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CE Webinar with GoodTherapy.org
[Learn more or sign up](#)

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**7 Reasons Most People Are
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CE Webinar
[Learn more or sign up](#)

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**Adult Attachment in Adult
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CE Workshop
Wright Institute - Berkeley, CA
[Learn more](#)

Feb. 17
**Break the Chain: How to Live the
Life YOU Want**
Free Webinar
[Learn more or sign up](#)

March 24
**Stop Hating Yourself: A Method
to Overcome Your Inner Critic**

Welcome to our Quarterly Newsletter!

Welcome! As we come to the close of 2014, we feel an exciting mix of reflection and anticipation. We are honored and thankful to have shared another year of meaningful work that has reached thousands of people around the world. Yet, with so much to look forward to in 2015, our focus is on the many things we have in store for the new year. As always, in this final newsletter of the year, we'll share with you our recent activities and upcoming events. We will even let you in on a few proven tips for a happy holiday season. But more than anything, we wish to thank you for your ongoing interest in and support for Glendon's mission. It is because of you that in the past three decades, we've been able to grow and reach more and more people with a message of hope, compassion and self-awareness that can change lives.

Warm Regards,
Nina Firestone
Managing Director

Tips for a Happy Holiday

holiday

The holidays are full of reminders to be "merry" and "bright." However, all the things that sound warm and cozy like family, travel, parties, presents and pies can quickly become sources of stress. As we wish one another a happy holiday, it's important to slow down and think about what will really make it a happy time for ourselves and

those we care for. How can we create our own traditions that have unique meaning to us? Here are a few tips that can help us stay positive and ourselves, while avoiding the winter blues.

1) Stay Active. The weather may be frightful and our to-do lists longer than ever, but taking time to be active and exercise is a natural mood enhancer that releases endorphins and actually boosts our energy levels. Exercise is an opportunity to do something for ourselves, to take our mind off practical concerns and be in the moment.

2) Stay on Your Own Side. Self-critical thoughts have a way of creeping in over the holidays. Memories of attitudes that were directed toward us in our past may resurface when we visit family. We may also start to compare ourselves or our lives unfavorably to others. We may have thoughts like, "He/ she is so accomplished. Why are you still stuck in your lame, dead-end job? What a loser."

CE Webinar

[Learn more or sign up](#)

April 21

Guest Webinar with Dr. James
Garbarino

To learn more email
Jina@Glendon.org

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 the
Barriers That Ward Off Love

CE Webinar

[Learn more or sign up here](#)

June 16

Guest Webinar with Dr. Carol
Gilligan

To learn more email
Jina@Glendon.org

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These criticisms come from our “critical inner voice.” This voice represents the negative self-talk of an internal enemy. We have to be aware of this voice and actively ignore it in order to feel any sense of peace. Be aware that this voice often gets louder this time of year and don’t allow this inner critic to dictate your behavior.

3) Be Mindful. The serene picture of a family sipping hot cocoa by the fire, merrily making jokes or exchanging gifts may or may not be part of your holiday. However, “family time” can be full of emotions that aren’t 100 percent joyful. The build-up around special occasions can set people (especially children) up to feel let down or disappointed.

Emotions can peak when old family dynamics are sparked. We’re reminded of how we felt as a child or teenager, and feelings start to surface that we don’t expect. Be aware of what you feel. Try to maintain a curious but compassionate attitude toward yourself. Being aware of your feelings doesn’t mean you should feel victimized or act out, but it allows you to be more mindful, to check in and reconnect with yourself and to regain a sense of calm in stressful situations. Meditation is a great way to do this!

4) Choose Your Family Time. Your holiday is yours. It’s a time to spend doing the things that matter to you. If that means seeing family, that’s great. If it means spending some alone time with your partner or your friends and “family of choice,” that’s great, too. Don’t let guilt get the better of you. It isn’t selfish to balance your time and to do the things that really light you up. When we feel relaxed and ourselves, we spread that feeling to those around us.

5) Be Generous. Studies show that people feel better when they’re giving than when they’re getting. Generosity helps us live longer and happier. Take your mind off your inner critic by participating in shared acts that help others.

New eBooks Available

We’re happy to announce that several books by Glendon’s consulting theorist, Robert Firestone, are now available as eBooks. You can download the following titles to access on your computer, phone or tablet:

The Fantasy Bond



Voice Therapy



Compassionate
Child-Rearing

compassion



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We are pleased to announce our participation with AmazonSmile, a simple and automatic way for you to support The Glendon Association every

time you shop, at no cost to you. When you buy from smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com with the added bonus that Amazon will donate a portion of the purchase price to Glendon. To shop at AmazonSmile simply go to smile.amazon.com. You can use your existing Amazon account to make purchases. Just make sure to visit the smile.amazon.com link when you shop.

The Value of Live Workshops and Face-to-Face Learning

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We seem to be in the age of online learning, including Webinars, eCourses teleconferences and more. These are valuable, efficient and cost-effective ways for professionals and interested individuals to expand their knowledge. Glendon and PsychAlive are also actively expanding their

online offerings to an engaged and growing community. However, we are also very committed to continuing to present live workshops to local as well as national and international audiences.

The benefits of live instruction and face to face interaction with others can be a deeply rewarding learning experience for both the instructor and the participant. Recently, Glendon held a weekend workshop "Free Yourself from Your Inner Critic" at a private retreat center in Ojai, California.

It was very well-received, and one participant commented "I loved the exercises and group discussion –what we did was transformative. I only wish we had more time in this setting."

Lisa Firestone also continued to present workshops internationally in the following locations:

[ESSSB 15](#) -Tallinn, Estonia

[SEPI XXXth Annual Meeting](#) - Montreal Canada

[2014 SPR Conference](#) - Copenhagen, Netherlands

See all of Glendon's Upcoming Live Events [Here](#)

Interested in having Glendon teach a workshop near you?

[Click here](#) to see our workshop offerings

Community Outreach and Communications Internships

For more than 10 years, Glendon has been an internship site for many dedicated UCSB students. Their efforts have allowed Glendon to complete valuable projects, and we are very appreciative to our many dedicated interns. This past year we had the pleasure of supervising our first psychology practicum intern from Westmont College.

Kyle



Glendon Intern Spotlight:

Kyle Cablay completed a Westmont Psychology Internship under the supervision of professor Dr. Andrea Gurney. He was an extremely dedicated and resourceful intern and wrote this story about his participation in the "Out of the Darkness Walk, in Santa Barbara:"

My most rewarding practicum project at Glendon was to help coordinate the "Out of the Darkness" walk, sponsored by the American Foundation for Suicide Prevention (AFSP). The walk, with over 150 participants this year, raised a total of \$8,600 to help with AFSP's suicide prevention efforts. There were opening comments from Mayor Helene Schneider as well as stories of loss and survival from individuals and families who had been impacted by suicide. I was honored to help initiate a mental health resources fair with over 15 local mental health agencies participating this year.

A local band " **The Pedestrians** " comprised of students from Westmont College provided heartfelt music at the walk. You can find them on [Facebook](#), and I am providing a [Link](#) to download a few of their songs, since so many people have asked me about their music.

It was an amazing learning experience, being able to work with local agencies as well as booking the band to support the event, and it capped off my extraordinary internship at Glendon, for which I am so grateful.

Latest Blogs from Dr.'s Lisa and Robert Firestone

Blogs by Lisa Firestone, Ph.D.

- [Are You a Narcissist?: InfoGraphic](#)
- [The Scientific Approach to Changing Your Life](#)
- [6 Rules to Live By When You Discipline Your Child](#)
- [3 Steps to Experience the Perfect Imperfect Moment](#)
- [5 Excuses to Stop Making About Sex](#)
- [Finding Your Cure for Depression](#)
- [How to Break the Cycle of Child Abuse](#)

Blogs by Robert Firestone, Ph.D.

- [The Simple Truth about Anger](#)

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