



Winter Newsletter

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Upcoming Events:

Feb. 7

How to Improve Your Relationship

Free Webinar

Presenter: Dr. Lisa Firestone

11am – 12pm PST

Learn more or register [here](#)

Feb. 21

The High Cost of Gun Violence: A community forum at the Faulkner Gallery

Sponsored by the Coalition

Against Gun Violence

Santa Barbara, CA

6:30PM

Learn more [here](#)

Feb. 28 - March 3

Society for Humanistic Psychology Conference

Pacifica Graduate Institute

Santa Barbara, CA

Learn more or register [here](#)

March 14

Mindfulness in Everyday Life: Incorporating Mindfulness Techniques into Clinical Practice

CE Webinar

Presenter: Dr. Donna Rockwell

Welcome to our Winter Newsletter!

Dear Friends,

I'm excited to welcome you to our first newsletter of 2013. In December, Glendon was honored to receive a \$10,000 grant from the [Richard J. Fasenmyer Foundation](#), to help fund our free educational events. It is therefore with great gratitude and motivation that we are launching into the new year with a packed schedule of events and a full list of offerings and publications, many of which I am pleased to share with you today. Our upcoming free and CE Webinars will feature experts in the fields of mindfulness, relationships, parenting, depression, and more. We are fortunate to be collaborating with presenters like Jon Kabat-Zinn, whose [exclusive interview with Glendon](#) is now available on DVD with clips available on PsychAlive.org. This spring Dr. Donna Rockwell will further explore the topic of mindfulness in [two online presentations](#) hosted by Glendon. At the close of February, Glendon will be collaborating on this year's [Society for Humanistic Psychology Conference](#) right in our hometown of Santa Barbara, CA. In May, Joyce Catlett will join Dr. Firestone to conduct a five-day workshop at Esalen in Big Sur, CA on "[Making Love Last](#)." All of us at Glendon have been thrilled with the turn out to recent presentations - both live and online. We've also been pleased to expand our readership, publishing [new journal articles](#) in international publications and continuing to produce [blogs](#) for a variety of media outlets, including PsychologyToday and The Huffington Post among others. As always, we share each endeavor and accomplishment with our loyal supporters. We thank you for your interest and encouragement, which fuels our efforts and makes our mission possible.

Sincerely,

Nina Firestone

Managing Director

Making Love Last: Webinars & Workshops on Intimacy



With reminders of Valentine's Day all around us, February is often a month focused on love. Yet, what does the word "love" really mean? Love is defined as 1) a noun: a feeling of tenderness, passion, and warmth; and 2) as a verb: to love — actions including expressions of physical affection, tenderness, and acts of

kindness. The problem is that people often neglect the second definition and mistake an internal feeling or fantasy of love for the real thing. In her upcoming workshops and Webinars, Dr. Lisa Firestone will explore what prevents most people from being able to sustain meaningful romantic relationships that satisfy

4pm – 5:30pm PST

3 CEs

Learn more or register [here](#)

March 18

**A Community Suicide
Prevention Forum**

Sponsored by Hopenet

Carpinteria, CA

hopenetofcarp@gmail.com (805)

689-9640

March 21-24

**International Association for
Forensic Psychotherapy**

Konstanz, Germany

Learn more [here](#)

April 14-16

**National Organization of
Forensic Social Work**

Seattle, Washington

Learn more [here](#)

April 18

**Mindfulness in Everyday Life:
The Way to Happiness and
Meaning**

Free Webinar

Presenter: Dr. Donna Rockwell

11am – 12pm PST

Learn more or register [here](#)

April 24- 28

**American Association of
Suicidology**

Austin, Texas

Learn more [here](#)

May 2

**The Self under Siege: A Search
for Personal Meaning**

Antioch University

Los Angeles, CA

310-574-2813 Ext 409

jhowevercos@antioch.edu

May 12-17

**Making Love Last by
Learning to Love**

Weeklong Workshop at Esalen

Big Sur, CA

Learn more [here](#)

May 21

The Self Under Siege: A New

their needs and desires.

On Feb. 7, she will host the free Webinar “How to Improve Your Relationship.” In this online presentation, Dr. Firestone will ask why do people often feel compelled to punish those closest to them? What qualities should a person look for when selecting a partner? What are the factors that determine whether partners will end up experiencing love and fulfillment in their relationship or suffering pain and distress? This Webinar helps answer these questions by providing participants with a model for understanding themselves and their relationships.

On May 12-17, Dr. Firestone and Joyce Catlett will present a five-day workshop at Esalen in Big Sur, CA on “Making Love Last by Learning to Love.” In this workshop she will discuss the actions that go into making love last. She will explore the idea that learning to love involves becoming more aware of the barriers against love that are part of the way people defend themselves against pain in childhood. This process involves becoming familiar with the misleading advice coming from one’s critical inner voice — destructive thoughts that warn them not to trust another person. It entails identifying and challenging negative traits in ourselves that are similar to those we observed in a parent.

Glendon’s Director of Communications, Jina Carvalho, recently wrote of her experience participating in a weekend workshop at Esalen with Dr. Lisa Firestone and Joyce Catlett:

*I recently attended the **Conquer Your Critical Inner Voice** workshop at Esalen. Lisa and Joyce have been teaching this workshop for over 10 years and had invited me many times to attend, but this time I took them up on it. It was the best decision I could have made. Personally, I got so much from participating in the workshop, and I enjoyed every aspect of the Esalen experience - the massage, the hot tubs, the sunsets and rugged coastline, the monarch butterflies and amazing meals. It was a rejuvenating, nurturing retreat experience. I highly recommend it.*

Learn more about these events below:



How to Improve Your Relationship

Free Webinar

Presenter: Dr. Lisa Firestone

Feb. 7 - 11am – 12pm PST

Learn more or register [here](#)



Making Love Last by Learning to Love

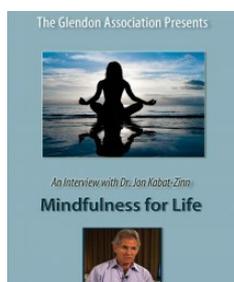
Weeklong Workshop at Esalen

May 12-17

Big Sur, CA

Learn more [here](#)

**Focus on Mindfulness: Watch Webinars and Video Interviews
with Dr. Jon Kabat-Zinn and Dr. Donna Rockwell**



At the close of 2012, Glendon had the honor of releasing a new film from our [exclusive mental health interview series](#) featuring mindfulness expert Dr. Jon Kabat-Zinn. Clips from the film “[Mindfulness for Life: An Interview with Jon Kabat-Zinn](#)” can be viewed at Glendon’s website for the public, PsychAlive.org. In his interview, Dr. Jon Kabat-Zinn defines mindfulness as a way of “connecting to your life.” He discusses the “hard work” of living in the

The Sun Under Siege: A New Model of Differentiation

CE Webinar

Presenter: Dr. Lisa Firestone

4pm – 5:30pm PST

3 CE's

Learn more or register [here](#)

May 29-June 1

Aeschi West Conference

Basic Principals in Working with Suicidal Patients

Vail, Colorado

Learn more [here](#)

June 4

Becoming the Real You

Free Webinar

Presenter: Dr. Lisa Firestone

11am – 12pm PST

Learn more or register [here](#)

July 31 -Aug. 4

American Psychological Association

Honolulu, Hawaii

Learn more [here](#)

Sep. 10

Understanding and Preventing Suicide

Free Webinar

Presenter: Dr. Lisa Firestone

11am – 12pm PST

Learn more or register [here](#)

Sep. 8-11

International Violence and Trauma Conference

San Diego, California

Learn more [here](#)

Sep. 11

Cottage Hospital Psychiatric Grand Rounds on Suicide

Santa Barbara, CA

Learn more [here](#)

Sep. 17

Suicide: What Every Professional Should Know

CE Webinar

Presenter: Lisa Firestone, Ph.D.

4pm – 5:30pm PST

3 CE's

Learn more or register [here](#)



present moment, the personal and psychological impacts of developing a practice of mindfulness, and the benefits of utilizing mindfulness in therapy. He also touches upon mindfulness in parenting. Drawing upon his years of experience and research in the field of mindfulness, Dr. Kabat-Zinn offers an inspiring and instructive approach for mental health professionals and curious individuals alike.

- **Watch free clips from this interview at [PsychAlive.org](#).**
- **Learn more or order the film at [Glendon.org](#) - \$39.95**
- **See Glendon's [Mental Health Expert DVD Series](#).**
- **Earn 6 CE's watching this interview by visiting [Psychotherapy.net](#) - \$99.**

This spring, we're pleased to offer two new free and CE Webinars with Dr. Donna Rockwell on "Mindfulness in Everyday Life." Dr. Rockwell's online presentations will introduce attendees to the basic mindfulness principles necessary to living happily, peacefully, and contentedly, providing critical tools to realizing this most important of human endeavors. Her presentation for mental health professionals will explore mindfulness as being on the cutting edge of psychotherapy practice, recognized as the third wave of cognitive behavioral therapy and a foundational element of humanistic-existential approaches to living a full and meaningful life. Learn more or register for her March and April Webinars below:



Mindfulness in Everyday Life: Incorporating Mindfulness Techniques into Clinical Practice

CE Webinar

March 14 - 4pm – 5:30pm PST

3 CE's

Learn more or register [here](#)



Mindfulness in Everyday Life: The Way to Happiness and Meaning

Free Webinar

April 18 - 11am – 12pm PST

Learn more or register [here](#)

Thank You to the Richard J. Fasenmyer Foundation

In December, Glendon was honored with a \$10,000 grant from the [Richard J. Fasenmyer Foundation](#), to help fund our free educational events. The Richard J. Fasenmyer Foundation supports the efforts of organizations striving to make the world a better place to live and work. The Foundation receives support from RJJ International Corporation, a leading interior design supply company whose founder, Richard Fasenmyer, had an extraordinary commitment to people in both business and community. Mr. Fasenmyer passed away in 2002, and the Foundation was established to further his dream of making people's lives better. All of us at The Glendon Association are very grateful to be recipients of this very generous award.

Humanistic Conference Comes to Santa Barbara, CA



Glendon is proud to be a collaborator on this year's Society for Humanistic Psychology Conference being held at Pacifica Graduate Institute in Santa Barbara Feb. 28 to March 3. The conference promises to be an enriching and rare opportunity to engage with many of the most creative and contributive

humanistic therapists of our time, including Gabor Mate, and Robert Stolorow. Glendon's Lisa Firestone and Joyce Catlett will be presenting, and the conference

Sep. 24- 28
**International Association for
Suicide Prevention**
Oslo, Norway
Learn more [here](#)

Oct. 8
**Overcoming the Inner Enemy
that Causes Depression**
Free Webinar
Presenter: Lisa Firestone, Ph.D.
11am – 12pm PST
Learn more or register [here](#)

Oct. 22
**Helping Clients Overcome
Depression**
CE Webinar
Presenter: Lisa Firestone, Ph.D.
4pm – 5:30pm PST
3 CE's
Learn more or register [here](#)

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will also feature an afternoon with Dr. Irving Yalom, speaking on his new book and memoir *The Spinoza Problem*. Tickets are available separately for this special event. For more information, contact Brent Potter at 206-832-7872 brentpotterma@yahoo.com or visit the conference [website](#).

New Journal Publications from Dr Robert Firestone and Dr. Lisa Firestone

The December 2012 issue of the "Journal of the Swedish Psychological Association" included a [feature article](#) on Dr. Robert Firestone's major theoretical contributions. The article was written by Dr. Tor Wennerberg, a clinical psychologist and author in Stockholm, Sweden. Dr. Wennerberg wanted to introduce and stimulate interest in Dr. Firestone's work in Sweden. The article is an exciting piece summarizing what he found to be the most important aspects of Dr. Firestone's theory, including the "Fantasy Bond" and "Voice Therapy". You can read the article [here](#).

The "Global Association of Interpersonal Neurobiology" (GAINS) Journal's most recent issue published the article "[Beginnings: Differentiation during the Formative Years](#)" by Dr. Lisa Firestone. The article explains how a person's sense of "self" is originally formed and how, during their formative years, children begin to evolve as unique individuals. These concepts are further addressed in the book [The Self under Siege](#) co-authored by Dr. Lisa Firestone, Dr. Robert Firestone, and Joyce Catlett (Routledge Books, 2012).

Latest Blogs from Dr.'s Robert and Lisa Firestone

- [Five Tips for Maintaining Lifelong Friends](#)
- [Five Questions for a Better New Year](#)
- [5 Achievable Resolutions for a Longer, Happier Life](#)
- [5 Ways to Beat the Winter Blues](#)
- [Is Cynicism Ruining Your Life?](#)
- [Be Your Own Couples Therapist](#)
- [Are you Parenting Like Your Parent?](#)

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