



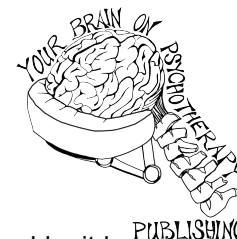
Debbie Edmunds, MA, LPC-S, CART

Get it in gear with psychotherapy

H.O.P.E. Psychotherapy of Houston, PLLC

MediaTeach™

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Media is everywhere and we are all exposed to it everyday. Learn to use it as a teaching tool by not only being entertained by it but also by really observing the messages it is sending. Not all programming is intended for everyone and adults need to be vigilant about what they allow children to watch. Always refer to the ratings (www.mpaa.org or www.imdb.com) before allowing children to watch television programs or movies. No matter how good the message, ratings are assigned for a reason and children might misinterpret a message that an adult might not, due to not being developmentally ready for the contents.

Subjects/Categories for Discussion

After viewing the movie/program, check each subject/category involved, then discuss.

| Movie/TV Program                             | Anger/<br>Fear | Acceptance/<br>Rejection | Insight/<br>Denial | Conflict | Grief/<br>Loss | Problem<br>Resolution | Bullying/<br>Respect | Honesty/<br>Deception | Trust/<br>Doubt | Nurturing/<br>Abuse | Self-<br>Esteem | Self-Injury/<br>Suicide | Happiness/<br>Other |
|--|----------------|--------------------------|--------------------|----------|----------------|-----------------------|----------------------|-----------------------|-----------------|---------------------|-----------------|-------------------------|---------------------|
| Rango, 2011                                  |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| Up, 2009                                     |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| Transformers, 2007                           |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| Evan Almighty, 2007                          |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| Stranger than Fiction, 2006                  |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| Little Miss Sunshine, 2006                   |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| Click, 2006                                  |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| Cars, 2006                                   |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| The Benchwarmers, 2006                       |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| Robots, 2005                                 |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| The Sisterhood of the Traveling Pants, 2005  |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| Big Fish, 2003                               |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| Elf, 2003                                    |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| Spider-Man, 2002, 2004 & 2007                |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| Divine Secrets of the Ya-Ya Sisterhood, 2002 |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |

Programs, subjects and questions are not meant to be exhaustive, but guidelines for opportunities to learn and teach. Be creative and make decisions about viewing as well as subjects and questions that best suit your needs. Some of the movies listed here, or chosen by you may be adaptations of books or novels.

Book reviews are another very good way to achieve the same goals of this exercise while also promoting interest in reading.

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|---|----------------|--------------------------|--------------------|----------|----------------|-----------------------|----------------------|-----------------------|-----------------|---------------------|-----------------|-------------------------|---------------------|
| Shrek 1, 2 & 3,<br>2001, 2004 & 2007                          |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| Harry Potter, 2001,<br>2002, 2004, 2005,<br>2007 & 2009       |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| Futurama,<br>Episode 1, "Space<br>Pilot 3000", 3/28/99        |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| Girl, Interrupted,<br>1999                                    |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| Toy Story 1 & 2,<br>1995 & 1999                               |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| Hairspray, 1988,<br>2007                                      |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| Star Wars Trilogies,<br>1977, 1980, 1983,<br>1999, 2002, 2005 |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| A Piece of the<br>Action, 1977                                |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| The Stepford<br>Wives, 1975                                   |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| Blackboard Jungle,<br>1955                                    |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| Charlotte's Web,<br>1973 & 2006                               |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| Guess Who's<br>Coming to Dinner,<br>1967                      |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| Valley of the Dolls,<br>1967                                  |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| The Caretakers,<br>1963                                       |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |

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|---|----------------|--------------------------|--------------------|----------|----------------|-----------------------|----------------------|-----------------------|-----------------|---------------------|-----------------|-------------------------|---------------------|
| The Twilight Zone<br>"The Masks"-<br>3/20/64,<br>"The Gift"-4/27/62,<br>"It's a Good Life"-<br>11/3/61,<br>"The Eye of the<br>Beholder"-11/11/60,<br>"The Monsters are<br>due on Maple<br>Street:-3/4/60, et al |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| To Kill a<br>Mockingbird, 1962  |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| Imitation of Life,<br>1934 & 1959   |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| The Bad Seed,<br>1956   |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| Forbidden Planet,<br>1956   |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| Rebel Without a<br>Cause, 1955  |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| It's a Wonderful<br>Life, 1946  |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| The Lost Weekend,<br>1945   |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| Between Two<br>Worlds, 1944   |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| Citizen Kane, 1941  |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| Rebecca, 1940   |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| Gone with the<br>Wind, 1939   |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| The Wizard of Oz,<br>1939   |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| Your favorite<br>children's<br>programming  |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |
| Your favorite news<br>programs  |                |                          |                    |          |                |                       |                      |                       |                 |                     |                 |                         |                     |

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