



Winter Newsletter

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Upcoming Events:

Suicide: Treating the Self-Destructive Client

Sponsored by PESI Seminars
Roseville, MN
Feb. 16
Learn more or register [here](#)

Bloomington, MN
Feb. 17

Learn more or register [here](#)

Suicide: Treating the Self-Destructive Client: Live Interactive Webcast

Presenter: Lisa Firestone
Feb. 17
Learn more or register [here](#)

Whole-Brain Child: Practical Strategies to Surf Your Child's Emotional Tsunamis and Develop Their Mind

Free Webinar
Presenter: Dr. Tina Bryson
Feb. 21
Learn more or register [here](#)

Suicide the Silent Epidemic: A Conference Focused on Youth, Military and LGBT

Jon E. Nadehny/Calciano Memorial

Welcome to our Winter Newsletter!

Dear Friends,

With the new year already in full swing, I'm pleased to share with you what Glendon has in store for 2012. Last year, Glendon and PsychAlive launched a Webinar series featuring dynamic expert presenters. This year, we are offering a brand [new series of expert Webinars](#) as well as recordings of last year's [archived CE Webinars](#). Our goal in creating these online presentations is to offer valuable psychological information to a broader, national and international audience that includes parents, educators, the general public, and mental health professionals.

Glendon continues to travel all over the country to give talks and presentations on topics of suicide and violence prevention, overcoming the critical inner voice, achieving intimacy, and becoming a better parent. Our blogs, publications, latest books, live and online presentations, and assessment tools are reaching more and more people everyday. We are ever grateful and aware that your support, interest, and contributions are what make this possible.

Sincerely,
Nina Firestone
Managing Director

2012 CE Webinars Featuring Expert Presenters



In 2012, we are pleased to offer a new series of free and CE Webinars featuring Dr. Tina Bryson, Dr. James Gilligan, Dr. Sheldon Solomon, and Dr. Lisa Firestone. We welcome you to sign up for any and all of these presentations. If you cannot make a live presentation, please note that video recordings of all CE Webinars are automatically sent to paid registrants following the Webinar.

Dr. Tina Bryson

Parenting expert and co-author of *Whole-Brain Child*, Dr. Tina Bryson is conducting a free Webinar offering practical strategies to surf your child's emotional tsunamis and develop their mind.

[Learn more or register here](#)

Youth Symposium - Santa Cruz,
CA

March 9

Learn more or register [here](#)

Suicide: Treating the Self-Destructive Client

Sponsored by PESI Seminars

Presenter: Lisa Firestone

King of Prussia, PA

March 13

Learn more or register [here](#)

Suicide: Treating the Self-Destructive Client

Sponsored by PESI Seminars

Presenter: Lisa Firestone

Cherry Hill, NJ

March 14

Learn more or register [here](#)

The Fantasy Bond

CE Webinar

Presenter: Dr. Lisa Firestone

March 20

Learn more or register [here](#)

International Association of Forensic Psychotherapy Conference

Corruption, Deception and Collusions: Attacks on the Mind
Isola di Servolo, Venice, Italy

March 29-31

Learn more [here](#)

Real Love or a Fantasy Bond

Free Webinar

Presenter: Dr. Lisa Firestone

April 3

Learn more or register [here](#)

American Association of Suicidology Annual Conference

Baltimore, Maryland

"Clinical Treatment of Suicidal Patients"

April 18

Learn more [here](#)

Suicide Prevention and Treatment in Rough Economic Times

CPA Convention - Monterey, CA

April 21

Learn more or register [here](#)

Grave Matters: On the Role of Death in Life

Dr. Sheldon Solomon

Dr. Solomon will be presenting a CE and free Webinar on "Creating Meaning: The Role of Death in Life" and Self-Esteem: the Belief that One is a Valuable Contributor to a Meaningful Universe."

[Learn more or register here](#)

Dr. James Gilligan

In his free Webinar, Dr. Gilligan will answer the question of "Why Does Violence Occur and How Can We Prevent It?" In his CE Webinar, Dr. Gilligan will help professionals learn to understand and effectively treat violence.

[Learn more or register here](#)

Dr. Lisa Firestone

In her upcoming Webinars, Dr. Firestone will explore topics that include: real love versus a "Fantasy Bond," understanding and preventing suicide, and how to raise emotionally healthy children.

[Learn more or register here](#)

Preventing Suicide in our Community



Glendon is involved in local and national efforts to prevent suicide and get at-risk individuals the help they need. Recent efforts have included teaching communities the effectiveness of restriction of means and the importance of responsible media coverage of suicide. Learn about our efforts and what you can do to make your community safer:

Restriction of Means

Restrictions of means is a key component of any effective suicide prevention strategy and is detailed in the Surgeon General's [National Strategy for Suicide Prevention](#). Glendon's staff has dedicated considerable time to public outreach, and education on this issue, sharing current research findings with mental health professionals and the general public. One result of these efforts is the erecting of suicide barriers on the Cold Springs Bridge. Glendon was instrumental in educating Caltrans staff, first responders, media, law enforcement, and the community on the issues involved in restricting access to means for suicide. See research studies on restriction of means [here](#)

Recommendations for Media Reporting on Suicide

Reporting responsibly on suicide can change public misconceptions and can encourage those who are at risk for suicide to seek help. On the other hand, risk of additional suicides increases when a news story explicitly describes the suicide method, uses dramatic graphic headlines or images and when repeated/extensive coverage sensationalizes or glamorizes a death. It is crucial for any coverage of suicide to include the [National Suicide Prevention Lifeline](#) at 800-273-TALK and the local emergency response numbers. To learn more about responsible reporting of suicide visit

www.reportingOnSuicide.org or the Glendon website www.glendon.org

Conquer Your Critical Inner Voice at Esalen Workshop: A Personal Account



After presenting the workshop, "Conquer Your Critical Inner Voice" at Esalen Institute, a stunning retreat in idyllic Big Sur, CA, presenters Dr. Lisa Firestone and Joyce Catlett were honored to receive the following

CE Webinar

Presenter: Dr. Sheldon Solomon

May 22

Learn more or register [here](#)

**Self-Esteem and the Role of
Death Awareness
in Your Life**

Free Webinar

Presenter: Dr. Sheldon Solomon

June 12

Learn more or register [here](#)

**Suicide Prevention and
Treatment in Rough Economic
Times**

American Psychological
Association Annual Convention

Aug. 2-5 - Orlando, FL

Learn more [here](#)

**Understanding and Preventing
Suicide**

Free Webinar

Presenter: Dr. Lisa Firestone

Sep. 18

Learn more or register [here](#)

**Suicide: What Every Mental
Health Professional
Needs to Know**

CE Webinar

Presenter: Dr. Lisa Firestone

Sep. 25

Learn more or register [here](#)

**Understanding and Effectively
Treating Violence**

CE Webinar

Presenter: Dr. James Gilligan

Oct 16

Learn more or register [here](#)

**Why Does Violence Occur and
How Can We Prevent It?**

Free Webinar

Presenter: Dr. James Gilligan

Nov. 13

Learn more or register [here](#)

**How to Raise an Emotionally
Healthy Child**

Free Webinar

Presenter: Dr. Lisa Firestone

Dec. 4

Learn more or register [here](#)



personal account from one attendee who captured the essence of what it's like to escape your daily routine and challenge the inner critic that holds you back in your life.

A couple weeks ago, I had the pleasure of attending a Conquer Your Critical Inner-Voice workshop at Esalen lead by Dr. Lisa Firestone and Joyce Catlett. Going into the weekend, I didn't exactly know what to expect, but it wound up being an incredible experience of personal growth.

Over the weekend, 15 of us met in a cottage for five two-hour workshops to learn about the Critical Inner-Voice, taking part in exercises to help us identify our negative thought patterns and discussing how these voices were affecting our lives. I was amazed at the immediate trust within the group of mostly strangers, each person was curious, open and honest. Lisa and Joyce were skillful and sensitive in addressing both the theory behind the Critical Inner-Voice and the personal feelings that arose.

The fact that all this personal development was happening in a setting as beautiful as Esalen was an incredible bonus. Between workshops, I strolled through the forests of Big Sur and soaked in the baths high above the Pacific Ocean. Three times a day, everyone would gather for the most delicious farm-fresh meals, which always included fresh baked bread. (I am still dreaming about the homemade gingerbread.) Throughout the weekend, I was able to identify goals that I had been neglecting and pinpoint the Critical Inner Voices that were getting in my way. I left Esalen feeling both refreshed and grateful. I was excited to get back to the world around me without being clouded by so many voices in my head.

Violence and Suicide Prevention Training in Boston



One of the highlights of our conference season was the invitation Lisa Firestone received to present at the Massachusetts School of Professional Psychology (MSPP) School of Forensic Studies. The trainings were co sponsored by Psychological Assessment Resources (PAR). Dr. Firestone

was asked to present on our approach to assessment, treatment, and prevention of suicide and violence.

She presented the workshops "A Developmental Understanding for Assessing & Treating Violent Individuals" and "Suicide: What Mental Health Professionals Need to Know."

Robert Kinscherff, PhD, the Director of Forensic Studies at Massachusetts School of Professional Psychology said, "Dr. Lisa Firestone's extraordinary career exemplifies the model of scientist-practitioner in professional practice, particularly in the areas of suicide and violence. Her contributions have substantially deepened our understanding of the origins and dynamics of violence towards self and others, and significantly sharpened clinical practice in these areas by developing specialized assessment tools and articulating models of clinical decision-making. Dr. Firestone teaches with enthusiasm, sophistication and clinical pragmatism, and the Massachusetts School of Professional Psychology was very pleased to include her in the MSPP Fall 2011 Forensic Series."

Help support Glendon by making a [contribution](#) online today.

You can attend a suicide workshop with Lisa Firestone without traveling! Join a webcast sponsored by PESI on Feb. 17, 2012 or view the recording at a later date. Learn more [here](#).

For more information on our suicide and violence assessments [click here](#). View Glendon's films on suicide and violence [here](#).

Blog for PsychAlive



[PsychAlive.org](#) is currently seeking new bloggers and expert contributors.

PsychAlive.org is devoted to providing

readers with valuable resources, articles, videos, and podcasts on topics of mental health that can benefit individuals in their everyday lives. By posting your articles and blogs on PsychAlive, you will not only get exposure to our highly engaged network of readers, you'll also get the opportunity to connect with other mental health professionals in your field. This valuable networking channel will help you establish and maintain an online presence and a reputation as a valued contributor to an international psychology publication.

If you're interested in blogging for PsychAlive, please email editor@psychalive.org

Latest Blogs from Lisa Firestone, Ph.D.

[PsychologyToday](#)

- [Are You an Addict?](#)
- [Changing Your Body Image Once and for All](#)
- [Are You Addicted to Doomed Relationships?](#)
- [Tips for Helping Kids Handle Their Emotions](#)
- [How Childhood Defenses Hurt Us as Adults](#)
- [As Iraq Ends, a New Battle with PTSD Begins](#)

[The Huffington Post](#)

- [Dating Resolutions: 7 Characteristics of an Ideal Partner](#)
- [Real Love or Fantasy? The Appeal of the 'Twilight' Saga](#)
- [How to Bully-Proof Your Children by Building Their Resilience](#)

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