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"The beautiful spring came; and when Nature resumes her loveliness, the human soul is apt to revive also."

- Harriet Ann Jacobs

Welcome!

Welcome to our spring newsletter! These past months, our team has been working on many new ventures that we're excited to share with you today. These include opportunities and resources for individuals and mental health professionals alike on topics that range from making sense of your past to preventing suicide.

This year, we're honored to welcome a series of very special guests to lead exclusive eCourses and Webinars presented by Glendon and PsychAlive. In June, we will launch the eCourse "Making Sense of Your Story," an online course taught by Drs. Daniel Siegel and Lisa Firestone. This year's Webinar series has and will continue to include presentations by leading mental health experts, including Les Greenberg, Frederic Luskin, Bonnie Goldstein and Kristin Neff among others. Many of these online offerings are available for CE Credits.

As a non-profit organization, Glendon remains committed to offering many free and easily accessible educational materials to a worldwide audience on topics of mental health. As always, PsychAlive remains a free online mental health resource visited by millions of people each year. We feel deep gratitude for your ongoing support and encouragement, without which none of our efforts would be possible.

Warm Regards,
Nina Firestone
Managing Director



UPCOMING EVENTS

May 9
In-Service Training on
Suicide
Santa Barbara, CA
Presenter: Dr. Lisa
Firestone
[Learn more](#)

May 10
The Power of
Forgiveness
CE Webinar w/ Dr. Fred
Luskin
[Learn more](#)

May 11
Truth from the Source
Radio Interview
with Dr. Lisa Firestone
[Learn more](#)

May 13-15
Overcoming the Fear of
Love
Weekend Workshop at
Esalen
Presenters: Dr. Lisa
Firestone & Joyce Catlett
[Learn more](#)

June 7
Beating Addiction
CE Webinar w/ Dr. Lisa
Firestone
[Learn more](#)

June 16-18
SEPI's 32nd Annual
Conference
Dublin, Ireland
[Learn more](#)

Making Sense of Your Story: An eCourse with Dan Siegel & Lisa Firestone



I'm very excited to announce an innovative new eCourse that I will be teaching along with my friend and colleague Dr. Dan Siegel. The course, "[Making Sense of Your Story: Understanding Your Past to Liberate Your Present and Empower Your Future](#)" will launch on June 1. Drawing upon groundbreaking science in attachment theory and interpersonal neurobiology, we've designed this unique online course with the special intention of guiding you through a personal journey of self-discovery and development. Creating a coherent narrative is an endeavor that research has shown can help free you from the restraints of your past in order to create more fulfilling relationships and experiences in the present. We hope you will join us!

- Lisa Firestone

Our eCourse aims to:

- Lead you through a fascinating process of self-discovery
- Provide a framework for resolving childhood traumas
- Clarify how childhood attachment patterns may be affecting your life today
- Explain how you can develop a secure attachment in adulthood
- Draw upon cutting edge neurobiological research to explain how you can rewire your brain to become more present, secure and empowered in your life today
- Offer step-by-step guidelines for how to construct a coherent narrative
- Provide you with tools for better understanding and integrating your emotions

[Learn more or sign up](#)

*Suicide on the Rise in the United States:
What We Can Do*

August 4
APA 2016 Annual
Convention
Denver, CO
"Advances in Addressing
Violence"

Presenters: Dr. Lisa
Firestone & Dr. Robert
Kinscherff
[Learn more](#)

August 10
Grand Rounds Santa
Barbara Cottage Hospital
For more info: contact
Jina@Glendon.org

August 23
Real Love Versus
Fantasy
CE Webinar w/ Dr. Lisa
Firestone
[Learn more](#)

November 9
Self-Compassion
CE Webinar w/ Dr. Kristin
Neff
[Learn more](#)



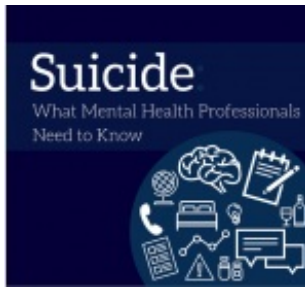
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More than 40,000 people die by suicide each year in the United States. The CDC has reported that in 10 years, the suicide rate among Americans ages 35 to 64 rose by nearly 30 percent. Worldwide, more people die by suicide than all homicides and wars combined. The good news is there are empirically validated treatments

that can save lives. Both individuals and mental health professionals alike can learn tools to help someone who's suicidal.

For the public:

Glendon and PsychAlive have put together a series of resources illustrating the warning signs of suicide as well as the helper tasks that can save lives. We encourage users to use and share the following:

- **[Read about Suicide Prevention on PsychAlive](#)**
- **[Watch a Webinar: The CPR of Suicide Prevention](#)**
- **[Order a film: Understanding and Preventing Suicide](#)**

For mental health professionals:



The need for mental health professionals to be educated on how to better assess and treat suicidal individuals is imperative. In a recent publication, The Joint Commission urged all health care providers to be adequately trained in the care of individuals at risk for suicide. In response to this need, Dr. Lisa Firestone

developed a groundbreaking online course to address the lack of appropriate evaluation and treatment of suicidal individuals.

PsychAlive's online course: "[Suicide: What Mental Health Professionals Need to Know](#)" provides the latest information that can help save lives. When speaking on the necessity and urgency of the course Dr. Firestone said, "Most therapists have not received adequate training in dealing with a suicidal client. They have been provided with limited or outdated information that no longer meets the standard of care."

This 3.5 hour online training enables mental health professionals to fill in the gaps regarding the dynamics of suicide and learn effective treatment methods that can help stop a suicide. Health care professionals virtually anywhere can finally gain vital information in the field of suicide prevention and help save lives.



- **[Take the eCourse: Suicide: What Mental Health](#)**

[Take the Course: Voices of Suicide: Learning from Those Who Lived](#)

Professionals Need to Know

- **Watch a Webinar: [Suicide: What Therapists Need to Know](#)**
- **Order the Film: [Voices of Suicide: Learning from Those Who Lived](#)**

Webinar Series Features Guest Experts

This year we're honored to present a series of online talks featuring experts in their field. These one-hour Webinars are available to view live or to watch online as video recordings. Mental health professionals can receive 3 CE's for each Webinar. Here's what we have in store:

Upcoming Webinars:



May 10 – The Power of Forgiveness: A Conversation with Dr. Frederic Luskin

Dr. Luskin's work explores forgiveness with the goal of reducing hurt and helplessness, letting go of anger and increasing confidence. He will explore the HEAL process of forgiveness that, when learned, can lead to enhanced well-being through self-care.

[Learn More](#)



Nov. 9 – Self-Compassion: A Conversation with Dr. Kristin Neff

A leader in self-compassion research, Dr. Kristin Neff will illustrate the three key components of self-compassion and the countless benefits it offers in terms of our well-being.

[Learn More](#)

Recorded Webinars (Available Now):



Nurturing Self-Regulation, Mindful Self-Awareness and Resilience in Children, Adolescents and Families

Since a child's healthy sense of self is built upon a secure attachment, Dr. Goldstein explores interventions for working with younger clients and their families through the lens of both family and group psychodynamic psychotherapy.

[Learn More](#)



Importance of Emotion in Therapy: A Conversation with Dr. Leslie Greenberg

Dr. Greenberg teaches how people can learn to understand, manage, and transform maladaptive emotions through EFT so that they can access and utilize healthy, adaptive emotions, such as compassion, empowering anger or grief.

[Learn More](#)

Glendon's Community Internship Program



Glendon interns: Mackenzie Hogbin, Kristan Holding and Ashley Omwanghe

For more than 10 years Glendon has offered internship opportunities for students from UCSB, Westmont College, Santa Barbara City College and local high schools. Under the supervision of Jina Carvalho, Director of Communications, our interns have offered Glendon and PsychAlive invaluable contributions to support our work in the community. Everyone of us at Glendon is very grateful to our volunteer interns and pleased to follow them in their

careers as they graduate. We thought we would take this opportunity to say thank you to each intern we have had over these 10 years... too numerous to name here.

Current Intern:

Kristan Holding
Westmont College Class of 2016

My current internship at the Glendon Association is providing me a unique opportunity to learn about the field of psychology. I have gained insight into networking, the use of various online platforms, and connecting with people around the world. My access to Glendon's Webinars, books, and e-courses has broadened the scope of my knowledge to include Dr. Les Greenberg's Emotion-Focused Therapy, mindfulness techniques, suicide prevention, psychological first aid, the critical inner voice, and so much more! Working under Jina Carvalho has been a time of creativity, learning, and growth. She has taught me a wide range of skills and has always responded to my work with warmth, positivity, and constructive criticism. Her guidance has allowed me to prosper and thoroughly enjoy my work! As a future therapist, the predominant lesson I will leave this internship with is that there must be preventative measures in place. It is not enough to rely on intervention in the aftermath, but we should all be actively educating and reaching out to our community and those in need.

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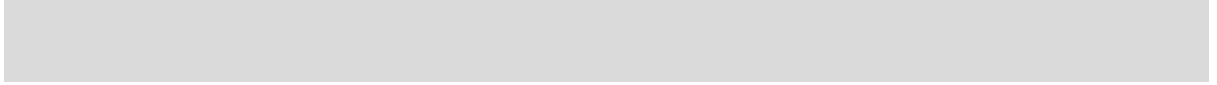
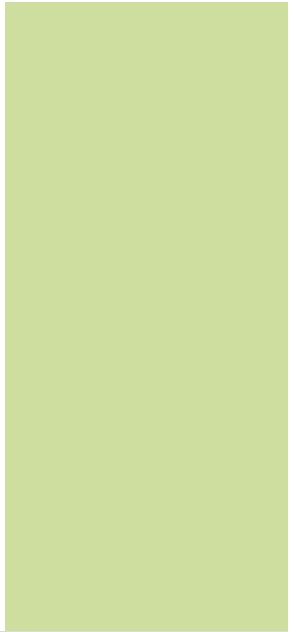
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