



In This Issue:

[Spotlight on Sheldon Solomon and Terror Management Theory Online Video Presentations](#)
[Lisa Firestone on "The Intentional Parent"](#)
[Latest from PsychAlive's Experts](#)
[Latest Blogs from Robert and Lisa Firestone](#)

Upcoming Events:

Creating Meaning: On the Role of Death in Life

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](#)

Effective Use of New & Social Media in Increasing Mental Health Education & Awareness

American Psychological Association Conference
Orlando, FL
August 2

Learn more [here](#)

Welcome to our Spring Newsletter!

Dear Friends,

Welcome to our spring newsletter. As always, we appreciate you taking the time to learn about developments at The Glendon Association. All of us at Glendon have been excited to translate your support into a number of accomplishments that benefit our community and have an impact nationally and around the world. This past winter brought with it new endeavors and a new list of available resources, which we are pleased to share with you today.

Our first feature story spotlights a special guest presenter who we will be welcoming this May and June, Dr. Sheldon Solomon, whose work research into Terror Management Theory has been highly influential and of great importance to the field of mental health. Dr. Solomon will conduct free and CE Webinars on topics of "Creating Meaning" and "Self-Esteem," which will be available to watch live or to download following the presentations.

We'd also like to share with you the first from a series of free interactive online video presentations we've created focusing on key concepts and theories, including "The Fantasy Bond" and "Restriction of Means." You can further find new video interviews and the latest blogs from Dr. Lisa Firestone as well as recent blogs, articles, and videos from expert contributors to Glendon's website for the public, PsychAlive.org. On behalf of all of us at Glendon, thank you for your support and please enjoy!

Sincerely,
Nina Firestone
Managing Director

Glendon Welcomes Dr. Sheldon Solomon and Spotlights Terror Management Theory



The Glendon Association and PsychAlive are delighted to have Dr. Sheldon Solomon as our next presenter in our ongoing Webinar series. Dr. Solomon will present two Webinars: the first will be a CE Webinar "[Creating Meaning: on the Role of Death in Life](#)" on May 22. The second will be a free webinar for the public "[Self-Esteem: The Belief that One is a Valuable Contributor to a Meaningful Universe](#)" on June 12.

Dr. Solomon is one of the founders and major developers of [Terror Management Theory](#) (TMT). TMT's basic tenet is that human behavior is largely motivated by

Understanding Complex Trauma, Complex Reactions, & Treatment Approaches

CE Webinar
Presenter: Christine Courtois, Ph.D.
August 13
For more information email jina@glendon.org

Types of Trauma, from "Simple" to "Complex"

Free Webinar
Presenter: Christine Courtois, Ph.D.
August 20
For more information email jina@glendon.org

Suicide in Rough Economic Times

International Violence and Trauma Conference, (IVAT)
San Diego, CA
September 12
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

the fear of mortality. Over the past 30 years, TMT researchers have conducted more than 250 empirical studies in an attempt to validate several of Ernest Becker's original theories regarding how people deal with existential realities. In his Pulitzer Prize-winning work, *The Denial of Death*, Becker argued that "the fear of death is a universal that unites data from several disciplines....and makes wonderfully clear and intelligible human actions....and 'true ' human motives." Findings from the TMT studies show that raising people's death salience (death awareness) has a powerful effect on their attitudes, beliefs and actions, causing them to adhere more closely to their own cultural worldviews while denigrating those who hold different views.

Those who have not heard Dr. Solomon speak are in for a rare treat. As one of his students said, "He's seriously amazing, brilliant, helpful, and hilarious. One of the most brilliant minds around."

Dr. Solomon is a professor of psychology at Skidmore College He probably best known for his research in Terror Management Theory, along with Jeff Greenberg and Tom Pyszczynski (TMT). He is the author or co-author of over a hundred articles and several books, including *In the Wake of 9/11: The Psychology of Terror* and has been featured in several films including "Flight from Death."

New Interactive Video Presentations on "The Fantasy Bond" and "Restriction of Means"

Taking advantage of new online technologies, our team has created the first in a series of interactive online video presentations exploring key concepts and theories brought forth by our research at The Glendon Association. These free presentations on "The Fantasy Bond" and "Restriction of Means" engage viewers by allowing them to control their viewing experience. The presentations integrate video interviews, informative slides, and live resource links. Viewers are free to move back and forth between slides, follow live links, and download information throughout.

The Fantasy Bond



Watch Dr. Lisa Firestone and Dr. Robert Firestone explain the concept of the Fantasy Bond and how it hurts our close relationships. Dr. Robert Firestone's theory of The Fantasy Bond is a principle concept upon which many of Glendon's books, films, and resources are based. This video, featuring exclusive interview clips with Dr. Lisa Firestone and Dr. Robert Firestone, will give you a brief understanding of how and why a Fantasy Bond is formed, what it means to be in a Fantasy Bond, and how to identify if you suffer from a Fantasy Bond in your own relationship. Watch this free video presentation online [here](#).

Restriction of Means



Glendon's commitment to support restrictions of means at lethal suicide hotspots around the world was met with a meaningful victory right in our own community of Santa Barbara. With the support and dedication of Caltrans, the S.B. Sheriff's Department, and other local organizations, we were able to see the completion of construction of bridge barriers on the Cold Springs Arch Bridge. Restricting means is a proven method to deter individuals at risk for suicide from making a lethal attempt. Watch Dr. Lisa Firestone explain the value of restricting means in your community and how this measure can save lives [here](#).

Healthy Child

Free Webinar

Presenter: Dr. Lisa Firestone

Dec. 4

Learn more or register [here](#)

Special Thanks to Intern: Niklas Edlinger



Niklas Edlinger began an internship with [Psychalive](#), while completing his final year at UCSB as a psychology student.

Since his graduation in June 2011, Nik has become one of our most dedicated volunteers at Glendon. His energy and enthusiasm for mental health awareness, combined with his writing and technical skills have made a tremendous contribution to our team. Over the past year, Nik has volunteered his time to help coordinate Glendon sponsored community events, such as the lecture on violence given by Dr. James Gilligan on September 11. Nik remains an invaluable technical and digital media resource at Psychalive and has been a key part of our Web development team. We are fortunate to have such hardworking and dedicated volunteers like Nik at our organization.

Donate to Glendon

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

Follow Us & Get Updates

Follow Glendon on [Facebook](#)

Follow Glendon on [Twitter](#)

Dr. Lisa Firestone Discusses Suicide Prevention on "The Intentional Parent"

Suicide is a taboo subject for most people, especially between parents and kids. LIP TV invited Dr. Lisa Firestone to address the issue for parents who may not know how to broach it. Dr. Firestone was interviewed by Dr. Tina Bryson on the show "[The Intentional Parent](#)."



PsychAlive Contributions from Experts and Students



As mental health professionals, we want to make psychological information accessible and understandable to the general public. [PsychAlive](#) is pleased to feature new blogs, exclusive video interviews, podcasts, and free and CE Webinars with [expert contributors](#). We have also made an effort to grow our student community and reach a younger audience by inviting college students to blog for PsychAlive. We are excited to welcome this talented team of student bloggers who are helping us build our [PsychAlive Campus](#) section.

Check out PsychAlive's [Featured Experts](#)

Check out the [PsychAlive Campus](#)

See all [upcoming PsychAlive Webinars](#)

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

Latest Blogs from Dr.'s Robert and Lisa Firestone

[PsychologyToday](#)

[Lisa Firestone, Ph.D.](#)

- [Is Sexual Stereotyping Affecting Your Relationship?](#)
- [Why the Spark Fades in a Relationship](#)
- [Is Our Aversion to Pain Killing Us?](#)
- [The Abuse of Overparenting](#)
- [Breaking Free from Addiction](#)

Robert Firestone, Ph.D.

- [A New Slant on Vulnerability - Part 1: Strength Not Weakness](#)
- [A New Slant on Vulnerability - Part 2: Courage Not Conformity](#)

The Huffington Post

- [Five Tips for Helping Kids Handle Their Emotions](#)
- [6 Ways to Keep Love Strong This Valentine's Day and Beyond](#)
- [5 Strategies for Dealing With Your Partner's Fear of Intimacy](#)
- [Why Are We Hooked on Rejection?](#)

[Click to view this email in a browser](#)

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: [Unsubscribe](#)

[Click here](#) to forward this email to a friend

The Glendon Association
115 W. Canon Perdido
Santa Barbara, California 93101
US

[Read](#) the VerticalResponse marketing policy.

