



Welcome!

Thank you for joining us for our Fall Newsletter! With Thanksgiving coming up, I want to take this opportunity to express my gratitude for your support of our work here at Glendon. Our goal has always been to get valuable mental health information in the hands of mental health professionals and individuals around the world. Thanks to you, our outreach keeps growing, with more and more people having access to our resources everyday.

I've been touched by the messages we receive, whether on our website PsychAlive.org, in our Webinars, or by email, from individuals who have been affected by the work we do. It is a privilege to hear from people who open their hearts and minds to new ideas with the hopes of improving their lives and the lives of those around them. I am grateful to be a part of this caring community.

In this issue, we will share with you some new offerings, including a new book by Dr. Robert Firestone as well as films, Webinars, workshops, and events that we hope will benefit you whether it be in your practice or your personal life. Thank you for your consistent support, curiosity, and kindness. Happy Thanksgiving!

Warm Regards,
Nina Firestone
Managing Director

In this Issue:

New Book by
Robert Firestone

Les Greenberg
Film & eCourse

Recap of Suicide
Prevention Month

New Chapter by
Lisa Firestone

New Blogs &
Events

New Book by Robert Firestone

The Glendon Association, in conjunction
with Zeig, Tucker, & Theison, Inc.

Publishers, is pleased to announce the launch of Robert Firestone's new book *The Enemy Within: Separation Theory and Voice Therapy* at the Evolution of Psychotherapy Conference in Anaheim, Dec. 13-17, 2017.

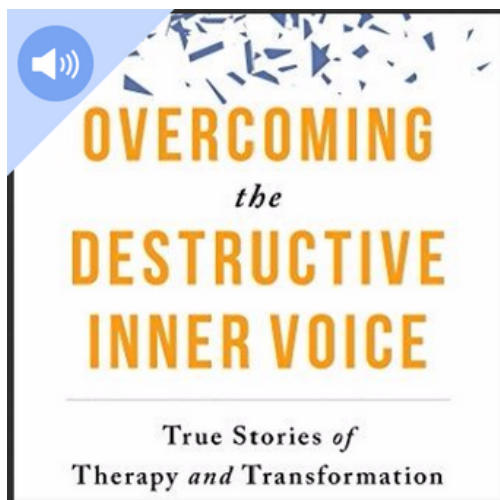
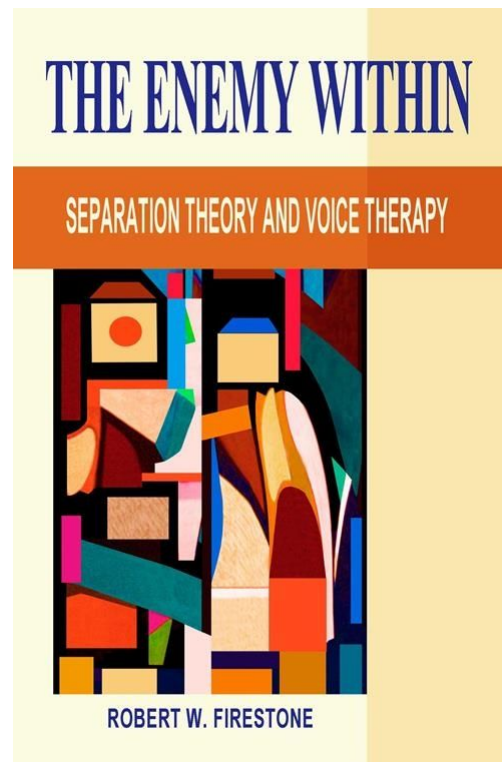
The Enemy Within is a compendium of the life work of Glendon's principle theorist, Robert Firestone. The book builds upon his previous published works and offers an in-depth exploration of his more recent findings. The result is an original, holistic approach to understanding human behavior, relationships, and crucial socio-political issues.

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"A milestone of incisive, illuminating and practical guidance to the core of therapeutic healing, as well as cultural healing...in my view. I found the book to be an invaluable distillation of the best thinking in our field."

- Kirk Schneider Ph.D.



LISTEN: *Overcoming the Destructive Inner Voice* is Now Available as an Audiobook

These revealing and captivating stories offer a deeply personal glimpse into the uniquely human relationship that develops in the therapeutic encounter and demonstrate the powerful impact that the experience has on both the client and the therapist.

LISTEN HERE

Importance of Emotion:

New Film and eCourse with Dr. Les Greenberg

This year, we've had the honor of working with Dr. Leslie Greenberg. His interview with Dr. Lisa Firestone is now available as our latest film in our Mental Health Expert Series, "Emotion Focused Therapy." We are also very excited to announce an upcoming eCourse with Dr. Greenberg on "The Power of Emotion."

Film: Emotion-Focused Therapy

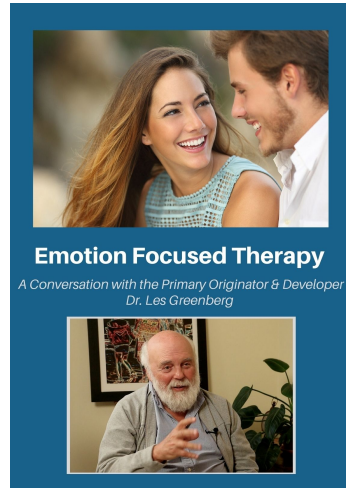
Dr. Les Greenberg, the primary originator and developer of Emotion-Focused Therapy (EFT), and interviewer Dr. Lisa Firestone address a wide range of topics: people's fear of expressing emotion, adaptive and maladaptive anger, vulnerability, self-compassion versus the harsh inner critic, methods for treating anxiety, and couples therapy.

[LEARN MORE](#)

eCourse: The Power of Emotion

An enlightening online course on understanding emotions as an empowering tool to transform your life as an individual, a couple, or a therapist working with clients. This exclusive online course offers you the unique opportunity to learn directly from Dr. Greenberg, who will illuminate his theory on the importance of emotions, so you can enjoy more success in every aspect of your life.

[LEARN MORE](#)



Glendon Activities During Suicide Awareness Month

In September, in honor of Suicide Awareness Month, Glendon hosted 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 with a bilingual educational forum and film screening focused on mental health awareness as well as the risk factors and warning signs of suicide. This public community event was held at Goleta Valley Community Center with more than 150 people in

attendance. The forum included a film screening of the documentary *Ebb and Flow* followed by a Q&A with the award-winning filmmaker Sasha Gay Lewis and suicide attempt survivor Anthony Rodriguez, telling his story of hope, recovery, and resilience. The evening also featured a panel of local expert mental health professionals and educators and an extensive mental health resource fair.

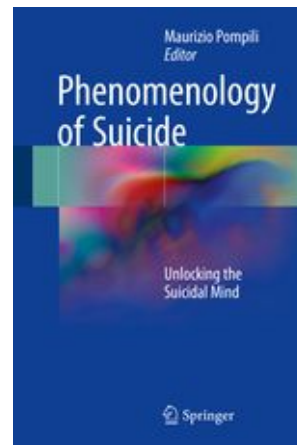
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New Chapter by Dr. Lisa Firestone

Earlier this year, Dr. Maurizio Pompili of Sapienza University of Rome invited Dr. Lisa Firestone to contribute a chapter to his edited volume, *Phenomenology of Suicide: Unlocking the Suicidal Mind*. (Springer, 2018). In her submitted chapter, “Dissociation and the Therapeutic Alliance,” Dr. Firestone begins by emphasizing that “in psychotherapy, a patient’s ability to dissociate can seriously interfere with the formation and maintenance of a therapeutic alliance, making successful treatment outcomes more difficult to achieve.” She also stresses the fact that with patients who “display dissociative tendencies, it is especially important that the therapist make the creation and maintenance of the relationship with their patient their highest priority.”

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Latest Blogs



Lisa Firestone

- * [Are You Creating Your Own Nightmare in Your Relationship?](#)
- * [What Is Your Role in Your](#)



Robert Firestone

- * [Separation Theory](#)
- * [Dr. Robert Firestone's Interview with PsychAlive](#)
- * [Overcoming the](#)

Relationship?

- * The Role of Anger in Depression
- * What Drives Loneliness?
- * Be The One To Help Save A Life From Suicide
- * The Unselfish Art of Prioritizing Yourself
- * How to Not Lose Track of What's Really Important
- * Take Control of Who You Are in Your Relationship
- * Guide to the Fantasy Bond
- * Embracing Vulnerability Strengthens Relationships

SEE MORE

Destructive Inner Voice:
Interview with Robert
Firestone

SEE MORE

Follow and Support Glendon



UPCOMING EVENTS

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



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Support our mission to save lives and enhance mental health

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