Despite widespread popularity of videotapes, it is little used in psychiatric treatment. Video is frequently used in training and supervision and it is in this context that I began to suggest that patients watch the tapes at home. The response was enthusiastic, but I discovered that very few clinicians use this technique, therefore, I decided to do a pilot study and present it to the professional community. As a control, a modified questionnaire was sent to 49 outpatients seen previous to the use of videotape. Ninety-four percent of the study group and 60 percent of the control group responded. The tape group self-rated "success in treatment" was significantly greater; 6.8 (scale 1-10) compared to 5.04 for the control. The most striking findings were comments relating to the use of video homework.