

THE WORKSHOP

A THERAPEUTIC APPROACH TO SELF-DISCOVERY

Introducing "Psychology for Life," this free PsychAlive Workshop engages visitors in a progressive process modeled after the journey a person goes through in psychotherapy. The workshop is a rich multi-media experience that can be used as a supplement to therapy by allowing people the unique and private space to assimilate information, reflect and write in a confidential journal.

The sections of the PsychAlive Workshop address the significant areas of life in which people suffer emotionally: within themselves, in their intimate and sexual relationships and with their children. In each section, the workshop takes people through a step-by-step process that involves introspection, planning, journaling and taking action.

All of the resources available in the workshop can be used selectively by therapists, who would like their patients to actively engage in additional psychological reflection. The workshop provides supplementary information: text, guidance from experts, personal examples, video, podcasts, book recommendations, movies and music that relate to one's specific stage in the process, as well as a media library of video, audio, books and reference materials.



THE SOURCE

PsychAlive draws on the contributions of leading psychology experts who specialize in a broad spectrum of subjects related to one's emotional wellbeing. The information on PsychAlive is derived from the research of The Glendon Association, a non-profit psychology organization with more than 25 years of experience studying the roots of individuals' most prevalent emotional struggles. PsychAlive translates a solid base of psychodynamic and existential theory into terms that are understandable and applicable in everyday life. While PsychAlive is not intended as a substitute for therapy, it is designed to empower people in their mission to lead happier lives and to direct them to the help they



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Learn more at www.glendon.org



BLOG ON PSYCHALIVE: If you would like to become a blogger on PsychAlive.org, please send a brief bio and statement of interest to editor@psychalive.org.

For more information contact us at editor@psychalive.org or visit us at www.psychalive.org

PSYCHALIVE
www.psychalive.org

A New Website introducing
Psychology for Life



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THE PURPOSE

The desire to discover who we are – why we feel and act the ways we do – is what leads us to a meaningful and vital existence. PsychAlive is a free educational Website created to assist people in this personal journey, by providing a place where they can learn to take an active, introspective approach to their lives.

The articles, blogs, videos, quizzes and interactive workshops featured on PsychAlive act as valuable supplements to the therapeutic process. These resources introduce visitors to sound psychological principles and practices, while offering them means of applying these concepts to their own experiences. PsychAlive further offers a private journal, where users can record their thoughts, as they learn more about themselves.

All of the tools available on PsychAlive are designed to help people understand the emotional dynamics that operate within them and the limitations that restrict them in their daily lives. By helping them to look for what is at the core of their struggles and to target the specific ways they limit themselves, PsychAlive encourages people to understand and challenge the deeper issues that keep them from living lives that are as joyful, rewarding and meaningful as they could be.



THE STRUCTURE

PsychAlive is divided into three sections: **Alive to SELF**, **Alive to INTIMACY** and **Alive to PARENTING**. Each of these sections focuses on the many emotional issues that can arise, as we strive to lead our lives as successful individuals, partners and parents.



THE SECTIONS



Alive to SELF introduces people to a new way of thinking about themselves and the psychological struggles they encounter in their daily lives. The information available on Alive to Self helps people to start thinking about the sources of their emotional troubles and to recognize the ways these issues affect their present lives. Through Alive to SELF, people are encouraged to have compassion for themselves, while seeking to stop self-limiting patterns in their lives.



Alive to INTIMACY helps people to think about what goes wrong in their relationships from a psychological point of view. By looking at their own emotional adaptations and the habitual ways they defend themselves, people can gain insight into the patterns in their intimate relationships. Alive to INTIMACY helps people uncover where their defenses originate and how they can they can overcome them.



Alive to Parenting helps parents to make sense of their and their children's experiences. The section illustrates the importance of looking into one's own childhood to become a better parent. The articles in this section encourage parents to get to know themselves and their children on a deeper level that gives them a much better chance of offering the most sincere form of care and love they are able to provide.

