

View SOS Help For Emotions Online Videos at Our Website

www.sosprograms.com

To quickly find the videos image,
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On our Home
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down till you
see this image.

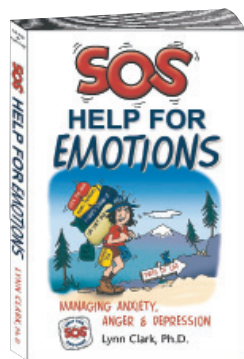
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SOS Help For Emotions Online Videos

Online Videos correspond to these SOS
Video Chapters and Book Chapters

	Ch. 1 Managing Our Emotions and Emotional Intelligence with CBT	Ch. 1 of Video & Book is found on Video Disc One.
	Ch. 7 Anxiety - Problem or Disorder?	Ch. 7 of Video & Book is found on Disc Three.
	Ch. 8 Anger - Problem or Disorder?	Ch. 8 of Video & Book is found on Disc Three.
	Ch. 9 Depression - Problem or Disorder?	Ch. 9 of Video & Book is found on Disc Three.
	6 Interviews - Cognitive Behavioral Therapy Interviews	6 of 46 Interviews for discussion. All 46 interviews comprise Disc Four.
	12 Irrational Self-Defeating Beliefs	12 irrational beliefs are on Disc Three and discussed in Book Ch. 6.

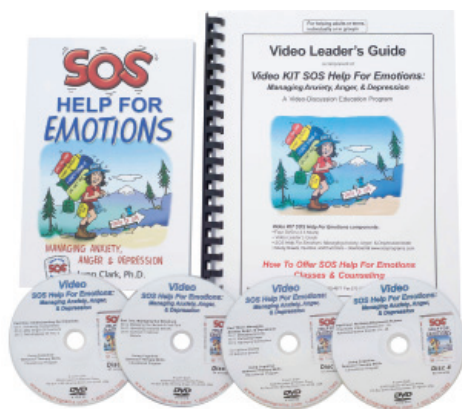


Book



Disc One
available separately
(Chapters 1, 2, & 3)

Full Video KIT



Video KIT SOS Help For Emotions

for counselors and educators

cognitive behavioral therapy

Counselors and educators use SOS
resources for helping adults or teens,
individually and in groups.

Emotions Available Videos

Videos & Book Chapters	Online Videos	Disc One	Full KIT
1	X	X	X
2 (Core Ch)		X	X
3		X	X
4			X
5			X
6			X
7	X		X
8	X		X
9	X		X
6 Interviews	X		X
12 Irr. Beliefs	X		X
40 additional interviews			X
SOS Emotions Book			X
Video Leader's Guide			X
Additional Resources			X

**FREE RESOURCES when viewing SOS Videos,
teaching with *Video KIT SOS Help For Emotions*,
and reading SOS Books**

Click on these FREE RESOURCES at
www.sosprograms.com/freeresources2



RESOURCES LIST
Video KIT SOS Help For Emotions



Components of *Video KIT SOS Help For Emotions*

The following are important study sheets, quizzes, exercises, how to advertise SOS classes or counseling services, and additional SOS resources. Download these materials for when adults or teens watch SOS Emotions Videos or read SOS books.

[Charlie's ABC's Of Emotions, Right & Left Sides](#) Combination poster, work sheet, and counseling tool teaches adults and teens how to determine Activating Events, Beliefs and Self-Talk, and Consequences of Emotions and Behavior. Copy this **essential sheet** for when you view videos or read SOS books. **[Spanish Charlie's ABC's Of Emotions, Right & Left Sides](#)**.

[ABC Exercise Sheets - 46 Interviews](#) Counselors and educators, provide these **essential** ABC Exercise Sheets to all people as they view and discuss scenes from the *Video KIT SOS Help For Emotions*. Since these sheets help people analyze interviews from the Video, they make teaching and learning easier and more fun!

[ABC Self-Analysis And Improvement Form](#) Ask clients and students to complete three forms a week and to discuss these forms in your weekly appointments. Continue these homework assignments to keep clients involved.

[How Self-Talk Causes Emotions Poster](#) This combination poster and counseling tool illustrates crooked vs straight thinking, the three major musts, and "People are disturbed not by things, but by the views which they take of them."

[View Online Videos - SOS Help For Emotions Videos](#) View video chapters as you read book chapters from *SOS Help For Emotions*. Sample video chapters are from our *SOS Help For Emotions* Disc One (single DVD) and from our *Video KIT SOS Help For Emotions*. Counselors and educators often suggest that others view video chapters.

[List of Online Videos - SOS Help For Emotions Videos](#) Print and provide this list of online videos to students, clients, and colleagues. SOS programs are multimedia.

[Advertising Your SOS Help For Emotions Classes or Counseling Services](#) Use this brochure to advertise your Video KIT SOS Help For Emotions classes or counseling services. Add SOS illustrations or advertising text to your web site to advertise your services or classes.

[Counselors Using SOS Program](#) shows how to use the *SOS Help For Emotions* program in working with clients. Homework assignments and quizzes are outlined. Includes discussion of CBT, REBT, CT, ACT, DBT, and mindfulness.

[Quizzes & Exercises](#) for *Video KIT SOS Help For Emotions*: These quizzes and exercises evaluate one's understanding of self-help skills and techniques taught by the *Video KIT SOS Help For Emotions*. Four sets of quizzes and exercises provide useful feedback to individuals, counselors, and educators. They can be self-scored or scored by counselors or educators.

[Introduction & Answers](#) To Four SOS Quizzes & Exercises

[Disc 1 Quiz And Exercises](#) Over Video Chapters 1, 2, & 3

[Disc 2 Quiz And Exercises](#) Over Video Chapters 4, 5, & 6

[Disc 3 Quiz And Exercises](#) Over Video Chapters 7, 8, & 9

[Disc 3 Quiz And Exercises 2nd Set](#) Over Video Chapters 7, 8, & 9

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