



## Welcome!

Dear [First Name],

Welcome you to our April Newsletter! In the spirit of spring, we're happy to share the budding of several new projects here at Glendon, highlighted by the launch of a book by Tamsen Firestone, *Daring to Love*, and many new articles and events that we hope will be of value to you in your life or your practice.

In this newsletter, we also want to reflect on these past months. As some of you may know, winter brought unexpected hardship and heartache to our community here in Santa Barbara. After the devastation of the largest wildfire in California's modern history, our neighboring town of Montecito was hit with fatal mudslides. In the wake of tragedy, our community came together to provide support and relief to families who lost loved ones and their homes.

Our organization was glad to be part of an effort to offer psychological first aid to those touched by trauma. Our hearts continue to go out to the people whose lives were forever changed by these events. All of us at Glendon want to take this as an opportunity to communicate our pride and gratitude to belong to such a strong, compassionate community. We're committed to remain #805strong.

Warm Regards,  
Nina Firestone  
Managing Director

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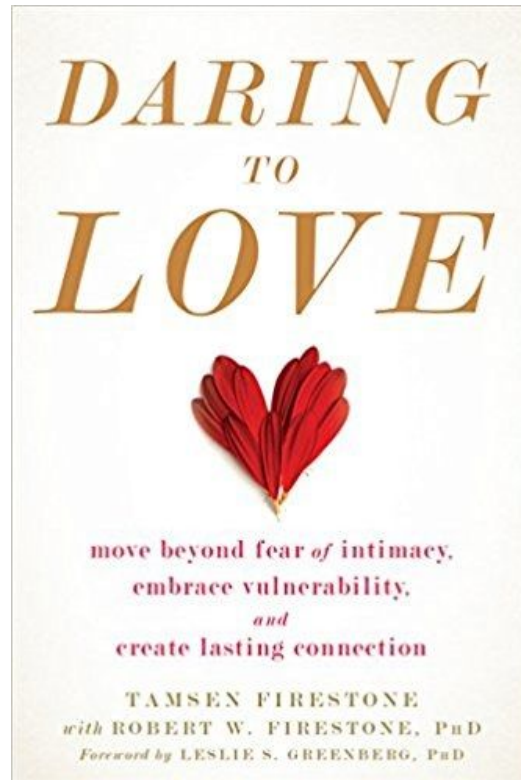
New Blogs &  
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## Daring to Love: New Book by Tamsen Firestone

*Move beyond fear of intimacy,  
embrace vulnerability and  
create lasting connection*

When it comes to finding love, are you standing in your own way? *Daring to Love* is a book written by Tamsen Firestone with her husband, Robert Firestone, Ph.D. Tamsen is a longtime editor of Robert's books and Editor-in-Chief of PsychAlive.org. Her book was created to help people:

- \* Identify the internal barriers that cause them to sabotage love
- \* Open themselves up to vulnerability
- \* Build the intimate, lasting relationships they truly desire



*Daring to Love* offers information based on Robert Firestone's books and research about relationships plus techniques based on his groundbreaking voice therapy—the process of giving spoken word to unhealthy patterns—to help people understand how they are getting in their own way on the quest for true love. The book describes how love makes people vulnerable and triggers old defenses formed in childhood, causing them to sabotage their relationships in myriad subtle—and not-so-subtle—ways. Using the voice therapy strategies in this book, readers will be able to identify their own defensive patterns and uncover the destructive messages their critical inner voice is telling them about themselves, their partners, and their relationships.

For anyone struggling to cultivate lasting relationships, this book can help you embark on your next romantic journey with more openness and self-knowledge.

[Learn More](#)



“*Daring to Love* is a wonderfully wise, beautifully written, and eminently practical book for anyone wishing to establish and maintain deeper, richer, and more lasting close relationships. It distills decades of research and clinical experience aimed at

understanding and overcoming personal and relational barriers to happy, psychologically healthy living.”

—Phillip R. Shaver, Ph.D.

## Suicide Prevention Training in California

According to the American Foundation for Suicide Prevention there are, on average, 123 suicides per day. In light of this staggering statistic, it is promising that recent research has identified crisis intervention techniques and suicide-specific therapies that are effective in treating both suicidal ideation and behavior. But while these life saving treatments are being discovered, most therapists are not aware of them or have not been trained in them, and, as a result, many suicidal clients do not receive the care they need.

Fortunately, our home state of California just passed a law that will require all psychologists to receive standardized training in suicide prevention. California is the seventh state in the country to mandate that psychologists receive training in assessment and treatment for suicide. The Glendon Association is pleased to share this advancement with you, as our mission and main focus since inception has been suicide prevention research and training. Additionally, Dr. Lisa Firestone has been dedicated to training mental health professionals in suicide assessment, treatment, and the management of high-risk clients. If you are interested in a consultation or training with Dr. Firestone, contact [jina@Glendon.org](mailto:jina@Glendon.org).

*I am very pleased that this law has come into effect, because in recent years there has been extensive research identifying a number of suicide-specific treatments that are proven to be effective in treating both suicidal ideation and behavior. In addition, there are new findings on warning signs for immediate risk of suicide and new crisis management strategies. The problem is that most therapists are not aware of them nor have they been trained in them, so most suicidal clients do not receive these potentially lifesaving treatments. This new law will hopefully help provide therapists with an opportunity to become familiar with these new effective suicide-specific treatments and assist them in practicing to this evolving standard of care for suicidal patients.*



- Lisa Firestone

To learn more our suicide materials visit  
[www.Glendon.org](http://www.Glendon.org)

## Update on the Santa Barbara Community



### The Road from Disaster to Recovery

It has been more than three months since the January 9th Debris Flow and mudslides swept through our local community, which came shortly after the Thomas Fire had left us devastated and vulnerable. The massive impact of these disasters has changed our community and many lives forever. We lost 21 members of our community and two are still missing.

Yet, what we witness on a daily basis are observable acts of compassion, generosity and care for one another. This alone, has been remarkable and inspiring. Resilience is defined as “an ability to recover from or adjust to misfortune or change.” Our community has experienced misfortune and change. But by working hand-in-hand, we have the ability to not just recover, but thrive.

One of the key mental health recovery efforts that Glendon staff is participating in is The Community Wellness Team. This team is a collaboration of 13 local agencies, working together to support the wellness of our community members in response to the Thomas Fire and 1/9 Debris Flow. They offer a continuum of services to meet the needs of individuals and families impacted by the trauma experience in our community. It is this collaboration and caring that is moving our hurting community from trauma to healing and recovery.

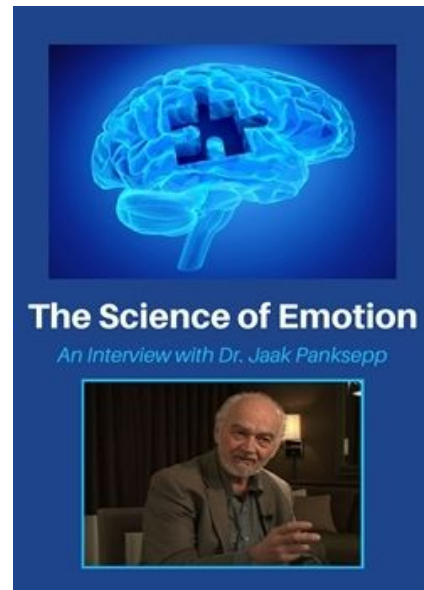
Learn more about the Community Wellness Team [here](#).

Learn more about recovery efforts [here](#).

## New Expert Interview Film with Dr. Jaak Panksepp

Dr. Jaak Panksepp (June 5, 1943 - April 18, 2017) was a renowned neuroscientist and psychobiologic. He was the author of *Affective Neuroscience: The Foundations of Human and Animal Emotions* as well as *Archaeology of Mind: Neuroevolutionary Origins of Human Emotions* (with Lucy Bevin). We were honored to have included him as part of our “Experts in Mental Health Series.”

In these two DVDs, Dr. Panksepp discussed the basic emotional systems, the neural foundation of awareness, experience, and dreaming, and the implications of his findings for clinicians, educators, and parents. His deep understanding of the neurosciences and of animal and human emotions has already contributed significantly to the treatment of depression. The conversation was lively, illuminating, and at times, even humorous, as for example, when Dr. Panksepp demonstrated how he “discovered” laughter in rats, for which he is well-know in the popular press.



[Learn More](#)

## Latest Blogs



**Lisa Firestone**

How to Fall Back in Love with Your Partner

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Who Do You Think You Are? And Why You May Be Wrong

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Dealing with Unresolved Trauma

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Healing from Attachment Issues

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The Secret to Staying Close to Your Partner

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How Emotions Guide Our Lives

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Changing Your Sense of Identity

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Are You Living with an Accidental Identity?



**Robert Firestone**

The Fantasy Bond in Couple Relationships

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Voice Therapy

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The Voice (The Enemy Within)

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The Paradox of Psychological Defenses

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The Fantasy Bond or Primary Defense

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You Don't Really Want to Get Better

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A Psychological Perspective on Human Destructiveness

\*\*\*\*\*

Separation Theory

**SEE MORE**



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Is Narcissism Shaped by Attachment Style?

**SEE MORE**

## Shop to Support Glendon

Shop at Jake and Jones [www.jakeandjones.com](http://www.jakeandjones.com) in Santa Barbara or online and 3% of all purchases for the month of May will support Glendon's mission to save lives and enhance mental health. Our work is supported solely by donations, so your support will help Glendon and PsychAlive be able to continue offering their valuable programs



**JAKE & JONES:  
GIVING BACK**

For the month of May, Jake and Jones will be partnering with The Glendon Association. 3% of all in store and online sales for the entire month of May will be donated to this group, whose mission is to save lives and enhance mental health by addressing the social problems of suicide, violence, child abuse and troubled interpersonal relationships.

We will be having a special in store event on May 3rd from 5-7PM.

Jake & Jones: 136 East Canon Perdido Street, Santa Barbara, CA • (805) 770-7763

Light refreshments will be served.

[glendon.org](http://glendon.org) / [psychalive.org](http://psychalive.org) / [jakeandjones.com](http://jakeandjones.com)

## Follow and Support Glendon



## UPCOMING EVENTS

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

## DONATE TO GLENDON

Support our mission to save lives and enhance mental health

## Follow Glendon and PsychAlive on Social Media



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