

# Tony White Books CDs and DVDs

Available from;

Tony White

136 Loftus Street,

North Perth, 6006

Western Australia

Phone: 61 8 9328 8993

Email: [agbw@bigpond.com](mailto:agbw@bigpond.com)

Payment via Mastercard, Visa or cheque

(For international purchases add 25% to total)

## **Books**

**Adolescence, Anger, and What To Do: A Happy Teenager is not a Healthy Teenager.** This book looks at adolescence, anger and feelings in general. Most people believe that a healthy teenager is a happy teenager. For most this is not so. Most teenagers are naturally defiant, rebellious, confused and insecure. To not feel these things is to miss out on a whole stage of human development. Tony shows how to understand it and deal with it so that one can access the positives in anger. 50 pages. Price \$16.00

**Staying Alive: A handbook on the No-Suicide Contract.** Suicide is not an easy topic for anyone. Why do people come to take their own life, what are the signs of a suicidal person, teenage suicide, anger and depression are linked to suicide - these are some of the topics covered. The idea that people make a decision early in life to harm themselves is presented along with case examples. The no-suicide contract is explained in detail as a means of assisting a person to stay alive when they are feeling self destructive. 70 pages  
Price: \$16.00

**Creative Feeling: How to understand and deal with your child's feelings**  
This book was originally written to show parents how to deal with their children's feelings and emotions. It is also for adults who want to understand what feelings are and how to manage them with a few simple principles. This includes analysing what feelings you allow and prohibit for yourself, as well as analysing how you express various feelings. Topics covered are: temporary and character feelings, pure and complex feelings, healthy expressions of feelings, teaching feelings and problems with feelings. 53 pages. Price: \$16.00

**How Kids Grow Up and Leave Home: Two years old, four years old & adolescence.** This book looks at the bonding and separation that humans go through in their lives. In particular it looks at how children separate from their parents and how parents separate from children. It begins by describing how people become bonded and attached in a relationship. Exercises are provided for self examination about this. Presented are new ideas about the script imago which provides a new way of understanding relationships. Other topics covered include: child development and relationships, the separation cycle & how people show they have separation problems. 78 pages. Price: \$16.00

### **Electronic books on CD (Pdf)**

#### **Feelings, anger and their management eBook - CD**

Families of feelings. The nature of temporary feelings, Feeling graph, The nature of character feelings, the separation scale. Four models of anger, Ethnology, Catharsis model of anger, Social learning theory, Cognitive theory, Anger and physical illness, The scientific evidence, Why anger is seen as bad, The positives of anger. Ego states and anger, Adult ego state, Critical Parent, Free Child, Rebellious Child, Conforming Child, Projected anger, Displaced anger  
3 Short movies.

1. Family of feelings movie (7 minutes). Classification of feelings. Discussion of various feelings like sarcasm, resistance and rebellion. Difference between despair and depression. The misdiagnosis of depression

2. Feeling graph (7 minutes)

Explanation of the feelings graph including feeling tension and release. Problems with unexpressed emotion including addiction to cigarettes and alcohol, or psychosomatic problems. The emotional over reactor including the hysteric personality and ways of responding to them. Rubberband feelings and how to deal with them.

3. Separation scale (8 minutes)

The separation scale from the emotional abandonment of a child to smothering it. Smothering can lead to an angry character or feelings of melancholy. The abandoned child can feel angry, scared or despairing depending on the degree of abandonment. \$11.00

#### **Counselling: How and why counsellors do what they do eBook - CD**

Counselling the client from behind. Non directive consoling including the use of confrontation. The eclectic counsellor and what is the potent therapist. Stop being a counsellor and be yourself in counselling. The early demand and selecting a marriage partner. Life coaching, being a Rent-A-Friend counsellor and counselling without a treatment contract. Western counselling is far too individualistic in its view, hence marriage failure and the failure of marriage counselling to deal with it. Narcissism in the approach of western psychology. The need for western

psychology to be more collectivist oriented.

People become counsellors to deal with their own emotional needs. The dangers of identifying with the client. The advantages of working with clients who have similar issues to the counsellor. Counsellors can sell hope, sell catharsis and sell belonging. The counsellor as a snake oil salesman in giving false hope. The client's desire to have the perfect mother, doing rebirths in counselling and to use the counsellor as the perfect parent. \$11.00

## **DVD**

### **Panic attacks and Anxiety**

This 60 minute DVD begins with a new theory of emotions and feelings. How to understand emotions in general to help with problem emotions and to provide a system for dealing with emotions in counselling. Tony then discusses the the enigma of counselling. On the one hand counselling clarifies the problem so it can be better understood. On the down side this clarification can empower the problem and make things worse unless it is correctly dealt with.

Tony clarifies what panic attacks are and the different types of anxiety problems which people suffer from. He then outlines a two pronged approach for dealing with these. A cognitive and behavioural approach provides many good options for reducing and coping with panic attacks and anxiety. On some occasions these are not enough and the person will still suffer significant anxiety. He then shows how panic and anxiety can result from different child rearing practices and from different family structures like the enmeshed and distancing families. Therapeutic strategies for dealing with those are discussed. Price \$20.00

### **Child Sex Offenders**

This 50 minute DVD provides a new and innovative look at the entire area of child sex offenders. The psychology of the child sex offender, his/her motives and methods of operation are looked at from a new perspective. Presented in non-technical and understandable terminology the psychological processes which lead to this type of offending are described. This is useful when dealing with perpetrators and is also useful for victims when they are at the point in treatment when it is advantageous to understand the motives of the abuser. This can facilitate them not taking on the responsibility for the assault. Tony develops a 3 stage system to assess the likelihood of reoffending. This system provides a numerical reading that will allow one to judge the potential for future offences. This not only applies for child sex offences but all instances of potential sexual assault such as in domestic violence. Finally Tony provides an explanation of the six type of offenders. Each one with a different motive,

method of operation and psychological processes involved. Instances of female child sex offenders are also discussed. 50 minutes. Price \$20.00

### **Procrastination and the Parent contract.**

This DVD examines procrastination that is a problem for so many people. Some continually frustrate them self by not doing what would be to their benefit. This DVD shows the very basis of procrastination is the loss of understanding of what you actually want. You simply forget. Procrastination results from a Parent ego state contract. All contracts to give up alcohol or drugs, to loose weight, work harder are Parent contracts to some degree. This DVD describes 3 levels of Motivational Interviewing. These techniques allow the individual to increase their desire or want to reduce or stop smoking, drinking, loose weight and so forth. 60 minutes. Price \$20.00

### **Finite Marriage**

This DVD presents some of Tony's ideas after 15 years of couples counselling. Current theories of marriage and couples are significantly lacking and thus there is a strong need to do a reassessment of how we view this relationship. This is particularly so with the divorce rate hovering around 50 % in the western world. It is time to have a detailed look at what we are doing in couples counselling, how we understand marriage and what we expect of married people. We need to do something as the old and current approaches are at best only mildly successful. Provided is a new and innovative theory of couples counselling and more importantly provides a new direction in how we can understand marriage in the western world. It looks at a commonly held approach to couples counselling and how relationships change and develop over time. The clear problems and inconsistencies with it are demonstrated. 54 minutes. Price \$20.00