Welcome to our Quarterly Newsletter!

Welcome! As we come to the close of 2014, we feel an exciting mix of reflection and anticipation. We are honored and thankful to have shared another year of meaningful work that has reached thousands of people around the world. Yet, with so much to look forward to in 2015, our focus is on the many things we have in store for the new year. As always, in this final newsletter of the year, we'll share with you our recent activities and upcoming events. We will even let you in on a few proven tips for a happy holiday season. But more than anything, we wish to thank you for your ongoing interest in and support for Glendon's mission. It is because of you that in the past three decades, we've been able to grow and reach more and more people with a message of hope, compassion and self-awareness that can change lives.

Warm Regards,
Nina Firestone
Managing Director

Tips for a Happy Holiday

The holidays are full of reminders to be “merry” and “bright.” However, all the things that sound warm and cozy like family, travel, parties, presents and pies can quickly become sources of stress. As we wish one another a happy holiday season. But more than anything, we wish to thank you for your ongoing interest in and support for Glendon's mission. It is because of you that in the past three decades, we've been able to grow and reach more and more people with a message of hope, compassion and self-awareness that can change lives.

Warm Regards,
Nina Firestone
Managing Director

Jan. 9
Suicide: What Therapists Need to Know
CE Webinar with GoodTherapy.org
Learn more or sign up

Jan. 20
7 Reasons Most People Are Afraid of Love
CE Webinar
Learn more or sign up

Feb. 7
Adult Attachment in Adult Relationships: Overcoming the Fear of Intimacy
CE Workshop
Wright Institute - Berkeley, CA
Learn more

Feb. 17
Break the Chain: How to Live the Life YOU Want
Free Webinar
Learn more or sign up

March 24
Stop Hating Yourself: A Method to Overcome Your Inner Critic
These criticisms come from our “critical inner voice.” This voice represents the negative self-talk of an internal enemy. We have to be aware of this voice and actively ignore it in order to feel any sense of peace. Be aware that this voice often gets louder this time of year and don’t allow this inner critic to dictate your behavior.

3) Be Mindful. The serene picture of a family sipping hot cocoa by the fire, merrily making jokes or exchanging gifts may or may not be part of your holiday. However, “family time” can be full of emotions that aren’t 100 percent joyful. The build-up around special occasions can set people (especially children) up to feel let down or disappointed.

Emotions can peak when old family dynamics are sparked. We’re reminded of how we felt as a child or teenager, and feelings start to surface that we don’t expect. Be aware of what you feel. Try to maintain a curious but compassionate attitude toward yourself. Being aware of your feelings doesn’t mean you should feel victimized or act out, but it allows you to be more mindful, to check in and reconnect with yourself and to regain a sense of calm in stressful situations. Meditation is a great way to do this!

4) Choose Your Family Time. Your holiday is yours. It’s a time to spend doing the things that matter to you. If that means seeing family, that’s great. If it means spending some alone time with your partner or your friends and “family of choice,” that’s great, too. Don’t let guilt get the better of you. It isn’t selfish to balance your time and to do the things that really light you up. When we feel relaxed and ourselves, we spread that feeling to those around us.

5) Be Generous. Studies show that people feel better when they’re giving than when they’re getting. Generosity helps us live longer and happier. Take your mind off your inner critic by participating in shared acts that help others.

New eBooks Available

We’re happy to announce that several books by Glendon’s consulting theorist, Robert Firestone, are now available as eBooks. You can download the following titles to access on your computer, phone or tablet:

- The Fantasy Bond
- Voice Therapy
- Compassionate Child-Rearing

Shop Amazon Smile to Benefit Glendon

We are pleased to announce our participation with AmazonSmile, a simple and automatic way for you to support The Glendon Association every
time you shop, at no cost to you. When you buy from smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com with the added bonus that Amazon will donate a portion of the purchase price to Glendon. To shop at AmazonSmile simply go to smile.amazon.com. You can use your existing Amazon account to make purchases. Just make sure to visit the smile.amazon.com link when you shop.

The Value of Live Workshops and Face-to-Face Learning

We seem to be in the age of online learning, including Webinars, eCourses teleconferences and more. These are valuable, efficient and cost-effective ways for professionals and interested individuals to expand their knowledge. Glendon and PsychAlive are also actively expanding their online offerings to an engaged and growing community. However, we are also very committed to continuing to present live workshops to local as well as national and international audiences.

The benefits of live instruction and face to face interaction with others can be a deeply rewarding learning experience for both the instructor and the participant. Recently, Glendon held a weekend workshop “Free Yourself from Your Inner Critic” at a private retreat center in Ojai, California.

It was very well-received, and one participant commented “I loved the exercises and group discussion –what we did was transformative. I only wish we had more time in this setting.”

Lisa Firestone also continued to present workshops internationally in the following locations:

ESSSB 15 - Tallinn, Estonia  
SEPI  XXXth Annual Meeting - Montreal Canada  
2014 SPR Conference - Copenhagen, Netherlands

See all of Glendon’s Upcoming Live Events Here

Interested in having Glendon teach a workshop near you? Click here to see our workshop offerings

Community Outreach and Communications Internships

For more than 10 years, Glendon has been an internship site for many dedicated UCSB students. Their efforts have allowed Glendon to complete valuable projects, and we are very appreciative to our many dedicated interns. This past year we had the pleasure of supervising our first psychology practicum intern from Westmont College.

Glendon Intern Spotlight:

Kyle Cablay completed a Westmont Psychology Internship under the supervision of professor Dr. Andrea Gurney. He was an extremely dedicated and resourceful intern and wrote this story about his participation in the “Out of the Darkness Walk, in Santa Barbara:”
My most rewarding practicum project at Glendon was to help coordinate the "Out of the Darkness" walk, sponsored by the American Foundation for Suicide Prevention (AFSP). The walk, with over 150 participants this year, raised a total of $8,600 to help with AFSP’s suicide prevention efforts. There were opening comments from Mayor Helene Schneider as well as stories of loss and survival from individuals and families who had been impacted by suicide. I was honored to help initiate a mental health resources fair with over 15 local mental health agencies participating this year.

A local band "The Pedestrians" comprised of students from Westmont College provided heartfelt music at the walk. You can find them on Facebook, and I am providing a Link to download a few of their songs, since so many people have asked me about their music.

It was an amazing learning experience, being able to work with local agencies as well as booking the band to support the event, and it capped off my extraordinary internship at Glendon, for which I am so grateful.

Latest Blogs from Dr.’s Lisa and Robert Firestone

Blogs by Lisa Firestone, Ph.D.

- Are You a Narcissist?: InfoGraphic
- The Scientific Approach to Changing Your Life
- 6 Rules to Live By When You Discipline Your Child
- 3 Steps to Experience the Perfect Imperfect Moment
- 5 Excuses to Stop Making About Sex
- Finding Your Cure for Depression
- How to Break the Cycle of Child Abuse

Blogs by Robert Firestone, Ph.D.

- The Simple Truth about Anger