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Upcoming Events:

- August 13**
Secure and Insecure Love: An Attachment Perspective
 CE Webinar
 Presenter: Dr. Phil Shaver
 4pm – 5:30pm PST
 3 CE's
 Learn more [here](#)
- August 20**
Secure and Insecure Love
 Free Webinar
 Presenter: Dr. Phil Shaver
 11am – 12pm PST
 Learn more [here](#)
- Sep. 10**
Understanding and Preventing Suicide
 Free Webinar
 Presenter: Dr. Lisa Firestone
 11am – 12pm PST
 Learn more or register [here](#)
- Sep. 8-11**
International Violence and Trauma Conference
Sep. 8
Identifying, Understanding and Transforming Violent Individuals
Sep. 9
Suicide Prevention: Practice in

Welcome to our Summer Newsletter!

We are pleased to welcome you to our summer newsletter. There are many new developments here at Glendon that we are honored to share with you, and that we hope you will find valuable both personally and professionally. This newsletter will focus on the launch of our [Online CE Opportunities page](#), which not only features Webinars and online workshops from Glendon and PsychAlive but from psychological sources all over the online world. For mental health professionals, this page can serve as a valuable resource, a single destination for a vast selection of online CE opportunities.

This newsletter will further spotlight Glendon and PsychAlive's [Focus on Attachment](#). This August, we are featuring articles, Webinars and online video presentations that illuminate the subject of attachment and its profound influence on our relationships. In addition, we will share with you a short [student film](#) that honors Glendon's work with suicide prevention, which we hope you will share with your network, as suicide tragically impacts so many people on a daily basis.

Finally, we are pleased to release our very first PsychAlive-produced [psychological cartoon](#), introducing the concept of the critical inner voice. As always, this newsletter includes all of Glendon's upcoming events and the [latest blogs](#) from Dr. Robert Firestone and Dr. Lisa Firestone. Thank you for taking the time to support our organization. We wish you a joyful and rewarding summer!

Sincerely,
 Nina Firestone
 Managing Director

New Resource Listing Online CE Opportunities for Mental Health Professionals



PsychAlive is pleased to announce the launch of our latest project: a searchable hub for quality, online continuing education opportunities in the field of mental health.

Our platform allows notable CE providers to upload their online continuing education opportunities for free, so that psychologists, therapists and social workers can search for the best CE courses tailored to their needs.

[Start browsing our list of online CE opportunities now](#)

**Assessment, Crises,
Intervention and Safety
Planning**

San Diego, California
Learn more [here](#)

Sep. 11

**Cottage Hospital Grand Rounds
Suicide: What Mental Health
Professionals Need to Know**

Santa Barbara, CA
Learn more [here](#)

Sep. 12

**Help Save a Life: Suicide
Prevention Response**

CSU Channel Islands Suicide
Prevention Week
Channel Islands, CA

Sep. 17

**Suicide: What Every
Professional Should Know**

CE Webinar
Presenter: Lisa Firestone, Ph.D.
4pm – 5:30pm PST
3 CE's
Learn more or register [here](#)

Sep. 24- 28

**(IASP) XXVII World Congress of
the International Association for
Suicide Prevention**

Oslo, Norway
Learn more [here](#)

Sep. 27

**"Working with Couples to Make
Love Last and Using Voice
Therapy"**

LA-CAMFT Networking Meeting &
AAMFT-Santa Monica-West LA
Los Angeles, CA
8:30-11:30 am
Learn more [here](#)

Oct. 8

**Overcoming the Inner Enemy
that Causes Depression**

Free Webinar
Presenter: Lisa Firestone, Ph.D.
11am – 12pm PST
Learn more or register [here](#)

Oct. 17-19

**Challenging the Critical Inner
Voice: Four Steps to**

**Focus on Attachment: New Webinars, Articles, and Online
Video Presentations**



How does your attachment style influence your current life and your relationships? This month, Glendon and PsychAlive are focusing on attachment. Glendon's Dr. Lisa Firestone has written the article "How Does Attachment Style Predict Your Relationship Patterns?" Dr. Firestone has also produced a 16-minute online video

presentation introducing "The Importance of Attachment." In addition, we are pleased to be welcoming special guest Dr. Phillip Shaver to present the CE Webinar "Secure and Insecure Love: An Attachment Perspective" to mental health professionals on August 13. Dr. Shaver will also be presenting a free Webinar for the public on "Secure and Insecure Love" on August 20.

ARTICLE:

Does Your Attachment Style Predict Your Relationship Patterns? by Dr. Lisa Firestone

Our style of attachment affects everything from our partner selection to how well our relationships go to how they end. Recognizing your attachment style can help you understand your strengths and vulnerabilities in a relationship. [Read more](#)

CE WEBINAR FOR PROFESSIONALS:

Secure and Insecure Love: An Attachment Perspective

Presented by Dr. Phil Shaver

An online presentation for mental health professionals

Aug. 13 - 4pm – 5:30pm PST

Earn 3 CE Credits - \$35

[Learn More or Register](#)

FREE WEBINAR FOR THE PUBLIC:

Secure and Insecure Love

Presented by Dr. Phil Shaver

An online presentation open to all audiences

Aug. 20 - 11am – 12pm PST

[Learn More or Register](#)

ONLINE VIDEO PRESENTATION:

The Importance of Attachment

Presented by Dr. Lisa Firestone

An online video presentation

[Watch Now](#)

**Glendon in the Community: New Student Video Pays
Tribute to Glendon's Work with Suicide Prevention**

Present Your Story to

Differentiation of Self

NASPR 2013 Conference

Memphis, Tennessee

Learn more [here](#)

Oct. 22

Helping Clients Overcome

Depression

CE Webinar

Presenter: Lisa Firestone, Ph.D.

4pm – 5:30pm PST

3 CE's

Learn more or register [here](#)

Nov. 8-10

Couples Workshop

Ojai, CA

For more information email

jina@glendon.org

Dec. 6

The War Within: Working with Suicidal Individuals

Massachusetts School of

Professional Psychology

Boston, MA

Learn more [here](#)

Dec. 7

Transforming War between Intimates: Working with High Conflict Couples

Massachusetts School of

Professional Psychology

Boston, MA

Learn more [here](#)

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In the fall of 2012, the students in a Santa Barbara City College Public Speaking class were asked to choose a local non-profit organization, study it and present a persuasive group speech about it. One group of five students chose The Glendon Association. Shona Beatty, Sabine Bourret, Chelsea Copeland, Tatjana Milhon and Maureen Sullivan interviewed Glendon staff and attended a Glendon suicide prevention workshop as part of their research.

Jina Carvalho, Glendon's Communications Director, was a guest in the classroom on the day of the speech. Jina was moved and inspired by the passion with which these students spoke about preventing suicide. By learning about the warning signs and the helper tasks for suicide, the students had become powerful advocates themselves. We asked if they would be willing to donate just a bit more time so that we could film their speech and share it with the community. Today, we are pleased to share it with you: [WATCH NOW](#)



Watch an Exclusive Cartoon on How the Critical Inner Voice Hurts Intimate Relationships



Watch an [exclusive PsychAlive cartoon](#), illustrating the concept of the "critical inner voice" and how it can negatively impact our romantic relationships. The critical inner voice represents a cycle of destructive, critical and suspicious thoughts we have toward ourselves and our partner. Yet, very often these thoughts do not truly represent our real point of view. We all carry with us destructive habits, attitudes, and behaviors that distance us from the ones we love. By identifying and differentiating from this hurtful inner critic, we can expand our tolerance for love and sustain a meaningful relationship. We can challenge core defenses and become who we want to be. [WATCH NOW](#)

Latest Blogs from Dr.'s Robert and Lisa Firestone

Blogs by Robert Firestone, Ph.D.

- [The Fantasy Bond: A substitute for a truly loving relationship](#)
- [Living Life as an Authentic Adult](#)
- [Why Are People Afraid to Grow Up?](#)

Follow Glendon on [Twitter](#)

- [How to Stop Being a Victim](#)

Blogs by Lisa Firestone, Ph.D.

- [Why Break Ups Hurt So Much](#)
- [How Your Attachment Style Impacts Your Relationship](#)
- [How to Be a Mindful Business Leader](#)
- [The Importance of Choosing Your Thoughts](#)
- [Why You Should Be the One Who Loves More](#)
- [7 Steps to Living the Life You Imagined](#)
- [Disorganized Attachment](#)
- [How Mindfulness Can Save Your Relationship](#)
- [Money Stress: Why We Use Money to Feel Bad About Ourselves](#)
- [Depression in Mothers](#)
- [The Internet: A Game Changer for Mental Health](#)
- [Relationship Compatibility](#)
- [Narcissistic Relationships in a Digital Age](#)
- [Are You Sacrificing a Perfect Relationship for a Perfect Wedding?](#)

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