



Fall Newsletter

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Upcoming Events:

Oct. 17-19

**Challenging the Critical Inner
 Voice: Four Steps to
 Differentiation of Self**
 NASPR 2013 Conference
 Memphis, Tennessee
 Learn more [here](#)

Oct. 22

**The Web of Wealth: How to Help
 Clients Break Free and Become
 Their Own Person**
 Purposeful Planning Institute
 Teleconference
 Presenter: Lisa Firestone, Ph.D.
 9am – 10am PST
 Learn more [here](#)

Oct. 22

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

Oct. 25-27

RD Laing Symposium
 Wagner College, NY
 Learn more [here](#)

Welcome to our Fall Newsletter!

With October in full swing, the holidays are upon us, and we are excited for the chance to share the many activities going on here at Glendon. To honor this special time of year, we are offering several free and CE Webinars and workshops that we hope will make 2013 a richer, more fulfilling year for our supporters. In Nov. and Dec., we will be hosting a CE and free Webinar on "hardiness" with special guest and founder of The Hardiness Institute, Dr. Salvatore Maddi. On the weekend of Nov. 8-10, Dr. Lisa Firestone and Joyce Catlett will present an exclusive workshop for couples and individuals on "[Creating a Loving Relationship](#)." As we head into the closing months of the year, all of us at Glendon are as busy and as ambitious as ever in our goal to educate and inspire individuals looking for psychological help and information. We strongly believe that by offering people the tools to better understand themselves and their personal relationships, we can enhance the lives of those around us, allowing people to better achieve their goals and live free of self-destructive thoughts and imagined limitations.

Sincerely,
 Nina Firestone
 Managing Director

The Importance of Hardiness

It turns out that what predicts how well we will do in life, our relationships, careers, etc. isn't how much money we have or even how many obstacles we face; it's a matter of how hardy we are. In his 35 years of research, Dr. Salvatore Maddi, Founder of The Hardiness Institute, has discovered that there are certain traits people can develop and trainings they can engage in to become more emotionally resilient or "hardy." Hardiness predicts how well people can handle the challenges life throws at them. Characteristics of hardiness involve the three C's: commitment, control and challenge. Join Dr. Maddi for his online presentations on hardiness, and learn how this invaluable trait can benefit you and your clients in your daily life and long-term goals.



Psychological Hardiness and Mental Health

CE Webinar - 3 CE's
 Nov. 5, 2013 - 11am – 12:30pm PST
 Learn more or register [here](#)

** A recording will be emailed to all registrants who can't attend*

the live event



Psychological Hardiness: The Key to Resilience Under Stress

Nov. 2
AFSP Out of the Darkness Walk to Prevent Suicide
Santa Barbara, CA
Join [here](#)

Nov. 5
Psychological Hardiness and Mental Health
CE Webinar - 3 CE's
Presenter: Salvatore Maddi, Ph.D.
11am – 12:30pm PST
Learn more or register [here](#)

Nov. 8-10
Creating a Loving Relationship
Weekend Workshop Retreat
Ojai, CA
Learn more or register [here](#)

Nov. 15-16
Existential Humanistic Conference
"Creating a Meaningful Life: Through Facing the Anxiety of Being an Adult"
San Francisco, CA
Learn more [here](#)

Dec. 6
The War Within: Working with Suicidal Individuals
Massachusetts School of Professional Psychology
Boston, MA
Learn more [here](#)

Dec. 7
Transforming War between Intimates: Working with High Conflict Couples
Massachusetts School of Professional Psychology
Boston, MA
Learn more [here](#)

Dec. 10
Psychological Hardiness: The Key to Resilience Under Stress
Free Webinar
Presenter: Salvatore Maddi, Ph.D.
11am – 12pm PST
Learn more or register [here](#)



Free Webinar
Dec. 10, 2013 - 11am – 12pm PST
Learn more or register [here](#)

Watch Now: One-hour Online Presentations on Many Topics of Mental Health

As part of our ongoing effort to make educational mental health tools easily available to the public, we're pleased to announce that video recordings of our one-hour Webinars on a variety of topics are now accessible online. As a public service, we are featuring our Webinars on overcoming depression and preventing suicide for free. You can watch these videos and obtain all resources from these presentations:

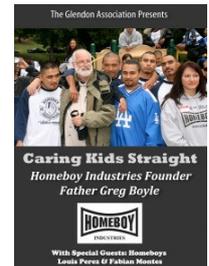
- [The Inner Enemy that Causes Depression](#)
- [Understanding and Preventing Suicide](#)

For \$10, you can view any of Glendon's previous Webinars on subjects of couple relationships, parenting, differentiation, self-esteem, violence prevention and more.

[See a full list of available Webinars here](#)

"Caring Kids Straight:" New Film Featuring Father Greg Boyle

Father Gregory Boyle is the Founder of Homeboy Industries, the largest gang intervention, re-hab and re-entry program in the United States. In this DVD, Father G, along with two homeboys who have turned their lives around, provide unique insight into the problem of gang violence in America and how programs like Homeboy Industries are part of the solution. Father G discusses factors that push people to join gangs, such as seeing dysfunctional families and the hopelessness of individuals joining gangs. He also offers valuable insight into gang intervention. This DVD is a powerful example of hope in action.



Watch a clip and learn more [here](#)

[See all of Glendon's Expert Interview Series DVDs here](#)

A Super-Easy (& Free) Way to Support Glendon Now

The eScrip program is now offering an easy and cost-free way to benefit non-profit organizations. It does so by signing up merchants who will donate part of their proceeds to the charity of your choice anytime you use your credit or debit card at their business. All you have to do is sign up [here](#). Then, anytime you use your card at an eScrip store, restaurant or merchant, they will donate a percentage of their profits from your purchase to Glendon. Signing up is safe and free.

[Here is how you do it:](#)

- Follow [this link](#).
- Fill out the form, and be sure to enter "The Glendon Association" as the

Jan. 24-26

Conquer Your Critical Inner Voice

Weekend Workshop in Esalen
Big Sur, CA

Presenters: Lisa Firestone, Ph.D.
and Joyce Catlett

Learn more or register [here](#)

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nonprofit you want to benefit.

- Dine and shop at participating eScrip vendors, and enjoy the fact that part of your purchase is going to Glendon!

Glendon in the Community

Glendon plays a vital role in our community when it comes to the education, training and prevention of suicide or violence. We hope you will join us at upcoming SB events for which we are co-sponsors and participants:

Nov 2 - 9am - Leadbetter Beach, Santa Barbara - Glendon is cosponsoring the AFSP "Walk to Prevent Suicide." Join us to help raise awareness about suicide prevention and learn about available resources. [Join our team](#)

Nov 17 - 6:30pm - 8:30pm - Faulkner Gallery - Glendon will be participating on a panel "Safety in our Homes and Schools" in partnership with the Coalition Against Gun Violence. [Learn more](#)

Glendon is participating in UCSB's "Say Something Speak Out Against Suicide," a public education campaign. Information is now posted on the outside and inside of Santa Barbara public buses.

Latest Blogs from Dr.'s Lisa and Robert Firestone

Blogs by Lisa Firestone, Ph.D.

- [Why Competitive Feelings are Good For You](#)
- [The Ways We Lie](#)
- [6 Things You Should Know About Depression](#)
- [Benefits of Mindful Parenting](#)
- [How You Can Help Prevent a Suicide](#)
- [Preventing Suicide: Effective Treatments](#)

Blogs by Robert Firestone, Ph.D.

- [How to Become More Adult and Successful in Your Life](#)

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