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### Upcoming Events:

**April 21**  
**The Origins of Violence in Child Abuse**

CE Webinar  
 Presenter: Dr. James Garbarino  
[Learn more or sign up](#)

**April 23**  
**13<sup>th</sup> National Conference Adolescents and Young Adults**  
 Las Vegas, Nevada  
 Helping Young People Develop Their Unique Identity and Overcome their Inner Critic  
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The Role Attachment Plays in the Young Person's Search for Closeness and Intimacy  
[Learn more](#)

**May 4**  
**Crisis Intervention Training for Law Enforcement**  
 Suicide Assessment and Treatment  
 ADMHS Santa Barbara, CA  
[Learn more](#)

**May 15-17**  
**Conquer Your Critical Inner Voice Workshop**  
 Esalen Institute - Big Sur, CA  
[Learn more or sign up](#)

**May 19**  
**Why Am I Still Single? Learn**

### Welcome to our Quarterly Newsletter!

Welcome! I'm excited to share with you our quarterly newsletter. This spring season, we are busy creating and launching a variety of new projects: Webinars, online courses, books, films and CE opportunities. I look forward to sharing these ventures with you and hope you will be able to join us for some of our upcoming events.

With April being National Child Abuse Prevention Month, we are turning our attention to the subject of [parenting and child development](#) with new blogs, online workshops and courses.

We are also pleased to offer new films in our expert mental health interview series and are happy to announce that many of our films are now available to stream online.

As always, we appreciate the opportunity to fill you in on our work in our local community here in Santa Barbara, California as well as our national and international outreach through forums both live and online. We are proud to be reaching larger audiences across the world, an effort that wouldn't be possible without your support. Thank you!

Warm Regards,  
 Nina Firestone  
 Managing Director

### Better Parenting: Articles, Webinars & eCourses

One of our primary focuses at Glendon is on parenting and child development. A person's early life experiences have a profound and powerful effect on every aspect of their lives. Childhood abuse, neglect and trauma can leave imprints that perpetuate a cycle of pain, violence and self-destructive attitudes and behaviors. With April being National Child Abuse Prevention Month, we are introducing a series of articles, Webinars and online courses on topics of parent-child relationships. These readings and workshops are designed for all parents and mental health professionals working with children and families.

Dr. Lisa Firestone will also participate in an online summit "Take Your Power Back: Living, Loving and Succeeding after Childhood Trauma," which will be live on May 13, 2015. The focus of this summit will be to educate the public about how individuals impacted by childhood trauma can heal, restore and lead a fulfilling life.

### Articles:

**the Barriers That Ward Off Love**

CE Webinar

Presenter: Dr. Lisa Firestone

[Learn more or sign up](#)**June 3****Uncovering Happiness**

CE Webinar

Presenter: Dr. Elisha Goldstein

[Learn more or sign up](#)**June 11-13****Aeschi West**

Vail, CO

[Learn more](#)**June 18-21****SEPI's 31<sup>st</sup> Annual Meeting**

A Cognitive/Affective Behavioral Approach to Enhancing a Client's Ability to Change

[Learn more](#)**June 24-27****46th Annual Meeting of the Society for Psychotherapy Research**

Philadelphia, PA

June 24: Adult Attachment in Romantic Relationships

June 24: A Cognitive/Affective Behavioral Approach to Enhancing a Client's Ability to Change

[Learn more](#)**August 18****Become a Better Parent by Understanding Yourself**

Free Webinar

Presenter: Dr. Lisa Firestone

[Learn more or sign up](#)**Sep. 15****Help Save a Life:****Understanding and Preventing Suicide**

Free Webinar

Presenters: Dr. Lisa Firestone and Kevin Hines

[Learn more or sign up](#)**Oct. 5****Compassionate Parenting**

5-Week eCourse

Presenter: Dr. Lisa Firestone

[Learn more or sign up](#)**Oct. 13****Effective Ways to Fight Depression**

Free Webinar

- [How to Break the Cycle of Child Abuse](#)
- [The Making of a Murderer](#)

**Webinars:**

- CE Webinar: [April 21 – The Origins of Violence in Child Abuse](#)
- Free Webinar: [Aug. 18 – Become a Better Parent by Understanding Yourself](#)

**eCourse:**

- [Compassionate Parenting: A Holistic Approach to Raising Emotionally Healthy Children](#)

**eCourses on Self-Development, Parenting & Relationships**

Last year, we were pleased to launch our very first online course with Dr. Lisa Firestone. In the wake of our premier course's warm reception, we are now proud to offer a series of eCourses on subjects of relationships, parenting and self-development. All archived and upcoming courses are designed for both a public and professional audience. Our latest course on differentiation is available for CE's.

**Online Courses with Dr. Lisa Firestone:****Become Your True Self (CE)**

A transformative four-week course that introduces a method to differentiate from negative programming from your past to lead the life you truly desire.

[Learn more](#)**Creating Your Ideal Relationship**

A six-week course that explores what it means to become a loving person and the actions that go into making love last a lifetime.

[Learn More](#)**Overcome Your Inner Critic**

A six-week eCourse is designed to help individuals break free from self-critical thoughts and develop themselves to achieve their goals in life.

[Learn more](#)**Compassionate Parenting**

Starting in October, this five-week course will highlight a holistic approach to raising emotionally healthy children.

[Learn more](#)**New Expert Interviews Available on DVD and Online**

We are proud to have added interviews with Dr. John Norcross and Dr. Steven Porges to our distinguished experts in [Mental Health Film Series](#).

Presenter: Dr. Lisa Firestone  
[Learn more or sign up](#)

**Nov. 17**  
**A Way Out of Loneliness**  
 CE Webinar

Presenter: Dr. Lisa Firestone  
[Learn more or sign up](#)

**Dec. 1**  
**Live Life to the Fullest**  
 A CE Webinar  
 Presenter: Dr. Lisa Firestone  
[Learn more or sign up](#)

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**[Achieving Lasting Change:  
 An Interview with John Norcross](#)**

John Norcross is an internationally recognized expert on psychotherapy outcomes, clinical training and behavioral change.

**[Negotiating Safe Places: Behavioral Regulation and Social Engagement: An interview with Dr. Stephen Porges](#)**

Stephen Porges is a developmental psychologist and neuroscientist who specializes in the neurobiology of social behavior.



**Watch Glendon Films Online**

Many of our films are now available to stream online.  
 Check out our channel [here](#).

**Glendon in the Community**

**Glendon Collaborating in a Study with Anger Managements Specialists of Santa Barbara**

Glendon is assisting Anger Management Specialists of Santa Barbara, who are currently compiling data and in their domestic violence groups between Santa Barbara and Lompoc. The goal for the anger management groups is to create and support an alternative trajectory away from the behaviors that lead back to criminality and thus reduce recidivism. Glendon is developing a computerized scoring program for the FAVT (Firestone Assessment of Violent Thoughts) to aid in data collection and analysis.

**[Learn more about the FAVT](#)**

**Lisa Firestone training law enforcement on suicide prevention at C.I.T Training in Santa Barbara County**

Lisa Firestone has been invited, for the fourth year, to offer her workshop "Suicide Prevention for Law Enforcement" at the C.I.T. (Crisis Intervention Training). The training assists law enforcement, who are often the first point of contact for people in crisis or experiencing psychiatric emergencies. The training prepares law enforcement professionals to recognize the signs and symptoms of suicidal crisis and provides them with the skills and knowledge to be able to respond more effectively. The training is sponsored by [ADMHS](#) (Alcohol Drug and Mental Health) of Santa Barbara.

**Latest Blogs from Dr. Lisa Firestone**

- [Are You Giving Up on Love?](#)
- [Stop Hating Yourself Once and For All](#)
- [How to Find Your Happiness](#)
- [How to Tell if You're in the Wrong Relationship](#)
- [The Making of a Murderer](#)
- [Are You Sabotaging Your Relationship?](#)
- [5 Ways to Fight Loneliness](#)
- [5 Most Important Relationship Resolutions](#)

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