



# **Rent Two Films and Let's Talk in the Morning: Using Popular Movies in Psychotherapy**

*John W. Hesley, Jan G. Hesley*

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Unlock the emotional roadblocks that can inhibit or interfere with the success of therapy

Videowork is the therapeutic process in which therapists assign popular films that relate to core issues of ongoing therapy. Clients are instructed to do their "homework" between sessions and prepare for discussion in future sessions. *Rent Two Films and Let's Talk in the Morning* explores how therapeutic work interwoven with popular films enhances traditional therapy. This much-anticipated revision provides an introduction to using movie rentals in therapy and serves as a ready reference for therapists who want to assign videos as homework.

Authors John and Jan Hesley address the dilemmas that you may face when deciding when it is appropriate to assign a film, and offer friendly guidance and detailed information on every aspect of using films as tools in therapy.

In addition, this updated edition:

- \* Provides concise descriptions of dozens of popular videos and shows how they can be used as therapy for specific therapeutic needs (divorce, child abuse, substance abuse, etc.)
- \* Contains a revised organizational structure, covering therapy topics based on patient issues frequently encountered in therapy, including marital problems, parenting, job stress, abuse, and emotional disorders
- \* Offers suggestions on selecting films, creating assignments, and processing homework
- \* Provides newly released film reviews, along with 40 additional films with brief descriptions, in the "Therapists' Film Reference"

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