



# The Glendon Association Fall Newsletter

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## Upcoming Events

### Road Map to Resilience: Ways to Bolster Resilience and Well-being - Free Webinar

Presenters: Donald Meichenbaum and Lisa Firestone  
Monday, November 14, 2011  
11:00 AM - 12:00 PM PDT  
Learn more or register [here](#)

### Treatment of Individuals with PTSD, Complex PTSD and Comorbid Disorders: A Life-Span Approach - CE Webinar

Presenters: Donald Meichenbaum and Lisa Firestone  
Tuesday, Nov. 15, 2011  
11:00 AM - 12:30 PM PDT  
Price - \$35 - 1.5 CEs  
Learn more or register [here](#)

### Suicide: What Mental Health Professionals Need to Know

Presenter: Lisa Firestone  
Massachusetts School of Professional Psychology - Boston, MA  
Dec. 2, 2011  
Learn more or register [here](#)

### A Developmental Understanding for Assessing and Treating Violent Individuals

Presenter: Lisa Firestone

## Welcome to our Fall Newsletter!



THE GLENDON  
ASSOCIATION

Dear Glendon Supporters,

I'm thrilled to share with you our Fall Newsletter. This has been an exciting and eventful quarter for The Glendon Association. In addition to presenting at a range of [national conferences](#), Glendon has generated a strong Web presence, offering [online educational presentations and free and CE Webinars](#). We have used these online platforms to make our research and education materials available to a broader international audience of both mental health professionals and the general public.

Glendon has further offered events to our local community, hosting world-renowned violence expert Dr. James Gilligan, who conducted a free talk in Santa Barbara on the 10th anniversary of 9/11. The event titled, "Why Does Violence Occur and How We Can Prevent It" was greatly appreciated by the audience of educators, local government leaders, and community members alike.

This month, our film production team was further honored to receive recognition for the Glendon-produced documentary "[Voices of Violence Part One: The Roots of Violence](#)," which was awarded Honorable Mention at the Columbus International Film + Video Festival's "Chris Awards." The production of this film would not have been possible without the generosity and donations of our wonderful supporters. For that, we have all of you to thank. We look forward to sharing more of our work in this coming season.

You can keep up with all Glendon and PsychAlive news and events by following us on [Facebook](#) and [Twitter](#).

Sincerely,  
Nina Firestone  
Managing Director

## Violence Prevention Talk with Dr. James Gilligan on 9/11



On the 10th anniversary of 9/11, The Glendon Association was honored to host a free talk and discussion in our community with Dr. James Gilligan, a world-renowned expert on violence prevention. Dr. Gilligan's talk, "Why Does Violence

Massachusetts School of  
Professional Psychology - Boston,  
MA

Dec. 3, 2011

Learn more or register [here](#)

### **The Critical Inner Voice That Causes Depression - Free Webinar**

Presenter: Lisa Firestone

Tuesday, December 6, 2011

11:00 AM - 12:00 PM PDT

Learn more or register [here](#)

### **Conquer Your Critical Inner Voice**

Presenter: Lisa Firestone and  
Joyce Catlett

Esalen Workshop - Big Sur, CA

Weekend of Jan. 20-22, 2012

Learn more or register [here](#)

### **Suicide and Self Destructive Behavior**

Presenter: Lisa Firestone

Sponsored by PESI Seminars

Roseville and Bloomington, MN

Feb. 16 and 17, 2012

Learn more or register [here](#)

### **Suicide the Silent Epidemic: A Conference Focused on Youth, Military and LGBT**

Presenter: Lisa Firestone

Jon E Nadheny/Calciano Memorial

Youth Symposium - Santa Cruz,

CA

March 9, 2012

Learn more or register [here](#)

### **Suicide and Self Destructive Behaviors**

Presenter: Lisa Firestone

Sponsored by PESI Seminars

Philadelphia, PA

March 13, 14 2012

Learn more or register [here](#)

### **Suicide Prevention and Treatment in Rough Economic Times**

Presenter: Lisa Firestone

CPA Convention - Monterey, CA

April 21, 2012

Learn more or register [here](#)

**Donate to Glendon**

We invite you to



Occur and How We Can Prevent It" From Individual Tragedies to National Epidemics," attracted a large audience who engaged with Dr. Gilligan in a lively discussion and stayed on for a signing of his new book [Why Some Politicians Are More Dangerous Than Others](#).

In his talk, Dr. Gilligan drew on his 40+ years of research and work in the field of violence prevention as well as his own treatment of violent individuals to offer insights valuable to our community, our state, and our country. Dr. Gilligan also spoke about his experience serving as the expert witness during the U.S. Supreme Court case Brown v. Plata, in which the Court ruled to order the state of California to reduce its overcrowded prisons by more than 30,000.

Following his talk, Glendon sponsored a small luncheon with Dr. Gilligan, in which he met and answered questions from a group of educators and community leaders, many from the fields of law enforcement and criminal justice and many who work directly with at-risk and gang youth in Santa Barbara.

Dr. Gilligan went on to receive the Lifetime Achievement Award from the International Violence and Trauma Conference, where he then participated in the screening of the Glendon film "[Voices of Violence Part II: Effective Treatment of Violent Individuals](#)," in which he is a featured expert.

Watch video of an [exclusive interview with Dr. Gilligan](#).

Learn more about Dr. James Gilligan [here](#).

**Earn CE Credits Watching Exclusive Online Presentations  
from Psychology Experts**



It is now easier than ever to earn CE credits on your time at your computer. Glendon's [CE Webinar Series](#) has now been archived online, so you can download presentations with experts like Dr. Dan Siegel, Dr. Pat Love, Dr. Donald Meichenbaum, and Dr. Lisa Firestone to watch at your convenience.

Each presentation is between 90 minutes and two-hours long and earns you 1.5 to 2 CE credits. Download each Webinar based on your topic of interest or order the whole series. Hear from Dr. Dan Siegel on "Mindsight" or Dr. Pat Love on "Love in the Time of Twitter." Watch presentations on topics of suicide and violence prevention, intimate relationships, parenting, and more. Each Webinar costs between \$25 and \$35. You can order a package of four presentations of your choice for \$85. Learn more [here](#).

**For a full list of Archived CE Webinars  
available to download [click here](#).**

**Upcoming LIVE Free and CE Webinars  
from Glendon [click here](#).**

**National Depression Awareness Month**

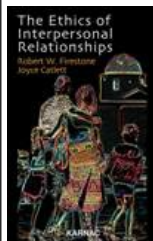


One in 10 U.S. adults experienced depression in 2010. With October being National Depression Awareness Month, Glendon has been committed to helping raise awareness and increase education on how to treat depression.



make an online [contribution](#). Gifts from our donors make it possible for us to provide education, training, and research to mental health professionals and to the public.

## Book Review: The Ethics of Interpersonal Relationships



Read Springer Science and Business Media's [review](#) of Dr. Robert Firestone's latest work, *The Ethics of Interpersonal Relationships* [here](#).

## Get the latest from Glendon



Depression is one of the most common complaints of those seeking therapy services. On Oct. 11 Dr. Lisa Firestone presented the CE Webinar "[An Innovative Approach to Treating Depression](#)." The Webinar, which is now available to order online, introduced a method for treating depression that encourages clients to identify and combat their self-destructive thoughts. The 90-minute presentation is worth 1.5 CE credits.

Dr. Firestone also authored a new blog selected as an "Essential Read" by Psychology Today, "[Eight Ways to Actively Fight Depression](#)." The blog explains valuable tips for anyone dealing with depression.

On October 6, communities across the nation took part in National Depression Screening Day. Free screening can still be done online. To learn more [click here](#).

## Glendon Conference Highlights

### 2011 American Psychological Association Convention

Dr. Lisa Firestone presented two Continuing Education Workshops at APA "Assessing and Treating Violent Individuals" and "Overcoming the Fear of Intimacy." Both workshops were very well received.

Dr. Firestone is the current President of APA's [Section VII of Division 12](#), which focuses on clinical emergencies and crisis.

Section VII sponsored several programs at the APA Convention, including The Career Achievement Award, which was given to Dr. Lanny Berman, who gave his address On "Reforming Formulations of Suicide Risk."

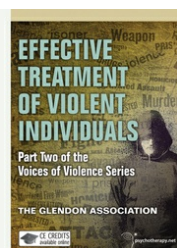
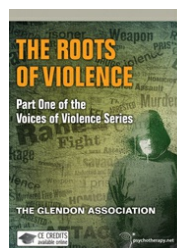
Dr. Firestone then delivered the Section VII Presidential Address entitled "Objective Assessment Measures of Suicide and Violence Risk."

Dr. Firestone chaired the symposium: "Exploring the Link Between Bullying & Suicide" with Dr. Michael Hendricks, Dr. Bruce Bongar, Dr. Peter Goldblum, Dr. Paul Poteat, Dr. Caitlyn Ryan, and Dr. Dorothy Espalage.

### International Violence and Trauma Conference (IVAT)

Dr. Lisa Firestone conducted a workshop "Suicide in the Military: What Mental Health Professionals Need to Know" for a large group of participants from the military. She also participated in a panel with violence expert Dr. James Gilligan and Devon Gaster, founder of [Men Creating Peace](#), following the screening of our film "[Voices of Violence Part II: Effective Treatment of Violent Individuals](#)."

## Glendon Violence Documentary is a Winner at Columbus International Film Festival



The documentary film produced by the Glendon Association "Voices of Violence Part I: The Roots of Violence" won Honorable Mention at the 59th Columbus International Film + Video Festival's "Chris Awards."

### Voices of Violence Part I: The Roots of Violence

The film integrates stories from violent individuals with commentary from experts in the field of violence, leading to a better understanding of both the developmental issues and thought processes of those engaging in violent behavior. The film's narratives are informed by the formerly violent individuals' own understanding of

the dynamics of their violent behavior, which they've arrived at through the process of therapy. The film reveals the triggers that led these men to commit violence and the destructive thoughts or "voices" that were directing their behavior. The film features interviews with leading experts, including Daniel Siegel, Felicity de Zulueta, David Jones, Peter Fonagy, Donald Meichenbaum, James Gilligan, Father Boyle of Homeboy Industries, and Aqeela Sherrills of The Reverence Project.

## **Voices of Violence Part II: Effective Treatment of Violent Individuals**

In part two of the series 10 experts examine the critical components of effective treatment programs for violent individuals by focusing on prison programs in California and the U.K. Beyond the creation of an environment of safety and respect, these therapists confront the patriarchal beliefs, social misperceptions, and destructive thoughts that precipitate violent responses to real or perceived threats. Vignettes of actual therapy sessions, along with interviews with incarcerated men, display the remarkable insight these individuals can achieve through treatment. Their chilling accounts of violence will challenge the empathy of even seasoned therapists, yet many of their stories are ultimately redemptive, as they learn to make use of their violent pasts by working to prevent violence in their communities. This video demonstrates vividly that conventional assumptions about crime and punishment fail to endure close scrutiny.

*"I was so moved by 'Voices in Violence.'" ...Such an amazing picture of the power of compassion. I've also been widely recommending the films."*

*- Peter Polland, Training and Outreach Director, 1in6.org*

**Learn more or order the [Voices of Violence Films](#)  
To order the CE versions visit [Psychotherapy.net](#)**

### **Latest Blogs from Lisa Firestone, Ph.D.**

Read Lisa Firestone's latest blogs on The Huffington Post and PsychologyToday:

#### **[PsychologyToday](#)**

- [Eight Ways to Actively Fight Depression](#)
- [What Drives Jealousy?](#)
- [Suicide Prevention and Treatment in Rough Economic Times](#)
- [How to Be Loving in the Age of Twitter](#)

#### **[The Huffington Post](#)**

- [The 'Anti-Self' vs. the 'True Self'](#)
- [Are You the Cause of Your Jealousy?](#)
- [Is "Sexting" Cheating You Out of Real Intimacy?](#)

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