding a great deal of information (at the present time, approximately 54,000 frames of information on one side of the disc). Efforts are underway to design retrieval systems for information stored on videodiscs using micro- and other computers. Even at the present time, stop-start and freeze features make videodiscs suitable for in-depth viewing.

Care of Tapes

The care of tapes, audio and video, is important because the investment cost is so high. In his excellent one-page article, "Taking Care of Tape," Ellison highlights necessary precautions. To summarize some points:

- Tapes should be stored at a constant 70 degree temperature with 50 percent humidity.
- Tapes must be kept away from high-intensity electrical and magnetic fields. Speakers, for example, should be kept three feet away from stored tapes. A few seconds within a magnetic field can ruin the tape.
- Dirty tapes can clog the videocassette machine. Atmosphere should be as dust-free as possible, and there should be no smoking in the area.³⁰

Patients' Rights

Psychiatric materials featuring patient interviews are subject to the same privacy provisions as other patient records. Patients are usually asked to provide consent for interviews to be shown to "professional audiences" or for "professional purposes," but a problem exists with "informed consent." How capable is the patient of judging for himself/herself whether or not he/she wants his/her innermost thoughts viewed by others? Does the patient have sufficient information to make such a decision? Who provided this information? Was it extensive enough? Is the patient in full control of his/her mental capabilities to make a truly voluntary decision? Or is the patient trying to please his/her therapist by consenting? A great deal of literature exists on the "informed consent" problem and should be studied carefully, so that patient privacy and freedom to make decisions are maintained.³¹

Consent forms are in wide use; they usually contain the "consent clause" itself as well as another statement which releases the institution and its employees from all liability and damages connected with the use of the videorecording. Usually, there is a separate clause which provides for extramural use of such material. A sample consent form is provided in appendix A. Any consent form should be reviewed by legal counsel of the individual institution or facility, because needs and procedures differ.

In order to avoid legal difficulties, no patient, his/her family or friends should be recorded or filmed unless proper forms have been signed. The library should have up-to-date information on these issues for the audiovisual and medical staff. It is also important for the librarian to have release forms on file, because the material is viewed in the library and is often part of the collection.

Copyright

The Copyright Act of 1976 has proven to be a complicated set of regulations that still needs much clarification. Section 107, the fair use provision, has yet to be interpreted satisfactorily. A special office, the Performing Arts Section, has been set up in the Copyright Office of the Library of Congress to answer specific questions for the arts.³² Circulars such as R45, "Copyright Registration for Motion Pictures Including Video Recordings," are being issued continually by the Copyright Office, and it is important to be on its mailing list. Amato has written a clear article entitled "Copyright Made Easy for Film/Video."³³ Along with explaining the copyright procedure for the producer, she discusses when copyright permission is or is not required for reproducing tapes in one's possession.

Copyright provisions must be observed at all times when borrowing materials. The material may not be copied unless prior permission has been obtained from the originating source or producer. Noncopyrighted materials can legally be copied, but as a professional courtesy, permission should be asked before doing so.

Sometimes agreements are worked out with copyright owners to gain permission to copy under license. This license is usually restricted to "within-system" use; that is, several copies of a work are made for various physically separated locations within an organization or institution.

Lease fees are, of course, less expensive than purchase, but cost alone should not be the criterion for the lease/rent *v.* purchase decision.

Audiovisuals

Instead, the decision should be based on expected use; if a film or tape is likely to be shown more than once or twice, it should probably be purchased for the permanent collection. Getting it back every time it is needed can be difficult, as already mentioned.

To facilitate licensing, a Television Licensing Center has been established by Films, Inc. in Wilmette, Illinois. It will serve as a central source in issuing off-air copying rights to educators. The center secures rights from the publisher or producer of educational programs on commercial and public television, and will, for a small fee, pass them on to educators. The producers receive royalties from the center. For most programs, a license to make up to three copies and retain them for one year costs \$50 per copy per program hour. A five-year license costs \$125. Free preview time is forty-five days. The center "will handle programs... from kindergarten to adult learner levels"³⁴ and should therefore include materials useful for mental health. It should be noted here that quite a few programs aired over public television stations are available for off-air copying, but several are restricted each month and may not be copied. These are listed in the periodical *Cable Libraries*. If in doubt, the local PBS station should be contacted.

Another way to find out if copying rights may be granted for a particular audiovisual is to contact the Association of Media Producers (AMP). This group issues a *Directory of Rights and Permissions Officers* which lists names and telephone numbers of contacts among AMP members who should be asked about rights to videotape broadcasts and nonbroadcast programs.

Summary and Conclusions

Film, video- and audiorecordings have found wide acceptance in the mental health field as a means of enhancing teaching, research and patient care. The video medium is especially useful because of its technical advantages—flexibility and ease of production and editing. In turn, audiovisuals are an increasingly important part of many mental health library collections.

Video permits the patient to see himself/herself as others do, puts the patient in touch with reality, and can therefore substantially contribute to his/her improvement. Teaching is enhanced in that a patient exhibiting certain behaviors can be shown to many people and in geographically dispersed locations. By viewing the same patient, mental health personnel can sharpen their observation skills, their clinical judgments, and their diagnostic observations. Nonverbal behavior can

be studied especially well, because the camera can zoom in on hands or face and highlight such behavior better than could be done by presenting a "live" patient. Videotapes as well as other audiovisuals in the library provide access to this material by the greatest number of mental health professionals.

As the acceptance of the video medium grows by increased ownership of such devices as videotape recorders and videodiscs, it will no doubt become even more integrated into the mental health field. A large body of research shows that with few exceptions, the visual medium has improved mental health activities of all types. As the concept of the "electronic cottage"³⁵ or the "home information utility" grows to encompass all types of electronic devices in the home, it may be anticipated that much mental health education will also move into the home with beneficial results for everyone who has to cope with the stresses of modern society.

Audiovisuals

Appendix A

Sample Patient Consent Form

DATE (MO.DY.YR.) LOCATION SERVICE

AGE DOCTOR IF NO PLATE, PRINT NAME, SEX, AND HISTORY NO.

I. AUTHORIZATION AND RELEASE FOR MEDIA RECORDING

I hereby give authorization and consent to _____ and the other institutions which are a part of _____ and their staff, for the video/or audio recording of _____ and my/his/her course of treatment at _____. I further authorize and consent to the use of such recordings in connection with educational and research programs and activities at _____. I do further authorize and consent to the release of the information contained in the record of treatment of said patient for use in connection with such educational and research programs and activities.

I hereby release _____ and the institutions which are a part of _____ and their staff and employees, from all liability and damages in connection with the use of the recordings and disclosures of information which I have above authorized.

I give this authorization and release with the understanding that the above recordings and information will not be used commercially and will be used only as provided and only in the interest and advancement of mental health education, research, care and treatment.

Date: _____
(Signature of patient)

(Witness to signature[s])

(Signature of patient or guardian if required) (Relationship to patient)

(Signature[s] of all other participants)

Appendix A—Continued

NOTES:

If the patient is under eighteen (18) years of age, the permission of a parent or legal guardian must also be obtained, unless the patient is married or the parent of a child.

Any further LIMITATIONS on the above authorization and consent must be placed above the signature.

II. EXTRAMURAL CONSENT FORM

In addition to the above I also give permission for this recording to be utilized at _____ for the express purpose of _____.

Date:

(Witness to signature[s])

(Signature of patient)

(Signature[s] of all other participants)

(Signature of patient or guardian if required) (Relationship to patient)

Audiovisuals

Appendix B

Sample Borrower's Evaluation Sheet*

Evaluator's Name (Optional):

Audiovisual Evaluation

Title: _____ Date: _____

Source: _____

	YES	SOME- WHAT	NO
1. Content			
a. Is it authoritative? Does it reflect the best current understanding of its subject?	_____	_____	_____
b. Does it say something substantial and worthwhile?	_____	_____	_____
c. Does it present a balanced picture?	_____	_____	_____
d. Does it contain anything doubtful? (If so, what?)	_____	_____	_____
e. Does it maintain integrity as an educational tool, without recourse to emotional biases, propaganda pressures, or other ulterior motives?	_____	_____	_____
2. Presentation	GOOD	FAIR	POOR
a. Photography	_____	_____	_____
b. Sound	_____	_____	_____
c. Structure (organization, editing and continuity)	_____	_____	_____
d. Basic concept and writing	_____	_____	_____
e. Acting and direction (if applicable)	_____	_____	_____
3. Usefulness	YES	SOME- WHAT	NO
a. Is it appropriate for intended audience?	_____	_____	_____
b. Will it hold audience's interest?	_____	_____	_____
c. Will it teach or inform?	_____	_____	_____
d. Will it stimulate discussion?	_____	_____	_____

Your "Off-the-Cuff" Opinions:

1. Did you like the film?
2. Would you use it or recommend it?
3. How do you see it being used?
4. How many stars would you give it? (zero to four)
5. Any other comments?

*Example courtesy of Mental Health Materials Center, 30 East 29th St., New York, NY 10016.

Appendix C

Sources of Mental Health Audiovisuals

(Note: The following are in alphabetical order by title except where no titles were available.)

- About Aging: A Catalog of Films*, 4th ed., 1979. Produced by Andrus Gerontology Center, University of Southern California, 3715 McClintock Ave., Los Angeles, CA 90007. Films and videocassettes on aging are listed. There are subject and title indexes as well as a special index for feature-length films. A list of distributors is included.
- Audiovisuals on Psychology and Psychiatry*, 1980. One of several useful library listings, produced by the Gustave and Janet W. Levy Library, Mt. Sinai Medical Center, 1 Gustave Levy Place, New York, NY 10029. There are listings of about 70 audio and video titles which are available through interlibrary loan. A loan policy statement is appended.
- Catalog of 16mm Educational Motion Pictures, 1974-77*. New York University Film Library, 26 Washington Place, New York, NY 10003. This volume contains a large number of films suitable for mental health training in elementary and secondary schools as well as for professional mental health education. *Catalog Supplements for 1978* and *for 1980* update this listing, which is arranged by subject and title, and contain a brief annotation for each film. The catalog and its updates are available free.
- Catalog of Audiovisual Materials Related to Rehabilitation*, 1971. Edited by Joe Mann and Jim Henderson, this catalog is published by the Alabama Rehabilitation Media Service, Auburn University, Auburn, AL 36830. Though compiled in 1971, it may still be useful because of its comprehensiveness (353 pages) and detailed subject classification.
- Catalog of Programs of Video and Audiotape, 1979-1980*. This listing is from the Kingsboro Psychiatric Center, 381 Clarkson Ave., Brooklyn, NY 11203, and contains seven videotapes and three sets of audiocassettes. Price and rental information is included. There are occasional updates.
- The Comprehensive Nursing Audiovisual Resource List: 1979*. 3 vols. This extensive catalog is produced by the Health Center Library, University of Connecticut, Farmington, CT 06032. Volume one contains a subject index, volumes two and three are title indexes. There are 9000 individual listings, including videocassettes, slides, films, and audiocassettes. Abstracts and audience level are included in each entry. There is also a 1981-82 update of 6000 listings in two volumes.
- Death, Grief and Bereavement*. Audiocassettes presented by the Charles Press. Available from Vicom, Inc., 320 E. 42d Street, New York, NY 10017.
- Education Materials Catalog 1980*. Compiled by the Addiction Research Foundation, 33 Russell St., Toronto, Canada M5S 2S1. The list contains 16mm films, audiotapes, videocassettes, microfiche, and print materials. There are annotations and a subject index.
- The Educational Film Locator*, 2d ed., 1980. This massive catalog is compiled by the Consortium of University Film Centers. Its 40,000 films are listed in 2500 pages. It is available from R.R. Bowker, P.O. Box 1807, Ann Arbor, MI 48106.

Audiovisuals

- Electronic Textbook of Psychiatry and Neurology*. Available from James Ryan, Educational Research, New York State Psychiatric Institute, 722 W. 168th St., New York, NY 10032. (\$175 per tape.) A brochure is available listing the 25 or so tapes.
- Emory Medical Television Network 1980-81 Catalog*. Circulating Videotape Library of Emory School of Medicine, in cooperation with A.W. Calhoun Medical Library and Grady Memorial Hospital. Over 400 medical and nursing tapes are listed; there are author, title and subject indexes. The EMT Network offers membership to medical schools, hospitals and other health science institutions for \$495 or \$990 per year, depending on size. As many tapes as desired may be borrowed and copied for in-house use. Subscribers receive this catalog and a monthly bulletin which lists new materials. Emory Medical Conferences are available to subscribers, as is the Clinical Methods Learning System. There are 20 psychiatric listings.
- Family Therapy Training Aids: Videotape/Cassette Library*. Ten videotapes made at the Philadelphia Child Guidance Clinic, 34th St. and Civic Blvd., Philadelphia, PA 19104, are listed in this undated small pamphlet. There are annotations and an order blank included.
- Film and Video Catalog Produced at Eastern Pennsylvania Psychiatric Institute*, rev. ed., 1978. This catalog is no longer being distributed, nor are any updates planned. Requests for materials are still filled by the institute library.
- Film Bibliography*. This 1980 annotated list deals with family and group psychotherapy. It is available from the American Group Psychotherapy Association, 1995 Broadway, New York, NY 10023. Short annotations, sources and notes concerning restrictions are included.
- Film Reviews in Psychiatry, Psychology and Mental Health*, edited by Robert E. Froelich. This book, published in 1974, is now well out of date, but still remains one of the best sources of critical reviews. Available from Pierian Press, Ann Arbor, MI.
- Filmmakers Library Award-Winning Films 80/81*. Each annotated entry of the 50+ listings carries critiques from reviewing media, as well as all needed information for purchase and rental. There is a subject index. The catalog is available from the Filmmakers Library, 133 E. 58th St., New York, NY 10022.
- Gitelson Film Library Catalog*, 1977. This is prepared by the Library of Chicago Institute for Psychoanalysis, 180 N. Michigan, Chicago, IL 60601. A new edition was to be available in 1981.
- Growing Old in Modern America*. A 20-part videotape series from the School of Social Work, University of Washington, Seattle, presented by Professor David J. Beatty.
- The Health Sciences Audiovisual Resources List 1978-79*. 3 vols. Another of the extensive and useful bibliographies from the Health Sciences Library, University of Connecticut, Farmington. It contains a directory of over 400 producers in volume one; volume two is the subject index; volume three lists titles alphabetically. A brief abstract is included in each of the over 10,000 listings.
- Health Sciences Videolog 1981*. Formerly entitled *Videolog*, and published by Esselte Video, it appears annually and is available from Video-Forum, Jeffrey Norton Publishers, 145 E. 49th St., New York, NY 10017. Annotations and a list of sources are included in the catalog.

- Human Sexuality Methods and Materials for the Education, Family Life, and Health Professions: Vol. 1, An Annotated Guide to the Audio-Visuals*, 1979, by Ronald S. Daniel. This extensive guide was recommended by staff at the SIECUS office as better and more up to date than their own. It lists 3100 audiovisuals; there are subject indexes and indications of audience level. A chapter on effective use of audiovisuals and another containing comments from contributors to the volume are included. Supplements are planned. Available from Heuristics Publishing, 401 Tolbert St., Brea, CA 92621.
- In Focus: Alcohol and Alcoholism Audiovisual Guide*, rev. ed., 1980. Available from the National Clearinghouse for Alcohol Information, P.O. Box 2345, Rockville, MD 20852. Filmstrips, slides, video materials, and films are listed in this annotated catalog. There is a subject index, a list of reviewing media, and helpful addresses.
- Insomnia: In Search of Morpheus*. This, and about 25 other films and videocassettes, are listed and described in this pamphlet from the University of California's Neuropsychiatric Institute, 760 Westwood Plaza, Los Angeles, CA 90024. Selected titles are briefly annotated.
- Instructional Videocassettes*, 1981. Available from the Health Sciences Consortium in Chapel Hill, 200 Eastowne Drive, Chapel Hill, NC 27514. This catalog contains 55 videocassettes, of which 19 deal with mental health subjects. One tape is about the development of instructional materials.
- Leaders in Psychiatry*. The catalog, published by the Social Psychiatry Research Institute, 150 E. 39th St., New York, NY 10021, contains 34 videotaped interviews with outstanding psychiatrists. Another series, entitled *Perspectives in Mental Health*, focuses on the 10 most common psychiatric disorders, using excerpts from patient interviews along with commentary. Annotations are included in both lists, as are order blanks.
- A List of Audiovisual Materials Produced by the United States Government for Special Education*, 1980. An example of the many special catalogs available is this listing on special education. Others are on medicine and nursing, alcohol and drug abuse. The list is computer-produced from the NAC's automated data base, which may be searched by contacting the center. Its newsletter, *Films, Etc.*, updates these periodic listings. Available from NAC, Washington, D.C. 20409, or from the U.S. Government Printing Office.
- Media Catalog*. Payne Whitney Psychiatric Clinic Library produces this volume periodically; it is another example of the many excellent catalogs compiled by mental health librarians. Last published in November 1979, the catalog lists titles in series first, followed by individual titles. There are title and subject sections. Tapes may only be borrowed on interlibrary loan—no more than two at a time. The address of the library is 525 East 68th St., New York, NY 10021.
- Mental Health Materials Center*. There are several titles available from the center, perhaps the single best source for evaluative information on many different types of material. The fifth edition of *Selective Guides to Publications and Audiovisuals for Mental Health and Family Life Education* will be published in 1982. These guides list primary audiences; include abstracts, evaluations citing reasons for outstanding rating (or weaknesses), excerpts from the narration or dialogue, suggestions for use of the piece; and provide complete ordering information. *Current Audiovisuals for Mental Health Education*, 2d ed., lists more than 700 films, filmstrips, videotapes, and other

Audiovisuals

audiovisuals, with summaries, evaluations and comparative ratings. It is 313 pages long and costs \$8.50.

The center has a subscription service (\$38.50 per year) which entitles the subscriber to receive four issues each of *Sneak Previews* and *Best in Print*. These two series update the selective guides listed above, and may be ordered from Mental Health Materials Center, 20 East 29th St., New York, NY 10016. The *Selective Guides* and *Current Audiovisuals for Mental Health Education* are available from Marquis Academic Media, 200 East Ohio St., Room 5617, Chicago, IL 60611.

National Information Center for Educational Media. NICEM has the largest data base of audiovisual materials in the United States. From this data base, now with over one-half million entries which may be searched on request to NICEM, many different catalogs are produced. Besides annual or biennial editions of catalogs by format (16mm films, 35mm filmstrips, overhead transparencies, 8mm motion cartridges, videotapes, audiotapes, records, slides, etc.) and a comprehensive directory of producers and distributors, there are specialized titles, such as *Index to Psychology-Multimedia* and *Index to Nonprint Special Education Materials* (learner volume and professional volume). All indexes are available in print and microfiche formats; the latter are approximately half the cost of the former. All catalogs may be ordered as a "package" (\$444 hard copy, \$222 fiche). For more information, write to NICEM, University of Southern California, University Park, Los Angeles, CA 90007.

National Library of Medicine Audiovisuals Catalog. This annual catalog, updated quarterly, costs \$24 per year. It incorporates the *Mental Retardation Film List*, which is no longer published. Arrangement is by format—monographs, serials—and within each, by title with full bibliographic entry. There is also a subject section. Cataloging is according to the *Anglo-American Cataloging Rules* and is therefore useful for nonlibrarians wishing to set up or maintain a cataloged audiovisuals collection. Many of the abstracts are critical in nature and thus more useful than descriptions. There are also indications of audience levels. Because of its comprehensiveness and completeness of information, this catalog should be acquired by anyone engaged in dealing with mental health materials. The catalog began in its present form in 1977; its predecessor was the 1975/76 edition of the *National Library of Medicine AVLINE Catalog*. Available from the USGPO.

PCR: Films and Video in the Behavioral Sciences 1981. An example of the many catalogs of outstanding university audiovisual collections, this one is produced by the Pennsylvania State University's Audio Visual Service, University Park, PA 16802. There are approximately 1500 listings with extensive author and subject indexes. Brief annotations are included. Mental health subjects are heavily represented. (Price: \$1.)

Perceptions. This well-known series of 34 videotapes includes family therapy with V. Satir and M. Bowen. A catalog listing all tapes and costs is available from the Boston Family Institute, 251 Harvard St., Brookline, MA 02146.

Psychiatry Learning System. This is a multimedia self-instructional program in psychiatric education. There are 22 programmed chapters on psychiatric and psychological evaluation, psychopathology, treatment modalities, and growth and development. Thirty-eight videotapes depicting actual clinical illustrations of the described behavior are included (approximately 15

BRIGITTE KENNEY

- hours). There is a workbook with 20 sets of self-administered tests (pre- and posttests). The text costs \$12.50, and the workbook \$2.50. The video material is available in U-Matic and one-half inch video cartridge formats; the set costs \$1600. A revised series is planned for 1982. Available from the Medical University of South Carolina, Department of Psychiatry and Behavioral Sciences, 171 Ashley Ave., Charleston, SC 29403.
- A Psychology Film Collection*, rev. ed., 1979. This is a listing of over 340 titles available at no cost from the Indiana University Audiovisual Center, Bloomington, IN 47401.
- Psychological Films, Inc.* [catalog], 1981. This free catalog lists approximately 25 films, ranging from interviews with such experts as Maslow, Rogers, Ellis, Frankl, and Perls to psychotherapy subjects and material on self-actualization. Most are available in video formats as well. The address is 110 Wheeler St., Orange, CA 92669.
- Sex Information and Educational Council of the U.S.* (SIECUS). This group published the 1976 listing entitled *Film Resources for Sex Education*; there are no plans to update this listing. (SIECUS considers *Human Sexuality Methods...: Vol. I, An Annotated Guide to the Audio-Visuals* as more up to date and useful.)
- Video in Mental Health Catalog 1980*. Milton Berger has produced a number of tapes in his practice which he is making available through the South Beach Psychiatric Center Department of Education and Training, 777 Seaview Ave., Staten Island, NY 10305. Each listing carries an extensive annotation; order blanks are included; the catalog is free.
- Videotape Library*. From the Center for Family Learning (10 Hanford Ave., New Rochelle, NY 10805) comes this free flyer which describes and lists about 13 videotapes. Murray Bowen is one of the featured therapists.
- Western Psychiatric Institute Media Resources Catalog 1981*. Another of the many useful library catalogs, this lists about 200 titles. There is a name and subject index, and each title is annotated. The catalog is available free from WPIC Library, 3811 O'Hara St., Pittsburgh, PA 15261.

Appendix D

Sources for Reviews of Mental Health Audiovisuals

- Film and Video Review Index* (1968-). Audio-Visual Associates, 180 California Blvd., Pasadena, CA. (quarterly)
- Hospital and Community Psychiatry*. Jack Neher from the Mental Health Materials Center writes reviews for this journal, which carries a number of excellent reviews each month.
- TV in Psychiatry Newsletter and Continuing Dialogue*. This newsletter began at the University of Mississippi Medical Center Department of Psychiatry's Television in Psychiatry Project, and is being continued by L. Tyhurst, M.D., at the University of British Columbia's Department of Psychiatry (Vancouver, B.C., Canada V6T 1W5). Subscription to the *Newsletter* is \$10 per year; it appears irregularly, and deals entirely with the use of video and television in psychiatry.

Audiovisuals

Sources for General Audiovisual News and Releases

"Audiovisual Producers and Services." In *Medical and Health Information Directory*, 2d ed., edited by Anthony Kruzas, pp. 595-625. Detroit: Gale Research, 1980.

Studies in Visual Communication. This journal is issued three times a year, and published by Annenberg School of Communication, University of Pennsylvania, 3620 Walnut St., Philadelphia, PA 19104.

Videography. A monthly journal. Includes a hardware guide. The address is 475 Park Ave. So., New York, NY 10016.

Video Programs Index. Available for \$6.95 from National Video Clearinghouse, P.O. Box 3, Syosset, Long Island, NY 11791. Lists over 400 video distributors and their catalogs. The companion volume is the *Video Source Book*.

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