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Upcoming Events:

April 24- 28
American Association of Suicidology
 Austin, Texas
 Learn more [here](#)

April 25 - 28
Western Psychological Association (WPA)
Film Screening
 Glendon Expert Interviews with James Garbarino and James Gilligan
 Portland, OR
 Learn more [here](#)

May 2
The Self under Siege: A Search for Personal Meaning
 Antioch University
 Los Angeles, CA
 310-574-2813 Ext 409
jhowevercos@antioch.edu

May 7
Social Media and Marketing for Mental Health Professionals
 Free Webinar
 Presenter: Dr. Lisa Firestone and Lena Firestone
 11am – 12pm PST
 Learn more or register [here](#)

Welcome to our Spring Newsletter!

With spring in full swing, we wanted to focus this season's newsletter on the timely topics of balance, restoration, and personal growth. And what better tool for realizing these three aspirations than mindfulness? It is a subject we often hear buzzed about, but how much do we individually explore how mindfulness can impact our lives on a daily basis? In this issue, Dr. Lisa Firestone talks about her personal experiences with mindfulness. We've also featured some of Glendon's recent work centered around mindfulness, including Webinars and videos with Dr.'s Donna Rockwell and Jon Kabat-Zinn as well as blogs by Dr. Rockwell and Dr. Lisa Firestone. We welcome you to explore these media along with our new selection of free video clips from our expert interview series, featuring Dr. Robert Firestone and Dr. Carol Gilligan. Thank you for your interest and support!

Sincerely,
 Nina Firestone
 Managing Director

Dr. Lisa Firestone on the Value of Mindfulness



Reflecting on the past few months, I feel like mindfulness is all around me. I had the good fortune to attend the 3rd Wisdom 2.0 Conference in February. This conference, started by Soren Gordhemer, is amazing, with more than 1,800 people in attendance.

Each day began with mindfulness meditation. There were areas where all day attendees could partake in yoga, meditation, and mindfulness. Immersing myself in this world was both stimulating intellectually and mind-expanding personally. It is incredible to realize the impact of slowing down and tuning in to what is going on inside you.

Speakers included Jon Kabat-Zinn, Jack Kornfield and Ohio congressman Tim Ryan, who wrote *Mindful Nation*. The conference highlighted the impact of mindfulness practices in improving business, from job satisfaction to bottom-line productivity to better management and values in the corporate world. Speakers also discussed the importance of mindfulness in politics and humanitarian issues. Leading researchers demonstrated the personal and psychotherapeutic results of mindfulness as well as the scientifically proven medical benefits.

The following weekend, I attended the Humanistic Psychology Conference,

May 12-17

**Making Love Last by
Learning to Love**

Weeklong Workshop at Esalen
Big Sur, CA
Learn more [here](#)

May 20

Crisis Intervention Training for
First Responders
Santa Barbara, CA
1-4:30pm
Contact
Nancy Gottlieb –
ngottli@co.santa-barbara.ca.us

May 21

**The Self Under Siege: A New
Model of Differentiation**

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

May 22

Crisis Intervention Training for
First Responders
Santa Maria, CA
2pm
Contact
Nancy Gottlieb –
ngottli@co.santa-barbara.ca.us

May 29-June 1

**Aeschi West Conference
Basic Principals in Working with
Suicidal Patients**

Vail, Colorado
Learn more [here](#)

June 4

Becoming the Real You

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

July 31 - Aug. 4

**American Psychological
Association**

Honolulu, Hawaii
Learn more [here](#)

August 13

**The Role of Psychological
Security in Happiness and**

where I met with Donna Rockwell and had the opportunity to interview her for our website Psychalive.org, and for our [Mental Health Expert Interview Series](#). Attending her workshop and getting a chance to practice mindfulness meditation further helped me feel centered and present in my own life and in my work as a psychotherapist. Coincidentally, I was doing intensive therapy with a highly conflicted couple, and my immersion into mindfulness practice helped me keep my own balance and be more effective with these clients.

I also found myself incorporating mindfulness into my usual therapy approach for many of my clients, and saw the impact on issues from anger management to self acceptance and insomnia to anxiety. During this same time period, I've also been teaching a class on psychology to a group of children 9-14 years old. We spent several weeks talking about mindfulness and practicing mindfulness meditation. The children were not only able to engage with the practice but also reported feeling more focused and aware. Several of their teachers mentioned to me that the children had requested a few minutes to meditate before tests in the weeks that followed. The results of my immersion into mindfulness have confirmed my belief in the power of this very simple tool that we all have accessible to us at any time, to pay attention to the present moment without holding on to judgement by simply taking the time to pay attention to our breath.

*** Order the CE Webinar with Dr. Lisa Firestone and Dr. Donna Rockwell "[Mindfulness for Everyday Life.](#)"**

*** Watch and read interviews with mindfulness experts [Dr. Jon Kabat-Zinn, Dr. Donna Rockwell, Dr. Dan Siegel and more HERE](#)**

**New Video Interviews with Dr. Robert Firestone
and Dr. Carol Gilligan**

We are so pleased to share with you two new interviews in Glendon's [exclusive mental health interview series](#) featuring [Dr. Robert Firestone](#) and [Dr. Carol Gilligan](#).



In his interview with Fred Branfman, Dr. Robert Firestone explores topics of [differentiation](#) and becoming your "real self." He describes how people can take personal power in their lives by separating from destructive past influences and realizing their true goals and desires.

- [Watch the interview](#)



In her [interview](#), Dr. Carol Gilligan addresses a variety of topics including feminism, patriarchy, relationships, pleasure, parenting, and psychotherapy. She dispels myths regarding feminism that have pervaded both professional discourse and popular media for the past three decades, describing how "patriarchy creates a rift in the psyche, dividing everyone apart from themselves." She discusses relationships and parenting, including the dynamics of mother-son and mother-daughter relationships. Dr. Gilligan further addresses the dilemma of pleasure, stating that "pleasure is act one in a play that ends badly." Emphasizing its importance, she describes how people often defend

Suffering

CE Webinar

Presenter: Dr. Phil Shaver

4pm – 5:30pm PST

3 CE's

Learn more [here](#)

August 20

The Role of Psychological Security in Happiness and Suffering

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

San Diego, California

Learn more [here](#)

Sep. 11

Cottage Hospital Psychiatric Grand Rounds on Suicide

Santa Barbara, CA

Learn more [here](#)

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

International Association for Suicide Prevention

Oslo, Norway

Learn more [here](#)

Oct. 8

Overcoming the Inner Enemy that Causes Depression

Free Webinar

Presenter: Lisa Firestone, Ph.D.

11am – 12pm PST

against pain by not feeling pleasure.

- [Watch free clips from this interview at PsychAlive.org](#)
- [Learn more or order the film at Glendon.org - \\$39.95](#)

Glendon Assists HopeNet of Carpinteria in Training Community on Warning Signs for Suicide

Written by Amrita Salm of HopeNet



On March 18, HopeNet of Carpinteria, a grass roots suicide prevention group that formed last year, held a workshop with the assistance of Glendon Association. Dr. Lisa Firestone and Jina Carvalho were instrumental in assisting HopeNet in organizing the community

training on helper tasks and warning signs for suicide .

A new protocol for the training was developed by Dr. Firestone and Dr. Gil Reyes of Fielding Institute. The two internationally recognized experts on suicide prevention and psychological first aid trained the facilitators, many of whom were recruited by The Glendon Association a few weeks before the March 18 event. These mental health professionals were then trained by Dr. Firestone to be the facilitators at the community event.

This community event "A Community Toolbox: How To Serve the Depressed and Suicidal Person with Understanding," was positively received by the small community of Carpinteria. More than 75 people attended the workshop and learned the skills necessary to identify suicide warning signs and provide support strategies for those at risk. The participants engaged in role-playing activities with much enthusiasm and were given resource materials, many of which were provided by Glendon and other agencies.

We are very grateful for the ongoing support Glendon has offered our community empowering us with the skill we need to deal with suicide prevention in our community.

HopeNet website: www.hopenetofcarp.org

The Glendon Association is considering using a similar format in other locations in our local community.

Children's Mental Health Awareness Month



One of our chief goals at [The Glendon Association](#) is to foster support and raise awareness for children's mental health. Our research and theory have supported the rights of children to be treated with the utmost regard, respect, sensitivity and care when it comes to

their emotional well-being. The impact we have on children as parents and caretakers leaves a heavy influence on their psychological development throughout their lives. Our children must never be treated as mere shadows

Learn more or register [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](#)

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on the walls. Everything we say, they are there to hear. Everything we do, they are there to observe. Every defense we have, they are there to imitate. Expressing real love to our children means considering them as individuals separate from ourselves. It means noticing ways we may be hurting them or holding them back and supporting a side of them that is free to pursue their unique passions and goals. In honor of Children's Mental Health Awareness Month, we offer a series of articles emphasizing how we, as parents, can better support our children, as they grow into adults. Read more at [PsychAlive - Alive to Parenting](#).

Glendon Welcomes Megan Fischer



We would like to introduce the newest member of the Glendon staff - Megan Fischer. We are very pleased to have Megan join Glendon as our new Conference Coordinator. She is responsible for logistical planning and preparation for all the conferences, workshops and presentations offered by Glendon - locally, nationally and internationally. Megan also works closely with Dr. Lisa Firestone, assisting in her

presentation development, research and publications. Megan has a degree in Communications and a strong background in client relations and event planning, skills that are extremely valuable to the day-to-day operations of our organization. Megan is already a valuable member of the team; her generous and collegial attitude has contributed a great deal to Glendon's daily activities and team work.

Latest Blogs from Dr.'s Robert and Lisa Firestone

- [Advantages of Dating After 40](#)
- [The Dangers of Narcissistic Parents](#)
- [4 Steps to Conquer Your Inner Critic](#)
- [What is a Mentally Healthy Person?](#)
- [Leaving Your Childhood Behind to Become a Better Parent](#)
- [Benefits of Mindfulness](#)
- [Are You the Parent You Want to Be?](#)
- [Why It Is Good For You to Feel Negative Emotions](#)
- [Qualities of an Ideal Therapist](#)

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