The Cinematherapy.com Film Index
The best cinema therapy index on the Web!

Choose from the list of categories below or use this search tool:

Films with a star ⭐ are linked to a Cinematherapy.com note or analysis. All other films are linked to a plot summary on The Internet Movie Database. After viewing IMDB material you should click the “back” button on your browser to return to Cinematherapy.com.

Inspirational

Challenges: Overcoming Them
Following the Call
Gaining Hope and Encouragement/Renewal
Inner Journey
Laughter Works as Medicine
Personal Courage
Role Models
Support Groups
Searching for Meaning

Individual Issues

Abandonment
Abuse: Emotional and Physical
Abuse: Alcohol and Drug
  - Alcohol
  - Drugs
  - Women Alcoholics
  - Women Drug Abusers
Abuse: Children
Aging
Bereavement
Choosing a Life Partner
Codependency
Crying for Emotional Catharsis
Death and Dying
Denial
Developing Inner Resources
Family of Origin: conflict with
Finding Love
Friends
Food
Gambling
Homosexuality: male
Homosexuality: female
Life Stage Transitions
Men’s Issues
Personal Goals and Values
Single Adults
Self-Esteem: Questioning Negative Beliefs About Yourself and Rediscovering Your Strengths
Recognizing Self-Worth
Sex/Sexuality
Vocation/Career/Success
Women's Issues

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Social Issues

Bureaucracy
Community: The Search for Diversity: Race/Gender/Sexual Orientation/Culture
Effective Organizations
Ethics
Teamwork

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Children

Bullies
Child Abuse (Physical and Sexual Abuse, Neglect)
Childhood Fears
Competition
Friends and Loyalty
Gifted Children
Loss and Grief
Personal Responsibility

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Adolescents

Peer Relationships
Search for Identity
Transition to Adulthood

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Family Therapy

Adoption and Custody
Blended Families/Stepparenting
Family Conflict
General
Incest
Letting Go
Parent-Child Relationships
Sibling Relationships
Single Parents

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Couples Therapy

Affairs
Commitment
Communication
Conflict and Negotiation
Divorce
General
Nontraditional Partnerships
Renewed Intimacy
Sex/Sexuality
Widowhood

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Mental and Emotional Illness

Adjustment Disorder with Depressed Mood
Alternative Treatment
Alzheimer's Disease
Amnesia
Amnesia: Retrograde
Anxiety/Obsessive Compulsive Behavior
Autism
Bipolar Disorder
Borderline Personality
Brain Injury
Child Abuse (Physical and Sexual Abuse, Neglect)
Conduct Disorders
Conversion Disorder
Delinquency
Depression
Defense Mechanisms
Dependent Personality
Dissociative Disorders
Eating Disorders
Gender Identity Disorder
Histrionic Personality
Isolation
Hypochondriasis
Incest
Intellectual Functioning
Kleptomania
Legal Issues
Learning Difficulties
Mania
Mental Institutions
Mentally Ill as "Not Really Sick"
Mental Retardation
Miscellaneous/General
Mood Disorders
Narcissistic Personality
Narcolepsy
Obsessive-Compulsive Disorder
Paranoia/Paranoid Personality
Pedophilia
Phobias
Posttraumatic Stress Disorder
Psychiatrists
Psychiatrists: Women
Psychopathic/Antisocial Personality
Psychotic Disorders
Rehabilitation & Attitudes
Schizophrenia
Schizotypal Personality
Serial Killers
Spouse Abuse
Suicide
Undefined Mental Disorder

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Physical Illness/Medical Issues

AIDS
Amputee
Blindness
Cancer
Deaf
Disabilities
Disfigurement
Dwarf
General
Severe Illness
Stress/Type A

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Cinematherapy.com would like to acknowledge and thank all those whose work contributed to this film index. It draws from many sources, including the published books “Rent Two Films and Let’s Talk in the Morning” by John W. Hesley & Jan G. Hesley, “Movies and the Mythic Imagination” by Jonathan Young, and “Reel Therapy: How Movies Inspire You to Overcome Life’s
Problems” by Gary Solomon. It also incorporates certain film titles from the Web sites “Pathology and Cinema” and “Films Involving Disability”. We also thank members of The Cinema Therapy Forum and the Movie Therapy online discussion group for their suggestions.