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"Out of Darkness Walk" to Prevent Suicide

Nov. 3 - Santa Barbara, CA
 Learn more [here](#)

CPK Fundraiser for Glendon

Nov. 8 - Santa Barbara, CA
 Learn more [here](#)

Why Does Violence Occur and How Can We Prevent It?

Free Webinar
 Presenter: Dr. James Gilligan
 Nov. 13
 Learn more or register [here](#)

Save Lives: SPR - Suicide Prevention Resources

Free Training with Lisa Firestone
 Dec. 1 - Santa Barbara, CA
 Learn more [here](#)

How to Raise an Emotionally Healthy Child

Free Webinar
 Presenter: Dr. Lisa Firestone
 Dec. 4
 Learn more or register [here](#)

Fresco Restaurant Fundraiser for Glendon

Dec. 8 - Santa Barbara, CA
 Learn more [here](#)

Conquer Your Critical Inner

Welcome to our Fall Newsletter!

Dear Friends,

Welcome! With the holiday season upon us, I am so pleased to be able to share with you Glendon's Fall newsletter. Glendon is closing 2012 and ringing in 2013 with a full schedule of educational events, workshops, and activities available to both mental health professionals and the general public. Our goal is to help support mental health efforts around the world. To do so, we are covering topics that range from [violence](#) and [suicide prevention](#) to advice on parenting and interpersonal relationships. We are offering workshops, books, and video presentations on overcoming one's "critical inner voice" and achieving "differentiation," two concepts that are essential to living a rich, meaningful, and distinct life. As always, we are happy to share with you Glendon's online editorial offerings in the form of articles, [blogs](#), Webinars, and video presentations available on our sister website, [PsychAlive.org](#). Please enjoy this newsletter and don't hesitate to contact me with any questions or requests.

Sincerely,
 Nina Firestone
 Managing Director

Discovering Your Real Self: New Live Workshops and Online Videos

Throughout our lives, many of us find ourselves asking, "Am I living the life I'm destined to live? Do I act according to my own goals, desires, and principles? If not, what is holding me back?"

Though often unbeknownst to us, our actions are not always based on what we truly feel and believe, but on negative programming from our past. The ways we adapt to painful circumstances and experiences as children can lead us to adopt behaviors and attitudes toward ourselves and others as adults that don't necessarily represent our true point of view. To the extent that we lead our lives according to negative prescriptions from the past, we need to [differentiate](#) from these adaptations and become who we really are.

In their new book, [The Self Under Siege](#), Glendon authors, Dr. Robert Firestone, Dr. Lisa Firestone, and Joyce Catlett describe the process and importance of differentiation. The steps involved include separating from a "[critical inner voice](#)" that we incorporate early in our lives. Like a cruel coach living inside our heads, the critical inner voice limits us in our lives by instilling self-doubt, distrust, fear, criticism, and shame. This enemy holds us back from going after what we want in our relationships, careers, and personal aspirations.

Voice

Weekend Workshop at Esalen
Jan. 18-20, 2013 - Big Sur, CA

Learn more [here](#)

Making Love Last by Learning to Love

Weeklong Workshop at Esalen
May 12-17, 2013 - Big Sur, CA

Learn more [here](#)

This January 18-20, we invite you to start your new year by joining us in beautiful Big Sur, CA at the Esalen Institute for the weekend workshop, "Conquer Your Critical Inner Voice" with Dr. Lisa Firestone and Joyce Catlett. Based on theories and methods developed by clinical psychologist Robert W. Firestone, this workshop can help you counter negative thinking and live free from imagined limitations. Through videos, interactive discussions, and various exercises, the presenters will illustrate a number of important topics vital to an emotionally healthy existence. These topics include:

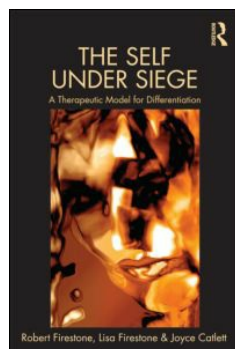
- How do guilt and shame affect us in our everyday lives? How do negative thoughts about ourselves keep shame and guilt alive?
- How do destructive thoughts and attitudes undermine our efforts to achieve our full potential in our work lives?
- How does the inner voice interfere with intimacy and closeness in our relationships?
- How can people challenge the destructive thoughts or voices that influence addictive behavior and break free of these patterns?
- How can we deal effectively with negative thinking that leads to a destructive spiral of depression and hopelessness?

[Learn more or register for this workshop here](#)

You can now also watch dynamic online video presentations, narrated by Dr. Lisa Firestone, introducing the concept of the [critical inner voice](#) and [differentiation](#).



The Self Under Siege: A Therapeutic Model for Differentiation



To learn more about or order Dr. Robert Firestone, Dr. Lisa Firestone, and Joyce Catlett's new book, *The Self Under Siege*, [click here](#)

For all media_inquiries or to request a review copy, please contact Jina Carvalho, jina@glendon.org or (800) 663-5281 Ext. 232.

Learn the CPR for Preventing Suicide: Resources and Upcoming Workshops from Glendon

A startling statistic released this year by the CDC's National Vital Statistics Reports showed that suicide has surpassed car accidents as a leading cause of death in the United States. While in 2009, deaths by motor vehicle accidents had declined by 16.5% over nine years, deaths by suicide had increased by 25.8% over the same period of time. This decline in deaths by motor vehicle accidents is thought to arise from the successful implementation of comprehensive traffic safety measures, which have been implemented over the past decade. At Glendon, we believe a similar effort to increase mental health safety measures would help lower the currently rising rate of deaths by suicide.

According to Dr. Lisa Firestone, "The suicidal state is both transient and treatable. Almost every suicidal person is ambivalent. A part of them wants to live, and a part of them wants to die. When someone feels suicidal, they are listening to a cruel and alien point of view or 'anti-self' that is highly self-destructive and not grounded in reality. By learning how to identify these individuals, to reach out to them, and to appeal to the side of them that wants to live, we can help them conquer this 'anti-self' and save lives."

We never know when someone in our lives may become at risk for suicide. Yet, like CPR, there are many safety measures and tools that individuals can learn to help identify a suicidal person and prevent them from taking action. By understanding the [warning signs and helper tasks for suicide](#), we can be prepared to intervene and save a life.

Learn the CPR of Suicide Prevention: Free Community Event



DEC. 1, 2012 – Save Lives: SPR - Suicide Prevention

Resources: Free Training with Dr. Lisa Firestone

Saturday, Dec. 1, 2012 9am—4pm ~ Isla Vista Theater I
Community members and students are welcome to attend the day-long training.

6 CE Credits will be offered to psychologists, social workers, & MFTs for \$60.

Register early; space is limited: coun.continuingeducation@sa.ucsb.edu

Join SB's "Out of the Darkness" Walk to Prevent Suicide



NOV. 3, 2012 – Out of Darkness Walk

Join The Glendon Association Team in AFSP's Out of the Darkness Walk for Suicide prevention on November 3 at Leadbetter Beach, at 9 a.m.

Learn more and register [here](#)

**Books by Dr.'s Robert and Lisa Firestone and Joyce Catlett
Now Available on Kindle and Other eReaders**



Dr.'s Robert and Lisa Firestone's new book [The Self Under Siege](#) is now an eBook and available on all eBook platforms, including Amazon's Kindle. Check out a [list of eReaders](#) where you can now download and read the book. *The Self Under Siege* joins three other titles now available as eBooks, which you find [here](#).

The titles include:

- [Fear of Intimacy](#)
- [Beyond Death Anxiety](#)
- [The Ethics of Interpersonal Relationships](#)

The following titles are currently being developed to be released as e-books in the

Dine to Support Glendon!



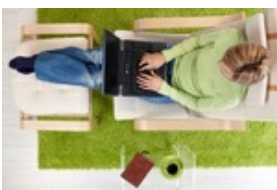
Two of Santa Barbara's favorite restaurants, [CPK](#) and [Fresco](#), will be taking a day to donate part of their profits to Glendon.

* Visit, cater, or order in from CPK on Nov. 8 and simply print and show [this flyer](#) to have 20% of your check donated to Glendon.

* Dine at [Fresco](#) at 5-Points Shopping Center on Dec. 8 anytime between 4pm and 9pm to have 10% of your check donated to Glendon.



Blog for PsychAlive.org



Interested in blogging for Glendon's editorial psychology website, [PsychAlive.org](#)?
Contact carolyn@psychalive.org

Donate to Glendon





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

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near future. Check the publisher website for updates:

- [Conquer Your Critical Inner Voice](#)
- [Combating Destructive Thought Processes](#)
- [Suicide and the Inner Voice](#)

Latest Blogs from Dr.'s Robert and Lisa Firestone

Self:

- [Why Women Get 'Catty'](#)
- [Is Social Media to Blame for the Rise in Narcissism?](#)
- [Are You Hardy Enough?](#)
- [Stop Self-Sabotage by Conquering Your Inner Critic](#)
- [Recognizing Complex Trauma](#)
- [The Price of Being Strong: Risks to the Mental Health of Athletes](#)
- [How Trauma Is Impacting Our Culture and What We Can Do to Help](#)

Relationships and Parenting:

- [Six Tips to Keep Long-Term Relationships Exciting](#)
- [Is Mental Illness a Bigger Threat to Kids than Physical Illness?](#)
- [What Does the Popularity of 50 Shades of Grey Say About Our Sexuality?](#)
- [Deception: The Real Villain Behind Relationship Infidelity](#)
- [What's Wrong With Infidelity?](#)
- [Are You Tricking Yourself Out of Love?](#)

Violence and Suicide:

- [Why Domestic Violence Occurs and How to Stop It](#)
- [7 Ways to Stop Violence at Every Age](#)
- [All Hands on Deck: How We Can Help Someone Who's Suicidal](#)
- [What is Killing Our Soldiers?](#)
- [The Deadly Recession: Dangers of a Down Economy](#)

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[Read](#) the VerticalResponse marketing policy.

