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Upcoming Events:

- International Network on Personal Meaning Conference**
"Differentiation and the Search for Meaning"
July 26 -29
Invited Speaker: Lisa Firestone
Toronto, Ontario Canada
Learn more [here](#)
- Author Book Signing *Self Under Siege*: Routledge Books**
American Psychological Association Annual Convention
Aug. 2 - Orlando, FL
Learn more [here](#)
- Effective Use of New & Social Media in Increasing Mental Health Education & Awareness**
American Psychological Association Conference
Orlando, FL
August 2
Learn more [here](#)
- Suicide Prevention and Treatment in Rough Economic Times**
American Psychological Association Annual Convention
Aug. 4 - Orlando, FL
Learn more [here](#)
- Complex Forms of PTSD**

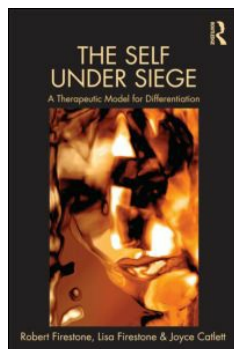
Welcome to our Summer Newsletter!

Dear Friends,

This summer, we are very pleased to be celebrating the completion of several big projects we've been working on for the past year. First, we are announcing the launch of a new book by Glendon authors, Dr. Robert Firestone, Dr. Lisa Firestone, and Joyce Catlett, *The Self Under Siege: A Therapeutic Model for Differentiation*. Available this month from Routledge Mental Health, the book is both a synthesis and extension of Dr. Robert Firestone's basic theory. Our second big announcement is the launch of Glendon's brand new website. We hope you will take the time to explore the many multimedia resources we have made available on our website. As always, this newsletter will keep you up to speed on the latest Glendon publications, upcoming events, presentations, CE Workshops, and Webinars. We are pleased to share our mission with all of you. On behalf of the entire Glendon team, we wish you a wonderful summer! Please don't hesitate to contact us with any questions, thoughts, or suggestions.

Sincerely,
Nina Firestone
Managing Director

New Book by Robert Firestone, Ph.D. - *The Self Under Siege*



How much of our identity or 'self' is truly representative of our own wants, needs, and goals in life and how much does it reflect the desires and priorities of someone else? Are we following our own destiny or are we unconsciously repeating the lives of our parents, living according to their values, ideals, and beliefs? In this thought-provoking book, Dr. Robert Firestone and his co-authors explore the struggle that all of us face in striving to retain a sense of ourselves as unique individuals. The self is under siege from several sources: primarily pain and rejection in the developmental years, struggles in forming relationships, detrimental societal forces, and existential realities that affect all people.

An important addition to the area of personality development theory, [The Self Under Siege](#) offers a new perspective on differentiation and the battle to separate ourselves from the chains of the past. It provides psychotherapists and other mental health professionals with the tools needed to help clients differentiate from the dysfunctional attitudes and toxic personality traits of their parents, other family members, and harmful societal influences that have unconsciously dominated their lives. This book will have a special appeal to clients and, in fact, to any person interested in his/her own personal development.

CE Webinar

Presenter: Christine Courtois,
Ph.D.

August 13

Learn more or register [here](#)

Understanding Trauma, from “Simple” to “Complex”

Free Webinar

Presenter: Christine Courtois,
Ph.D.

Aug. 20

Learn more or register [here](#)

14th European Symposium of Suicide & Suicidal Behavior

Sep. 3-6 - Tel Aviv, Israel

Learn more [here](#)

Suicide in Rough Economic Times

International Violence and Trauma
Conference, (IVAT)

Sep. 12 - San Diego, CA

Learn more [here](#)

Understanding and Preventing Suicide

Free Webinar

Presenter: Dr. Lisa Firestone

Sep. 18

Learn more or register [here](#)

Suicide: What Every Mental Health Professional

Needs to Know

CE Webinar

Presenter: Dr. Lisa Firestone

Sep. 25

Learn more or register [here](#)

Understanding and Effectively Treating Violence

CE Webinar

Presenter: Dr. James Gilligan

Oct 16

Learn more or register [here](#)

Why Does Violence Occur and How Can We Prevent It?

Free Webinar

Presenter: Dr. James Gilligan

Nov. 13

Learn more or register [here](#)

How to Raise an Emotionally Healthy Child

Free Webinar

“ I noticed that I was pretty much divided when I read this book. One part of me, the psychologist, absorbed the fascinating discussions and wonderful examples of the powerful voice therapy method. The other part, my very essence, learned more about myself than I could ever have imagined. When both of these parts come together, my Self is strengthened and I know I will be a much more effective therapist. I recommend this book for all therapists to not only strengthen their own sense of self, but to have a deeper understanding of those they work with.”

Violet Oaklander, Ph.D. - Author of *WINDOWS TO OUR CHILDREN: A Gestalt Therapy Approach with Children and Adolescents* and *HIDDEN TREASURE: A Map to the Child's Inner Self*

To learn more about or order *The Self Under Siege* [click here](#)

Watch Co-Author, Lisa Firestone, Ph.D. Introduce the
Concept of the Self Under Siege and Differentiation [here](#)

For all media inquiries or to request a review copy, please contact Jina
Carvalho, jina@glendon.org or (800) 663-5281 Ext. 232.

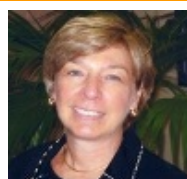
Glendon Launches New Website



After months of collaboration, we are excited to have launched our newly designed website, www.glendon.org. The new layout of the site was carefully designed to be easy to navigate and user-friendly, granting you immediate access to all of our materials and resources. As you know,

Glendon focuses on various topics of mental health, including violence and suicide prevention, interpersonal relationships, and parenting. The website allows you to learn more about our approach to these subjects and to explore the research and theories of Dr. Robert Firestone. Resources available include video clips, articles, Webinars and blogs as well as information on all available books, films, assessment tools, and brochures. Download free resources and learn about Glendon's upcoming free and CE workshops, presentations, and Webinars. You can also explore our brand new [Glendon store](#), where you can purchase recorded Webinars, CE materials, and films. We appreciate you paying a visit to our website. We hope you will find it to be a valuable resource!

Timely CE and Free Webinars with Christine Courtois, Ph.D. on Trauma



As a society, we have recently been impacted by certain traumatic events that have left us considerably shaken. The tragic Aurora shooting sent us into shock, while reports like Time Magazine's cover story on the high rate of military suicides and PTSD have forced us to recognize the importance of understanding and treating trauma. This August, we are glad

to welcome trauma expert Dr. Christine Courtois in presenting a series of CE and Free Webinars on understanding and treating trauma and post-traumatic stress. Whether we are victims of trauma, friends and family of those affected, or mere

Presenter: Dr. Lisa Firestone
Dec. 4
Learn more or register [here](#)

Blog for PsychAlive.org

Interested in blogging for
Glendon's editorial psychology
website, [PsychAlive.org](#)?
Contact carolyn@psychalive.org

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witnesses to devastating events reported by the media, we are all impacted by trauma. Understanding how to recognize and treat those struggling is invaluable. In the CE Webinar with Dr. Courtois, one can gain a better understanding of "complex trauma" and learn about cutting-edge treatment approaches. In her Webinar for the public, Dr. Courtois will explain how we can better understand and help individuals impacted by trauma. Dr. Christine Courtois is not only a pioneer in the field of traumatic stress studies but also a leading expert in the treatment of trauma and related disorders. We hope you will join us for these important and timely Webinars. Please note that, anyone who has registered and paid for the CE Webinar will receive a full video recording of the presentation after it takes place in case they were not able to attend the live Webinar.

Free and CE Webinars with Christine Courtois, Ph.D.

[Complex Forms of Post-Traumatic Stress Disorder](#)

August 13 - 4pm to 5:30pm PST

Presenters: Dr. Christine Courtois and Dr. Lisa Firestone

Learn more or register [here](#)

Offers 3 CE Credits **this will be recorded for later viewing as well.

[Understanding Trauma from "Simple" to "Complex"](#)

August 20 - 11am to 12pm PST

Free Webinar

Presenters: Dr. Christine Courtois and Dr. Lisa Firestone

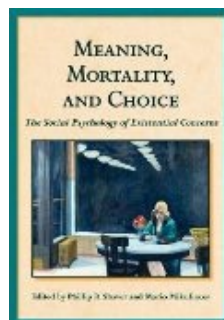
Learn more or register [here](#)

Glendon Offers Santa Barbara a Free Suicide Prevention Training Day



Glendon will offer their local mental health community a free day-long training on suicide prevention and treatment. The workshop will be presented by Dr. Lisa Firestone and is sponsored in collaboration with UCSB Counseling Services and the Hosford Counseling clinic as well as Santa Barbara City College. This valuable workshop will be held on Saturday, October 13 at the Isla Vista Theater on the UCSB campus. The workshop will provide CE's for licensed mental health practitioners. For more information and registration info, contact Jina Carvalho at jina@glendon.org or 805-681-0415 Ext. 232.

Robert and Lisa Firestone Co-Author Chapter in New Book, *Meaning, Mortality, and Choice*



The new book [Meaning, Mortality and Choice: The Social Psychology of Existential Concerns](#) features a chapter by Dr. Robert Firestone and Dr. Lisa Firestone on "Separation Theory and Voice Therapy Methodology." In their chapter, the authors discuss perspectives that integrate psychoanalytic and existential systems of thought. The book's editor wrote of the contribution, "This chapter shows how a person's vitality and zest for life can be sapped by internalizing experiences in relationships that undermine autonomy and self-esteem. In that way, the chapter adds to social psychological studies reviewed in previous chapters dealing with meaning, autonomy, conditional regard, the potential for corrective experiences, and personal growth.

[Meaning, Mortality and Choice: The Social Psychology of Existential Concerns](#)

Editors Philip Shaver Ph.D. and Mario Mikulincer, Ph.D. have gathered a diverse group of international thinkers to investigate the existential concerns within a framework that is philosophical, practical, and therapeutic.

[Read More](#)

Latest Blogs from Dr.'s Robert and Lisa Firestone

[PsychologyToday](#)

- [Helping Parents Distinguish Love from Emotional Hunger](#)
- [Self-Esteem Versus Narcissism](#)
- [A New Look at Differentiation](#)
- [John Irving: Identity, Sexuality, Society's Assault on the Self](#)
- [Memorial Day: An Opportunity to Reach Out to Veterans](#)
- [Creating Meaning by Facing Our Mortality](#)
- [Breaking the Fantasy Bond with Our Mothers](#)

[The Huffington Post](#)

- [How To Shed The Baggage Of Your Past](#)
- [What's Behind Emotional Overeating?](#)
- [The Impact of Overparenting](#)
- [Why the Spark Fades in a Relationship](#)
- [Are We Still Condemning Women for Their Sexuality?](#)
- [Five Tips for Helping Kids Handle Their Emotions](#)

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