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"Life starts all over again when it gets crisp in the fall"

- F. Scott Fitzgerald

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Welcome!

Welcome to our fall newsletter! We appreciate this opportunity to share some exciting updates and events here at Glendon. The final quarter of 2016 promises to be packed with workshops, Webinars, eCourses, a new book, and more.

Our upcoming offerings will focus on subjects that include practicing self-compassion, understanding the Fantasy Bond, and exploring the mind and will feature guest speakers like Dr. Daniel Siegel and Dr. Kristin Neff. We are also very excited about the upcoming publication of Dr. Robert Firestone's forthcoming book of short stories from therapy now available for pre-order.

As a non-profit organization, Glendon remains committed to providing easily accessible, educational psychological resources. We continue to publish new content at PsychAlive.org and to offer free Webinars to the public and mental health professionals alike. For example, Dr. Firestone recently presented free Webinars on suicide prevention and ways to fight depression, both of which are accessible to watch anytime at PsychAlive.org.

We thank you for taking the time to support our mission and to explore and share our resources. We hope to hear from you anytime with any questions or ideas.

Warm Regards,
Nina Firestone
Managing Director



UPCOMING EVENTS

Nov. 9

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

Dec. 2

Develop Secure
Attachment
CE Workshop
Boston, MA
Presenter: Lisa Firestone
[Learn more](#)

Dec. 3

Working With Persons
Who Have Been Violent
CE Workshop
Boston, MA
Presenter: Lisa Firestone
[Learn more](#)

Dec. 6

Free Yourself From the
Pain of Your Past
Webinar w/
Dr. Lisa Firestone
[Learn more](#)

Dec. 8

Mind: A Journey to the
Heart of Being Human
CE Webinar w/ Dr. Dan
Siegel
[Learn more](#)

eCourse on the Fantasy Bond

This November, Dr. Lisa Firestone will launch the eCourse:



Are you holding on to an old identity and harmful defenses that you formed in your family?

Do you find yourself limited in your ability to maintain close relationships and accept real love from a romantic partner?

Do you struggle to consistently provide love to your children and accept their love of you?

This eCourse will explore the "fantasy bond," a powerful concept developed by Dr. Robert Firestone. The fantasy bond describes an illusion of connection we originally form with our parent as a defense system to help relieve anxiety and emotional pain. This fantasy may have once helped us cope with our caretakers' limited ability to provide consistent love and care. However, as we grow up, this early defense system limits our ability to pursue or accept real love and connection.

This eCourse with Dr. Lisa Firestone is designed to help individuals, couples, and therapists understand how these fantasy dynamics negatively impact the way you relate to yourself and those closest to you. The course will help you realize how a fantasy bond may be a core factor preventing you from achieving your goals. Dr. Firestone will discuss the original fantasy bond you formed in your family and how it keeps you stuck in the past, reliving rather than living your own life in the present. This eCourse will help you to challenge the fantasy bonds that are currently limiting you in your relationships.

Launches November 29th, 2016

[Sign up today for an Early Bird discount!](#)

Spotlight on Self-Compassion

Dr. Kristin Neff has been at the forefront of research on self-compassion. Recent findings have revealed many benefits of self-compassion, which, in comparison to self-esteem, is associated with greater emotional resilience, more accurate self-concepts, more caring behavior in relationships, as well as less narcissism and reactive



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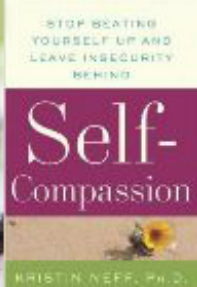
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anger. Learn the elements that make up self-compassion and the many rewards it brings to our lives as described in the infographic below.

Dr. Neff will also join us on Nov. 9 for a special one-hour Webinar on self-compassion. [Learn more or sign up here](#)



**Self-Compassion:
A Conversation with
Dr. Kristen Neff**

Nov. 9, 2016

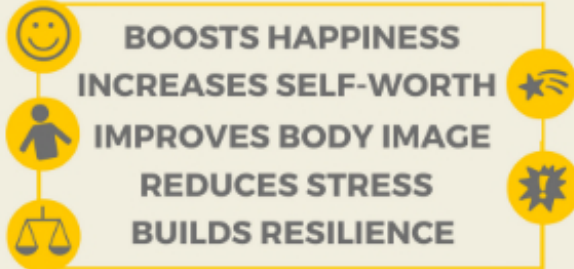
**CE's available and sold
separately**

[Sign up to watch live or receive a video recording](#)

SELF-COMPASSION

Self-compassion = treating yourself the same way you would treat a friend during a difficult time

BENEFITS OF SELF-COMPASSION



THREE ELEMENTS OF SELF-COMPASSION

1

SELF-KINDNESS
VS. SELF-JUDGMENT

Be kind to yourself rather than evaluating yourself.

2

COMMON HUMANITY
VS. ISOLATION

Recognize that you are not alone in your struggles.

3

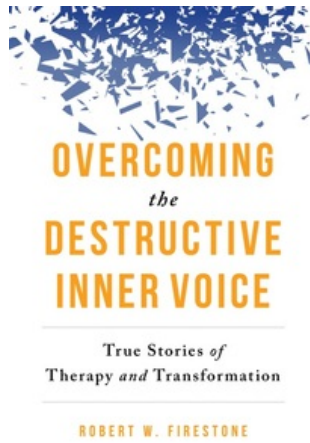
MINDFULNESS VS.
OVER-IDENTIFICATION.

Take a balanced approach to negative emotions.

WWW.PSYCHALIVE.ORG

Pre-order Robert Firestone's New Book

**Overcoming the Destructive Inner Voice:
True Stories of Therapy and Transformation**



We are pleased to announce that Dr. Robert Firestone has published a book of stories based on his years of clinical practice. The book, published by Prometheus Press, will be released Dec 6, 2016 through Penguin Random House and is available for pre-order [here](#).

Using deeply personal and very human stories based on his own clinical practice, noted psychologist Robert W. Firestone illustrates the struggles of his clients to give words to this "enemy within," and in the process overcome its damaging influence. These revealing and captivating stories offer glimpses into the uniquely human relationship that develops in the therapeutic encounter and demonstrate the powerful impact that the experience has on both client and therapist.

***Overcoming the Destructive Inner Voice** is written in the tradition of Yalom's Love's Executioner and Whitaker and Napier's The Family Crucible. This book is both a literary and a psychological treasure. The eleven touching and beautiful stories perform a type of narrative therapy for the reader. Dr. Firestone increases the reader's self-awareness just like he does in his real-life voice-therapy sessions. Readers will feel as if they are in the room as the highlights of the therapy process unfold, and they will learn how internalized voices guide an individual's feelings and actions in life. A must-read for therapists and all others who want to know about how to change and grow through talk therapy."*

- **JON CARLSON**, PsyD, EdD, ABPP
Distinguished Professor, Adler University, Chicago

For anyone who wishes to receive an advance review copy for media or review contact:

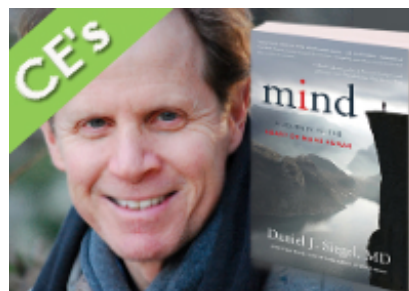
Jake Bonar - 800-853-7545 - jbonar@prometheusbooks.com

Webinar on the Mind with Dan Siegel

We're happy to be joined again by Dr. Daniel Siegel, author of the new book *Mind: A Journey to the Heart of Being Human*. On Dec. 8, Dr. Siegel will discuss his new book in a Webinar hosted by Dr. Lisa Firestone.

Mind: A Journey to the Heart of Being Human **Dec. 8, 2016**

Imagine waking up to the realization that the fields that focus on the mind—from mental health and education to psychiatry and psychology—do not actually define what the mind actually is. Without knowing what the mind is, how can we then say what a healthy mind might be and how we could go about developing one for ourselves and for others?



In this Webinar, neuropsychiatrist and author, Dan Siegel, M.D., will explore these findings and focus on the interrogatives of the mind—the Who, What, Where, When, How, and even Why of the mind—of your mind, of what the human mind may actually be about. What may emerge in this exploration may surprise you, and even open your own mind to new vistas of what your mind might become, and how you can cultivate more mental energy and vitality in your life, and the lives of others as well! Come join in the exciting exploration of what being human may be all about.

[Learn More or Sign Up](#)

On October 18th, Dr. Siegel's latest book, *MIND: A Journey to the Heart of Being Human* is being released. To learn more or pre-order the book visit www.drdansiegel.com.

Glendon in the Community

Glendon Activities During National Suicide Prevention Month



In September, in honor of National Suicide Prevention Month, The Glendon Association hosted several live and online events to help empower individuals and our community with the tools and resources needed to help prevent suicide. Glendon launched National Suicide Prevention Month in Santa Barbara with a bilingual forum for the Latino community, focused on mental health awareness as well as the risk factors and warning signs of suicide. This event, held at Casa de la Raza, was organized by Anthony

Rodriguez and Jina Carvalho (pictured). It was the first time a mental health awareness and suicide prevention event of that scope had been held in this community, with more than 100 people in attendance. The forum included an expert panel film screening and featured an extensive mental health resource fair.

Several days later, Glendon partnered with AFSP for the 4th annual "Out of the Darkness Walk." The walk brings together those who have lost loved ones to suicide and also engages people with local mental health resources. There were more than 300 people in attendance. The walk also featured more than 25 agencies at the resource fair. It was an inspiring and moving event with talks from suicide survivors and suicide attempt survivors, as well as dignitaries, including Mayor Helene Schneider and Sen. Hannah Beth Jackson, among others.



Glendon also offered free and CE Webinars on suicide prevention and effective treatment with Dr. David Jobes, Dr. Lisa

Firestone, and suicide attempt survivor Kevin Hines. You can watch or order these Webinars [here](#).

Latest Blogs

[Blogs by Lisa Firestone, Ph.D.](#)

- [Nature as Medicine](#)
- [The One Thing We All Should Do to Become Better Parents](#)
- [Who's the Boss in Your Relationship?](#)
- [7 Behaviors That Ruin a Relationship](#)
- [Can We Change in Our Relationships?](#)
- [Where Our Relationship Patterns Come From](#)
- [Is Fear of Emotion Driving Our Addiction?](#)
- [Resolving the Trauma You Didn't Know You Had](#)
- [The Value of Forgiveness According to Science](#)

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