



Welcome!

Welcome to our newsletter! As always, I'm honored to have the opportunity to share all that our team has been up to here at Glendon. So far, this season has been filled with new, exciting endeavors for our organization. Here, I will share some highlights, which include new books, Webinars, articles, and interviews with experts in their field of mental health. Each day, we watch our audience grow, as thousands of people visit our free website PsychAlive.org and attend our online Webinars and eCourses. We are proud to be a part of educating people on the importance of mental health as it relates to their daily lives and relationships. With so many people struggling, we feel there has never been a more important time to reach out to one another and offer the care and respect every human deserves. Thank you for taking the time to follow us and to support us in everything we do.

Warm Regards,
Nina Firestone
Managing Director

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Interview with Robert Firestone on His Latest Book

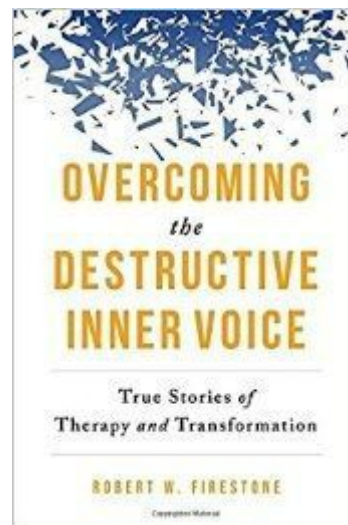
Overcoming the Destructive Inner Voice

Interview by Jina Carvalho

Robert Firestone's latest book,
*Overcoming the Destructive Inner
Voice: True Stories of Therapy and*

Transformation, is a collection of stories that eloquently capture the transformative processes of psychotherapy. I interviewed Dr. Firestone about his current thinking and his motivation for writing this book.

[Overcoming The Destructive Inner Voice](#) is now available at all **bookstores and online booksellers**



1. What inspired you to write this book of short stories?

RF: I have written these tales over a long period of time. Each one not only impressed me personally but I felt would inspire others. I have always enjoyed books about psychotherapy so when I acquired enough stories I wanted to contribute a book on the subject.

2. These stories make me wonder about what led you to become a psychotherapist?

RF: My father was a medical doctor and since I was a child I wanted to help people in some capacity. In college, I started out as a pre-med student but when I was exposed to psychology, I was totally fascinated. I always was searching for answers concerning the mystery of life and what motivated human behavior. Later I found the practice of psychotherapy most rewarding because it was a broad rather than a narrow focus and it utilized all of my resources, my knowledge, my emotions and my intuition. Besides it was most rewarding to be helpful to the people who sought my services.

3. How would you characterize the therapeutic attitude or stance the clinician would ideally take or have toward their client?

RF: In addition to training and experience, the ideal attitude of the therapist toward the client would best be described by the following adjectives: warm, compassionate, honest, direct, interested, inquisitive, non-judgmental, respectful and deeply feeling. There would be a sense of equality where both parties work to develop an understanding rather than an automatic application of the therapist's predetermined theoretical orientation.

[READ THE FULL INTERVIEW HERE](#)

Special Guest Webinars

This March and April, we are excited to welcome some very special guest presenters to join our CE Webinar series. All of these Webinars can be watched live online or streamed after the presentation's taken place.

March 15: Elisha Goldstein, Ph.D.

Dr. Elisha Goldstein will present a "Short Course on Mindful Living" on March 15. Dr. Goldstein will share some of the latest science and methods that can help to prime the mind for mindfulness and compassion training.



[LEARN MORE](#)

April 18: Sharon Salzberg, Ph.D.

Dr. Sharon Salzberg will present on "Real Love and How to Manifest It." She will illustrate how real love involves trying to come more alive despite our limiting assumptions and sense of unworthiness.



[LEARN MORE](#)

Carol Gilligan, Ph.D.

On March 7, we were pleased to welcome Dr. Carol Gilligan for a one-hour Webinar on "The Loss of Pleasure." Dr. Gilligan explained how our response to the pain we experienced in our early attachment relationships can lead to a loss of pleasure throughout our lives. Watch a recording of the Webinar.



[LEARN MORE](#)

How to Befriend Ourselves: Managing Anxiety and Practicing Good Self-Care

Glendon's Robert and Lisa Firestone talk a lot about the ways we can each be our own

worst enemy. Their concept of the “critical inner voice” describes a negative thought process we all experience, in which a harsh inner critic insults, undermines, and coaches us toward self-limiting or self-destructive behavior. If we fail to catch on to this inner critic, we may allow it to define us, creating our sense of identity.

Dr. Robert Firestone recently wrote about overcoming this inner enemy in his latest blog, “[How to Befriend Yourself: A Therapeutic Approach to Living.](#)”

Dr. Lisa Firestone describes how to cultivate a kind, compassionate attitude toward ourselves in her latest blog, “[Creating a More Positive Identity.](#)”

In addition to finding a kind companion within ourselves, we can all enhance our self-care by trying out exercises and tools to manage our anxiety. Learn more in the article “[7 Ways to Manage Anxiety.](#)”

Latest Blogs



Lisa Firestone

- * [Be Mine: Dealing with Possessiveness](#)
- * [Why People Have a Type](#)
- * [Why Love Scares Us](#)
- * [How to Reduce Self-Criticism and Make Change](#)
- * [Let Go of Your Inner Critic](#)
- * [The Many Benefits of Self-Compassion](#)



Robert Firestone

- * [How to Befriend Yourself: A Psychotherapeutic Approach to Living](#)
- * [You Don't Really Know Yourself](#)
- * [The Impact of Death on our Everyday Lives](#)

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UPCOMING EVENTS

See a full calendar of upcoming workshops, Webinars, and more



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