



**THE GLENDON**  
ASSOCIATION

# Media Kit 2013

## Our Mission

To **save lives** and **enhance mental health** by addressing the social problems of suicide, violence, child abuse and troubled interpersonal relationships.

Greetings!

This media kit was designed to inform you of the mission of The Glendon Association, our current activities, research, outreach efforts and long term goals. The Glendon Association is a 501(c)3 nonprofit organization with the purpose of enhancing mental health by addressing the subjects of suicide, violence, self-destructive thinking, intimate relationships and parenting. In this media kit you will find: an introduction to our organization, biographies of our principals, media contact information, media features and synopses of our work (including all produced media) on suicide and self-destructive thinking, violence, relationships, parenting, and the therapy and theory developed by The Glendon Association.

Sincerely,  
The Glendon Association

## About The Glendon Association

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For the past 27 years, it has been the mission of The Glendon Association to save lives and enhance mental health by addressing the social problems of suicide, child abuse, violence and troubled interpersonal relationships. The Glendon Association is a 501(c)3 nonprofit mental health organization that conducts research on the causes, effects and risk factors that relate to the areas of destructive and self-destructive behavior, suicide and violence, parent-child relationships and intimate relationships. The organization shares its findings with mental health professionals and the public through a variety of presentations, publications, workshops, assessment scales and interviews. The Glendon Association produces books, articles and award-winning film documentaries that offer an in-depth discussion of the organization's major findings and areas of expertise.

The Glendon Association produces a free website for the public, [www.PsychAlive.org](http://www.PsychAlive.org), that offers essential psychological information on topics that range from addiction to depression, from parenting to intimate relationships. The Glendon staff, led by licensed psychologists and experts on the aforementioned topics, additionally conducts educational seminars and workshops for mental health professionals and for the public, concerning suicide and violence prevention as well as therapy training. These workshops are presented in an interactive style that includes lecture, discussion and video demonstrations.

The Glendon Association's assessment scales include the Firestone Assessment of Suicidal Intent (FASI), which measures suicide risk and is currently being used in a Walter Reed Army Medical Center study to determine the suicide risk of veterans, the Firestone Assessment of Self-Destructive Thoughts (FAST), which measures self-destructive thoughts and tendencies on a continuum and the Firestone Assessment of Violent Thoughts (FAVT), which measures susceptibility to violence in adults and the FAVT-A which measures violence risk in adolescents.

The organization reaches out to schools, mental health agencies, hospitals and clinics training staff, professionals and counselors on subjects that include violence and suicide prevention. Glendon's staff speaks to the public, hosting forums and leading suicide and violence prevention efforts in their local community, writing articles and conducting interviews for radio, TV and publications that include *PsychologyToday*, *The Huffington Post*, NPR, *O Magazine*, *Mens Health* and many more. Glendon's experts teach and present at conferences nationwide and internationally and produce documentaries that educate and train therapists and the general public on living mentally healthier lives and preventing violence, suicide and self-destructive behaviors.

## Glendon Bios

### Robert W. Firestone, Ph.D.



Robert W. Firestone, PhD, psychologist and author, has been affiliated with the Glendon Association as its consulting theorist since its inception. His innovative ideas related to psychotherapy, couple and family relationships, suicide, parenting, and existential issues have been the inspiration and cornerstone of Glendon's research and publications. From 1957 to 1979, Dr. Firestone was engaged in the private practice of psychotherapy as a clinical psychologist working with a wide range of patients, amplifying his original ideas on schizophrenia and applying these concepts to a comprehensive theory of neurosis. Dr. Firestone's major works, including *The Fantasy Bond*, *Voice Therapy*, *Combating Destructive Thought Processes*, *Compassionate Child Rearing* and many other books, articles, and video presentations, outlining a fully realized and comprehensive theory on neurosis and human development. His studies on negative thought processes and their associated affect have led to the development of Voice Therapy, a therapeutic methodology to uncover and contend with aspects of self destructive and self limiting behaviors. Firestone has applied his concepts to empirical research and to developing the *Firestone Assessment of Self-destructive Thoughts (FAST)*, a scale that assesses suicide potential. This work led to the publication of *Suicide and the Inner Voice: Risk Assessment, Treatment and Case Management*. He co-authored *Conquer Your Critical Inner Voice* (New Harbinger, 2002), and his latest works, *Beyond Death Anxiety: Achieving Life-Affirming Death Awareness* (Springer Publishing, 2009) and *The Ethics of Interpersonal Relationships* (Karnac Books, 2009), with Joyce Catlett, M.A.

### Lisa Firestone, Ph.D.



Lisa Firestone, Ph.D., is Glendon's Director of Research and Education. Since 1987, she has been involved in clinical training and applied research in suicide and violence. In collaboration with Robert Firestone, Ph.D., her studies resulted in the development of the *Firestone Assessment of Self-Destructive Thoughts (FAST)* and the *Firestone Assessment of Violent Thoughts (FAVT)*. Dr. Firestone has published numerous professional articles, and most recently was the co-author of *Sex and Love in Intimate Relationships* (APA Books, 2006), *Conquer Your Critical Inner Voice* (New Harbinger, 2002), and *Creating a Life of Meaning and Compassion: The Wisdom of Psychotherapy* (APA Books, 2003). An accomplished and much requested lecturer, she represents The Glendon Association at national and international conferences in the areas of suicide assessment and prevention, parenting, couple relations and Voice Therapy. Additionally, in conjunction with Joyce Catlett, she conducts intensive Voice Therapy training seminars. Dr. Firestone is a clinical psychologist in private practice in Santa Barbara, CA.

### Joyce Catlett, M.A.



Joyce Catlett, M.A., author and lecturer, has collaborated with Dr. Robert Firestone in writing 12 books and numerous professional articles. Most recently, she co-authored *Sex and Love in Intimate Relationships* (APA Books, 2005), *Beyond Death Anxiety: Achieving Life-Affirming Death Awareness* (Springer Publishing, 2009) and *The Ethics of Interpersonal Relationships* (Karnac Books, 2009), with Robert Firestone, Ph.D. Ms. Catlett began her career in psychology in 1972, working with autistic children at the Camarillo State Hospital Children's Treatment Center in Camarillo, CA. A founding member of The Glendon Association, she has been a national lecturer and workshop facilitator in the areas of child abuse prevention and couple relations. With Glendon, she has co-produced 40 video documentaries on a wide range of mental health topics. Ms. Catlett was also instrumental in the development and training of instructors in the Compassionate Child Rearing Education Program and in training mental health professionals in Voice Therapy Methodology.

For media inquiries please contact our Director of Communications, Jina Carvalho at [jina@glendon.org](mailto:jina@glendon.org) or 805-681-0415 Ext. 232.

# Suicide and self-destructive behavior



*“The key to understanding suicide and self-destructive behavior comes from the awareness of the destructive thought processes that control such behaviors. Being cognizant of how self-critical thoughts can lead to a self-destructive downward spiral enables clinicians to better assess risk and design interventions for depressed and suicidal clients.”*

The Glendon Association is actively involved in suicide prevention efforts on a local, national and international level. In addition to producing books, films and assessment scales, Glendon conducts workshops and presentations on suicide. They are actively involved in outreach to media on guidelines for reporting suicide and have played a key role in the effort to construct barriers on bridges where frequent suicides occur.

## Workshops

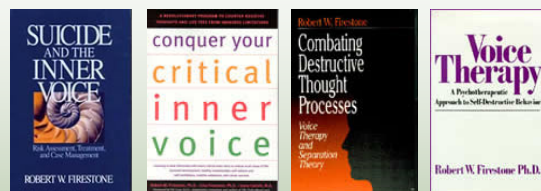
Dr. Lisa Firestone of The Glendon Association presents at international conferences and conducts interactive workshops both live and online instructing therapists and the general public on understanding and preventing suicide. Dr. Firestone’s workshops include: *Suicide: What Therapists Need to Know* and *Youth Suicide and Violence*. Dr. Firestone has further developed the online workshops: *Suicide Prevention: Working with High-Risk Clients* (CE’s available), *Combating Destructive Thought Processes*, *Conquer Your Critical Inner Voice*, *Voice Therapy Training: Level I* and *Voice Therapy Training: Level II*. She also hosts the webinar “Understanding and Preventing Suicide.”

## Assessment Instruments

Adapted from Dr. Robert Firestone’s theory of “voice therapy,” the *Firestone Assessment of Self-Destructive Thoughts* (FAST) is a valuable screening instrument for self-destructive thoughts and behaviors. The scale asks people to endorse how frequently they are experiencing negative thoughts along a continuum, thus predicting a continuum of destructive behaviors. The results help therapists identify where their patients are experiencing the most distress, so they can target their interventions to reduce the risk of suicide. The *Firestone Assessment of Suicidal Intent* (FASI) was adapted from the FAST to measure many of the risk factors for suicide. The scale yields significant information that helps a clinician establish whether or not the client is in imminent danger of self-harm. The scales are published by Psychological Assessment Resources (PAR.)

## Books

Robert Firestone, Ph.D., Lisa Firestone, Ph.D. and Joyce Catlett, M.A. have authored several books on suicide and self-destructive thinking including:



## Films

The Glendon Association has produced award-winning documentaries on suicide warning signs, prevention and survivors of suicide including:



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# Violence



*“Violent behavior is a product of the interaction between biological, psychological and social forces and processes. The main social and economic causes of violence are those that divide the population into the superior and the inferior, the strong and the weak, the rich and the poor. The more highly unequal a society is, the higher its rates of violence. A greater level of equality is essential in order to curb both interpersonal violence and collective political violence.”*

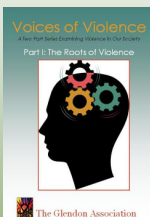
The Glendon Association has conducted extensive research that has resulted in a unique and comprehensive understanding of the sources and treatment of violent behavior. Glendon’s work addresses the developmental experiences that increase the risks of violence and the triggers for violent behavior. The Glendon Association has produced assessment scales for violent behavior and conducts ongoing presentations on violence. In addition, Glendon has produced the groundbreaking film series *Roots of Violence*, documentaries that bring together the knowledge of leading violence experts with firsthand narratives from individuals who’ve committed violent crimes.

## Workshops

Dr. Lisa Firestone, the Director of Research and Education, offers ongoing presentations and seminars on the topic of violence. In August 2010, Dr. Firestone spoke at American Psychological Association’s Annual Conference, presenting *A Developmental Understanding for Assessment and Treatment of Violent Individuals*. In addition to this presentation, Dr. Firestone conducts the workshop, *Youth Suicide and Violence*.

## Assessment Instruments

The Firestone Assessment of Violent Thoughts (FAVT) was published as a tool for predicting violent thoughts that ultimately lead to violent behavior. Data was gathered on more than 600 prisoners, parolees, and domestic violence perpetrators. Glendon’s research culminated in the publication of two highly reliable and valid assessment scales: the FAVT and The FAVT-A (for adolescents) which distinguish violent from nonviolent individuals.



## Films

In Fall 2010, the first in the two part series, *Voices of Violence: Part I: The Roots of Violence*, will be released to professionals. This film integrates stories from violent individuals with commentary from experts in the field of violence to form a better understanding of both the developmental issues and thought processes of those engaging in violent behavior. If you are interested in obtaining this film or screening it to a private audience, please contact our communications director, Jina Carvalho at [jina@glendon.org](mailto:jina@glendon.org) or 800-663-5281.

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# Relationships and Parenting



*“Relationships fail because of the psychological defenses each partner brings to the relationship. Most people say that they want love and positive acknowledgment, but relatively few people can tolerate real love and respect from another person, because it threatens these defenses.”*

*“All parents want the best for their children and are concerned with their well-being and happiness. At the same time, many parents find themselves limited to varying degrees in their ability to provide the love, warmth, direction and control necessary for their child’s optimal emotional development.”*

In the past 30 years, Robert W. Firestone, Ph.D. has conducted research that includes extensive case studies—an in-depth process that has allowed him to develop theories on couple and parent-child relations. Dr. Firestone has authored and co-authored several books on relationships and child-rearing. Under his supervision The Glendon Association has produced more than 20 film documentaries on intimacy and parenting. Dr. Firestone has received acclaim for his development of the methodology of “Voice Therapy,” which helps people to identify and combat self-critical thought processes, and his theory of “The Fantasy Bond,” a core defense that keeps people from achieving loving and lasting relationships both with their partners and their children. His books on these topics, *Voice Therapy* and *The Fantasy Bond*, have become part of American Psychological Association’s Classic Library. His daughter, Dr. Lisa Firestone has helped advance these theories, speaking worldwide on topics of parenting, intimate relationships and Voice Therapy. She has also appeared as an expert in many media outlets including: *O Magazine*, *Cosmopolitan*, *The Huffington Post*, *Psychology Today* and has authored many academic articles.

## Workshops

Lisa Firestone, Ph.D. and Joyce Catlett, M.A. have more than 25 years of experience speaking on topics of intimacy and parenting. Their live seminars, workshops and presentations include *Overcoming the Fear of Intimacy* and *The Compassionate Child-Rearing Parent Education Program* among others.

## Books

Robert W. Firestone Ph.D., Lisa Firestone, Ph.D. and Joyce Catlett, M.A. have authored and co-authored several books on parenting and interpersonal relationships, including:



## Films

The Glendon Association has produced more than a dozen award-winning films on relationships and parenting in three documentary series: Intimate Relationships Series, Sexuality Series and Parent-Child Relations Series. These films have been featured at festivals and on television.



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# Therapy and Theory



Much of The Glendon Association's work is based *Separation Theory*, *The Fantasy Bond* and *Voice Therapy*, methodology developed by Robert W. Firestone, Ph.D. These innovative concepts have been based on a 30-year longitudinal study as well as applied clinical research. Here you will find an introduction to these key theories and how they apply to individuals in their everyday lives.

## Voice Therapy

Voice Therapy is a cognitive/ affective/ behavioral approach that accesses core beliefs in the presence of emotional arousal, thereby facilitating significant changes in attitudes and actions. This method combines insight with affect in a way that profoundly shifts clients' points of view toward self and others to a more compassionate and realistic perspective. This modality facilitates greater levels of intimacy in relationships, lifts depression, increases work satisfaction and helps prevent relapse into self-defeating behaviors such as addiction and self harm.



**Resources:** (Books) *Voice Therapy, Combating Destructive Thought Processes, Conquer Your Critical Inner Voice, Suicide and the Inner Voice* (Films) *Voice Therapy Video Series*

## Separation Theory

Separation Theory, developed by Dr. Robert Firestone, represents a broadly based, coherent system of concepts and hypotheses that integrate psychoanalytic and existential systems of thought. Separation theory explains how early trauma leads to defense formation and how these original defenses are reinforced as the developing child gradually becomes aware of his or her own mortality. Voice Therapy methodology, which is based on Separation Theory, helps clients expose and separate from dependency bonds and destructive "voices," remnants of negative childhood experiences that seriously impair their sense of self, spirit, and individuality.



**Resources:** (Books) *Creating a Life of Meaning and Compassion: The Wisdom of Psychotherapy, Combating Destructive Thought Processes* (Films) *Defenses Against Death Anxiety, The Fantasy Bond*

## The Fantasy Bond

The fantasy bond is a term used to describe an imaginary connection formed originally by the infant with the parent or primary care-giver. It also describes an illusory connection to another person that adults attempt to establish in their intimate associations, a process that leads to deterioration in the relationship. To varying degrees, all people have tendencies to make these imagined connections with significant people in their lives. In fact, destructive fantasy bonds exist in a large majority of couple relationships and are apparent in most families.



**Resources:** (Books) *The Fantasy Bond*, (Films) *Closeness Without Bonds, The Fantasy Bond*

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# PSYCHALIVE

Contact: Jina Carvalho  
The Glendon Association  
5383 Hollister Ave, #140  
Santa Barbara, CA 93111  
Tel / Fax: +1 800 663 5281  
E-Mail: [jina@glendon.org](mailto:jina@glendon.org)  
Websites: [www.glendon.org](http://www.glendon.org)  
[www.psychalive.org](http://www.psychalive.org)

**FOR IMMEDIATE RELEASE**

**NEW MEDIA PROVIDES A NOVEL GATEWAY TO OFFER PEOPLE PSYCHOLOGICAL HELP**  
**Nonprofit organization, The Glendon Association, launches [www.PsychAlive.org](http://www.PsychAlive.org), a site designed to Make Psychological Information Accessible to the General Public**

**December 15, 2009— Santa Barbara, CA—** For 30 years The Glendon Association has conducted research, published books, produced films and created presentations in an effort to save lives and enhance mental health on a national and international platform. Their latest endeavor, the creation of [www.PsychAlive.org](http://www.PsychAlive.org), is using new media (the Internet) to get people the mental health help they need.

PsychAlive is a free website intended as a place where people can learn to take an active, introspective approach to their psychological well-being, learning about issues of depression, anger, addiction, self-destructive thoughts and behaviors, parenting, intimacy and general self-help. With the National Institute of Mental Health reporting that about one in four adults suffer from a diagnosable mental disorder in a given year, PsychAlive provides an important public service, offering articles, blogs, videos, quizzes and interactive workshops and directing people to the help they need.

PsychAlive introduces visitors to sound psychological principles and practices, while offering an insightful means of coping with life's everyday problems. The tools available on PsychAlive are designed to help people understand the emotional dynamics that operate within them and the limitations that restrict them in their daily lives. PsychAlive draws on the contribution of leading psychology experts who specialize in a broad spectrum of subjects related to emotional well-being. These experts provide articles, blogs, videos and podcasts designed to educate and aid the public, while raising awareness for mental health concerns. The information on PsychAlive is derived from the research of the Glendon Association, a non-profit psychology organization with nearly 30 years experience studying the roots of many of peoples' most prevalent emotional struggles.

"With the rise of medical sites like Health.com and WebMD, we wanted to create a warmer, more friendly, but equally informative resource for issues of mental wellness," said PsychAlive founder, Tamsen Firestone, the wife of psychologist and Glendon Association co-founder/consulting theorist Robert Firestone, Ph.D. "PsychAlive translates a solid base of psychodynamic and existential theory into terms that are understandable and applicable in everyday life."

PsychAlive is divided into three sections: Alive to Self, Alive to Intimacy and Alive to Parenting. Each of these sections focuses on the many emotional issues that can arise as people strive to lead their lives as successful individuals, partners and parents. PsychAlive additionally provides a free, confidential workshop, a rich multi-media experience that offers a step-by-step process that helps people to learn and assimilate the psychological information offered on the site. The workshop engages visitors in a progressive process that is modeled after the process that a person goes through in psychotherapy. The sections of the PsychAlive Workshop address the significant areas of life in which people suffer emotionally: within themselves, in their intimate relationships and with their children.

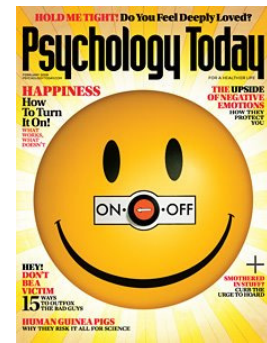
"PsychAlive is filled with powerful insights and opportunities for you to explore in practical and accessible ways the nature of your mind and your relationships," said Dan Siegel, MD. "We are in an exciting time where we now understand that reflecting on the internal world of our thoughts, feelings, and memories can actually change the structure of our brain and improve the health of our mental lives and our social connections. This informative website invites you to go on this 'mindsight journey' so that you can strengthen your connections--in your relationships, in your own mind, and even in your own brain! Dive in and explore."

PsychAlive offers additional support by providing a place to journal and supplementary information: text, guidance from experts, personal examples, video, podcasts, recommendations of books, movies and music that relate to one's specific stage in the workshop process and a media library of video, audio, books and reference materials.

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# Media Kit 2010

## Media Features



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