



THE GLENDON  
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& PSYCHALIVE

# 6 Reasons Most People are Afraid of Love





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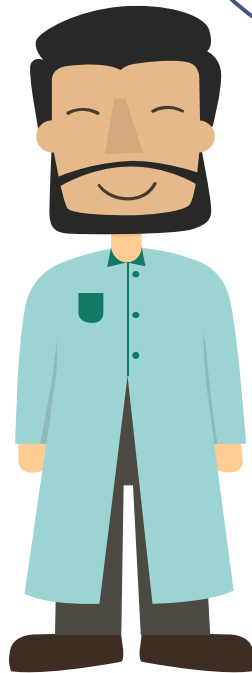
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**(For the Public)  
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Dr. George Vaillant at Harvard University found one  
happy key to a happy and fulfilling life...

**love!**

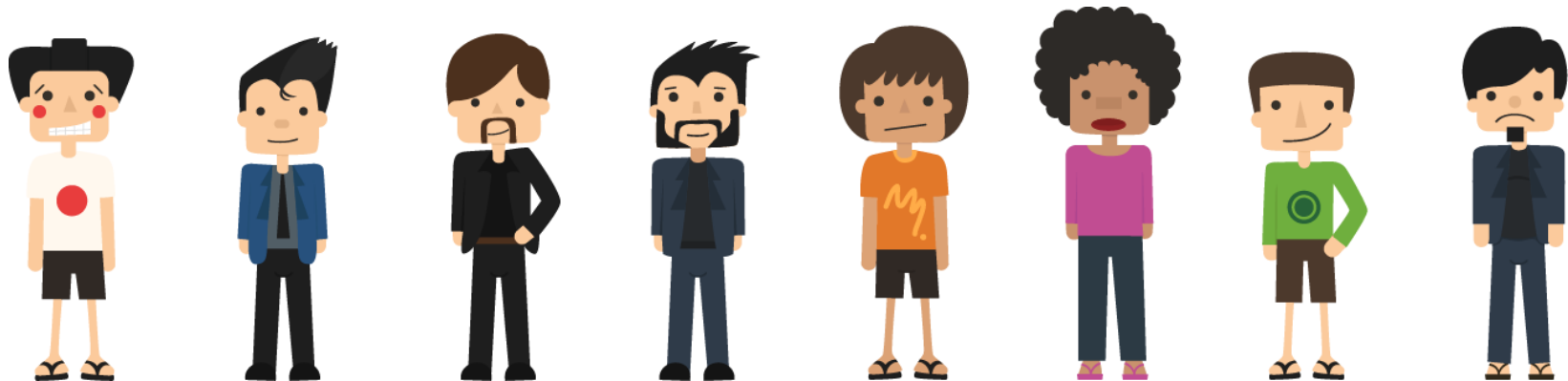


“One is **love**. The other is finding a way of coping with life that **does not push love away.**”

# The Importance of Connection

Studies show that love and relationships lead to:

1. Faster healing
2. Reduced pain
3. A sharper mind
4. More success (as a leader and in business)
5. Decreased stress
6. Increased happiness
7. Longer lives



# Romantic Love

## vs. Passionate or Companion-like Love

- “Romantic love,” characterized by **passion and sexual interest**, is associated with high self-esteem.
  - “Passionate love but a lack of commitment” hurts long-term relationships.
  - “Companionate love” should last in a long-term relationship and keep both partners happy.
- “Couples should strive for love with all the trimmings... Couples who've been together a long time and wish to get back their romantic edge should know it is an attainable goal that, like most good things in life, requires energy and devotion.”



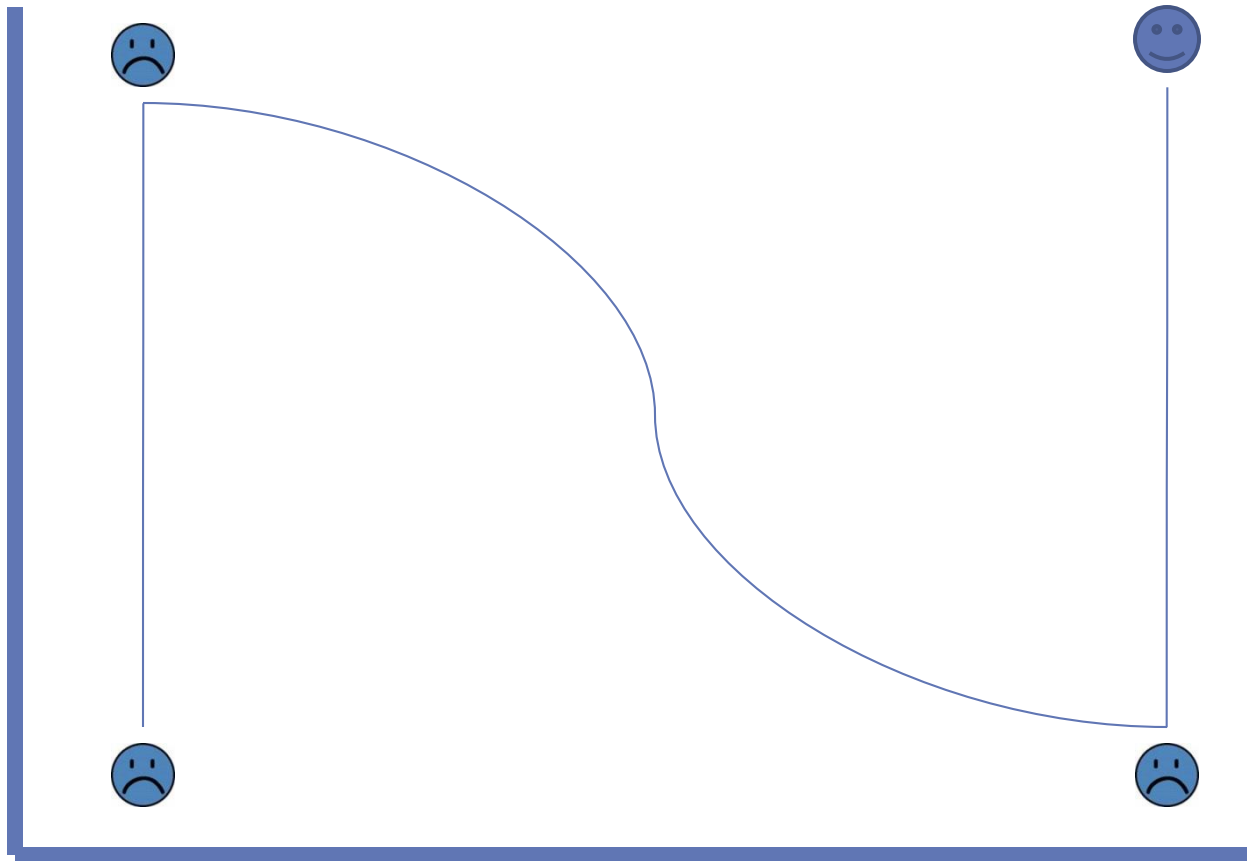
- Researcher Bianca P. Acevedo, Ph.D.

# Our Definition of Love

- “Defining love in behavioral terms is a challenging undertaking.”
- “In our view, actions that fit the description of a loving relationship are expressions of affection, both physical and emotional; a wish to offer pleasure and satisfaction to one’s mate; tenderness, compassion, and sensitivity to the needs of the other; a desire for shared activities and pursuits; an appropriate level of sharing of one’s possessions; an ongoing, honest exchange of personal feelings; and the process of offering concern, comfort, and outward assistance for the loved one’s aspirations.”
- “Love includes feeling for the other that goes beyond a selfish or self-centered interest in the loved one. As such, love nurtures and has a positive effect on each person’s self-esteem and sense of well-being. Love is truth and never involves deception, because misleading another person fractures his or her sense of reality and is therefore a serious human rights violation that adversely affects mental health.”

# Differentiation and Linkage

**Linkage**  
(emotional  
closeness)



**Differentiation**  
(individuation as an individual)

# Part 1:

## Why are we afraid of love?





DEBBIE, I HAVE A PROBLEM WITH INTIMACY - TONY

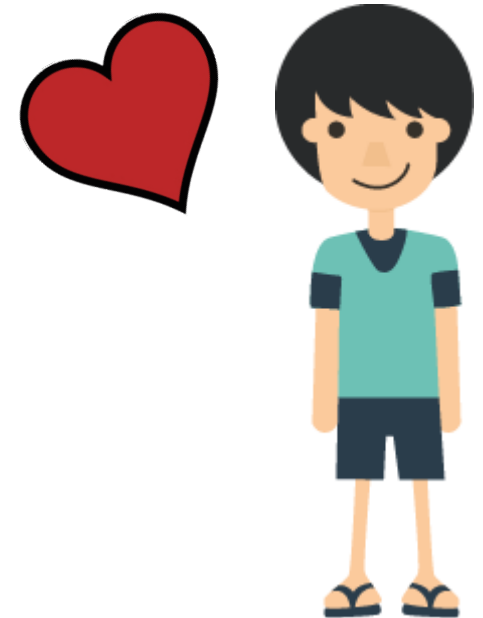
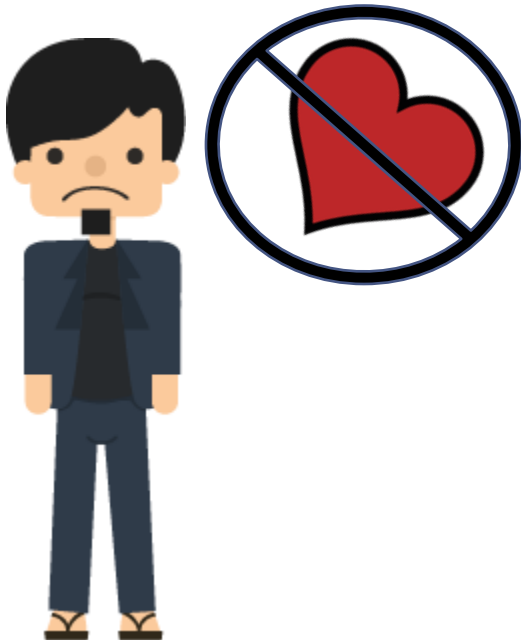


BEK

# Fear of Intimacy

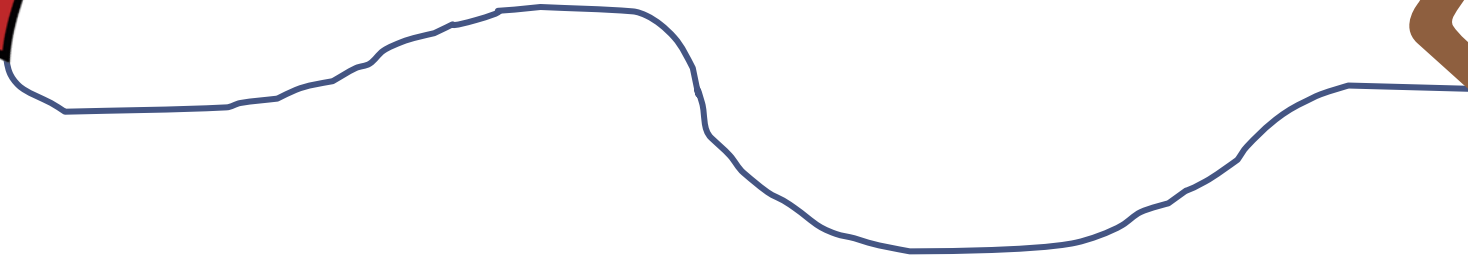
*Interpersonal relationships are the ultimate source of happiness or misery. Love has the potential to generate intense pleasure and fulfillment or produce considerable pain and suffering.*

**From Sex & Love in Intimate Relationships**



# What is the Fear of Intimacy?

- Most people say that they are seeking love, yet they often find it difficult to accept being loved and acknowledged for who they really are.
- We may be tolerant of realizing our dreams and desires in fantasy, but very often we are intolerant of having them fulfilled in reality.



# Reasons we defend against love:

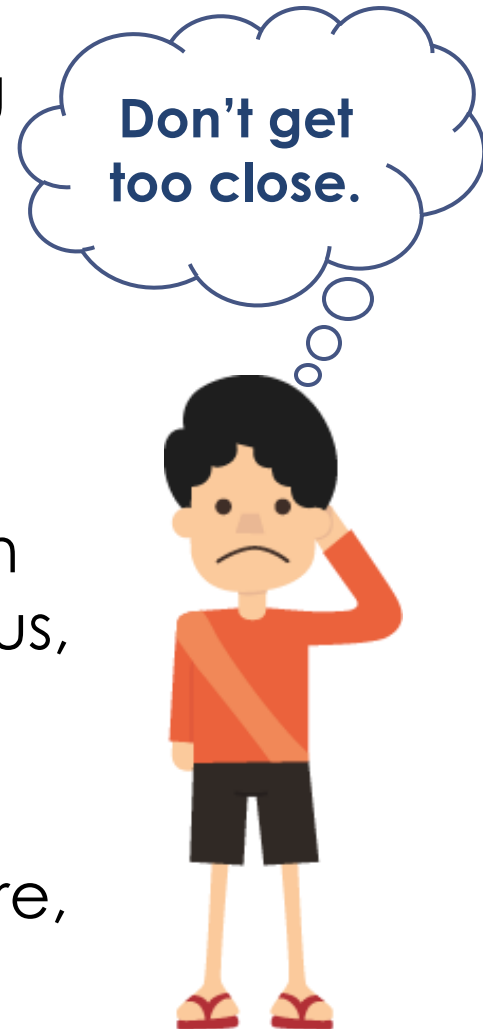
## What are we afraid of?

1. Real love makes us feel vulnerable.
2. New love reminds us of past hurts.
3. Love challenges an old identity.
4. With real joy comes real pain.
5. Relationships can break our connection to our family.
6. Love stirs up existential fears.



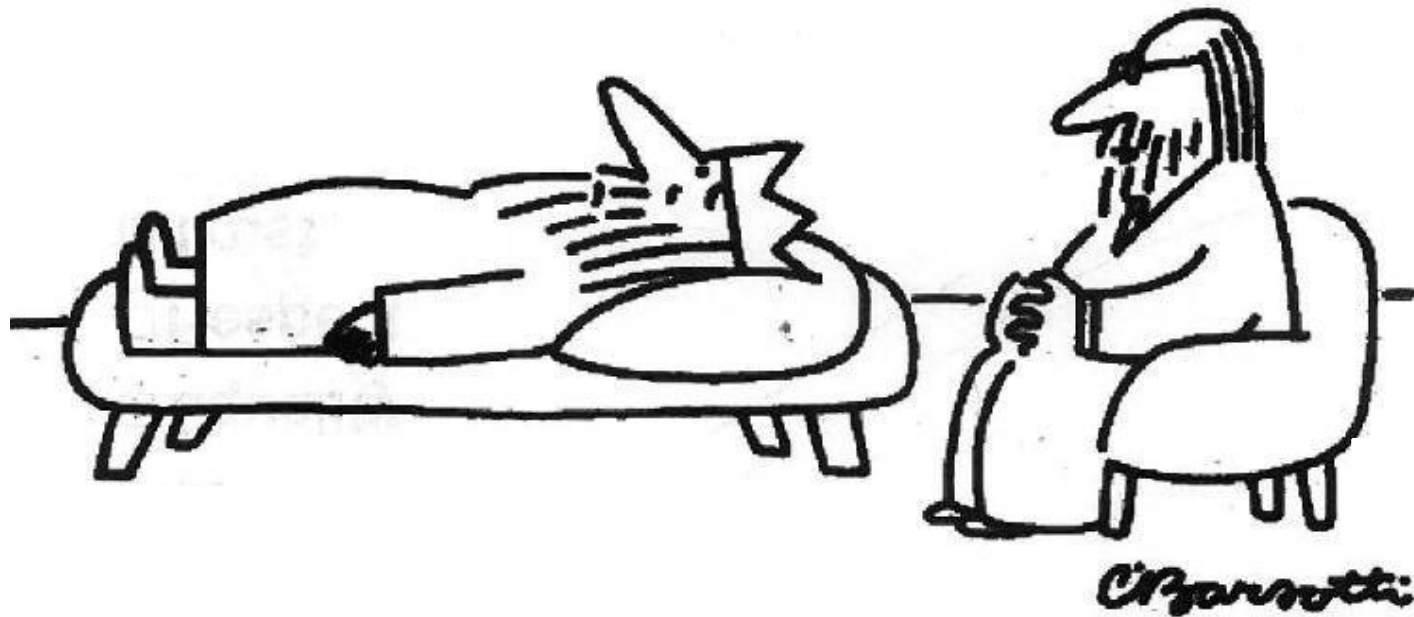
# 1. Real love makes us feel vulnerable.

- Letting ourselves fall in love means taking a real risk.
- A new relationship is uncharted territory, and most of us have natural fears of the unknown.
- We are placing a great amount of trust in another person, allowing them to affect us, which makes us feel exposed and vulnerable.
- We tend to believe that the more we care, the more we can get hurt.



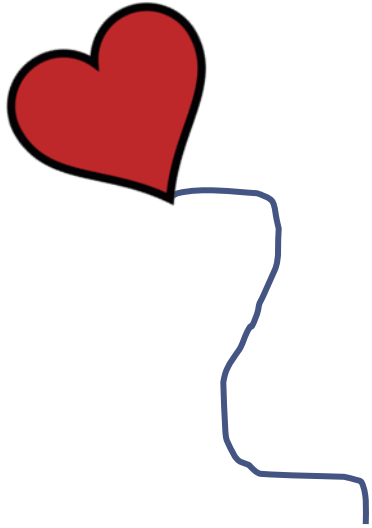
**People just wind up  
getting hurt.**





"Enemies, yes, but doesn't your moat also keep out love?"

# Why do we push love away?



On an unconscious level, we may sense that if we did not push love away, the whole world as we have experienced it would be shattered and we would not know who we were.





# Psychological Defenses

- Being loved by someone we love and admire threatens our defenses.
- Habits we've long had that allow us to feel safe, self-focused or self-contained
- Adaptations to our early environment that aren't adaptive in our adult lives

# The Value of Vulnerability

**Brene Brown, Ph.D.**

Author *The Power of Vulnerability*

Research on Vulnerability

*There can be no intimacy—emotional intimacy, spiritual intimacy, physical intimacy—without vulnerability. One of the reasons there is such an intimacy deficit today is because we don't know how to be vulnerable. It's about being honest with how we feel, about our fears, about what we need, and, asking for what we need. Vulnerability is a glue that holds intimate relationships together.*



## 2. New love stirs up past hurts.



- The ways we were hurt in previous relationships, starting from our childhood, have a strong influence on:
  - Why we choose the partners we do
  - How we perceive the people we get close to
  - How we act in our romantic relationships
- Old, negative dynamics may make us wary of opening ourselves up to someone new.
- We may steer away from intimacy, because it stirs up feelings of hurt, loss, anger or rejection.

# New love stirs up past hurts.

**Pat Love, Ph.D.:**

*Author **The Truth About Love***

*“When you long for something, like love, it becomes associated with pain,” the pain you felt at not having it in the past.*



### 3. Love challenges an old identity.

- Both giving and receiving love tend to disrupt the negative, yet familiar, ways we have of thinking about ourselves.
- Many of us struggle with underlying feelings of being unlovable.
- We have trouble feeling our own value and believing anyone could really care for us.



*But I said "yes"!  
What's wrong?*

*It's the sudden change.  
I'm accustomed to  
being rejected.*



# Maintain Defenses

We feel like the “bad kid” to justify how we were treated and to maintain sense of control.



# The Critical Inner Voice

We all have a “critical inner voice,” which acts like a cruel coach inside our heads that tells us we are worthless or undeserving of happiness.





# What is the Critical Inner Voice?

- The critical inner voice refers to a well-integrated pattern of destructive thoughts toward our selves and others.
- The “voices” that make up this internalized dialogue are at the root of much of our maladaptive behavior.
- This internal enemy fosters inwardness, distrust, self-criticism, self-denial, addictions and a retreat from goal-directed activities.
- The critical inner voice effects every aspect of our lives: our self-esteem and confidence, and most importantly, our personal and intimate relationships.

# Common “Voices” in Relationships

## Voices About Yourself:

- ❖ You're never going to find another person who understands you.
- ❖ Don't get too hooked on her.
- ❖ He doesn't really care about you.
- ❖ She is too good for you.
- ❖ You've got to keep him interested.
- ❖ You're better off on your own.
- ❖ As soon as she gets to know you, she will reject you.
- ❖ You've got to be in control.
- ❖ It's your fault if he gets upset.
- ❖ Don't be too vulnerable or you'll just wind up getting hurt.

# How the Voice Process Impacts Relationships

## Self-Punishing Voice Process in Relationships:

### **EXAMPLE:**

“No one will ever love you. He/She will never care about you. You’ll just wind up alone.”

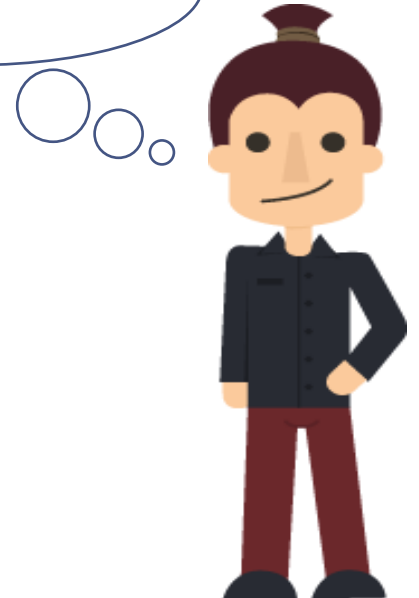


# How the Voice Process Impacts Relationships

## Self-Soothing Voice Process in Relationships:

### **EXAMPLE:**

“You are just fine on your own. You can take care of yourself. You don’t need anyone else. Don’t trust him/her.”



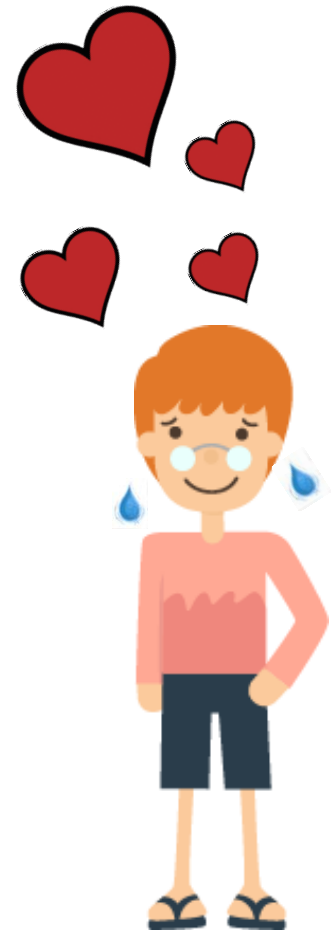
# Why do we listen to our inner critic?



- While these attitudes can be hurtful, over time, they have become engrained in us.
- As adults, we may fail to see them as an enemy.
- These thoughts are unpleasant but comfortable in their familiarity.
- When another person sees us differently from our voices, we may actually start to feel uncomfortable and defensive, as it challenges these long-held points of identification.

## 4. With real joy comes real pain.

- Any time we fully experience true joy or feel the preciousness of life on an emotional level, we can expect to feel a great amount of sadness.
- Many of us shy away from the things that would make us happiest, because they also make us feel pain.
- We cannot selectively numb ourselves to sadness without numbing ourselves to joy. When it comes to falling in love, we may be hesitant to go “all in,” for fear of the sadness it would stir up in us.



# Kiss of the Porcupine



## 5. Relationships can break family connections

### Relationships:

- Ultimate symbol of growing up
- Represent starting our own lives
- Symbolize a parting from our family
- Letting go on an emotional level
- Differentiating from negative dynamics that plagued our early relationships and shaped our identity





# What Drives Our Fear of Love?

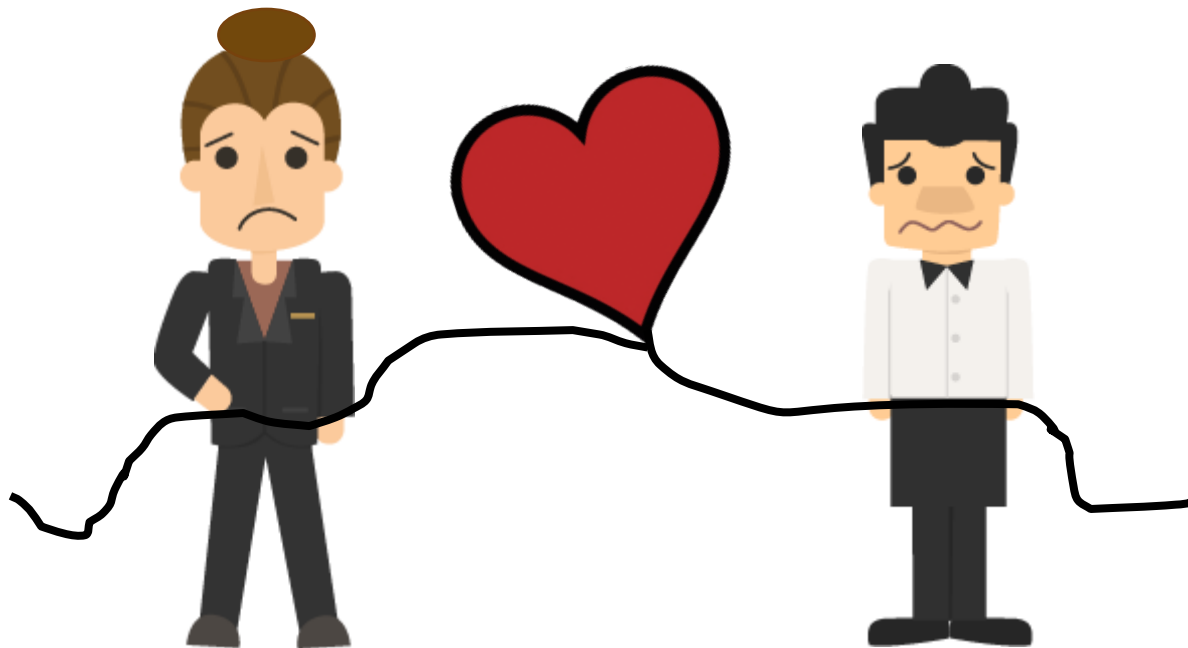
## Separation Theory



- Integrates psychoanalytic and existential systems of thought
- Two kinds of emotional pain
  - Interpersonal
  - Existential
- The core conflict
- Formation of defenses in childhood
- Defended versus undefended lifestyles
- The Fantasy Bond and the Critical Inner Voice

# The Fantasy Bond

A Fantasy Bond is an illusion of connection, originally an imaginary fusion or joining with the mother. It is used here to describe both the original imaginary connection formed during childhood and the repetitive efforts of the adult to continue to make connections in intimate associations.



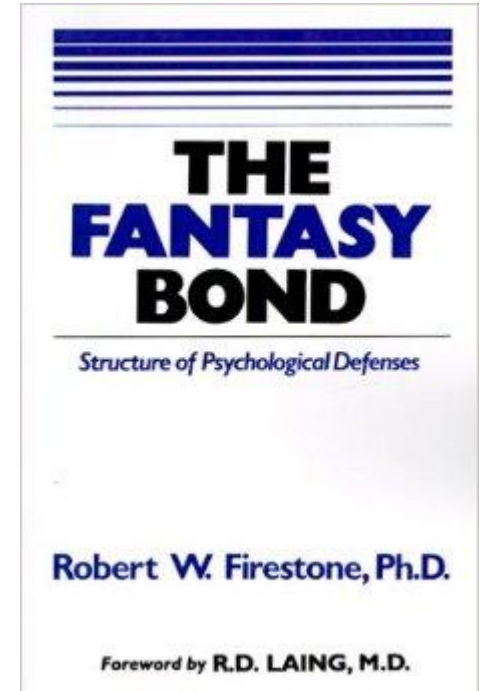
# Definition of the Fantasy Bond



- A “fantasy bond” describes an illusion of connection between a couple that is substituted for feelings of real love and intimacy.
- Forming a fantasy bond is an often unconscious act of self-parenting and self-protection, in which two people become pseudo-independent, replacing the real relating involved in being in love with the form of being a “couple.”
- The degree of reliance on a fantasy bond is proportional to the degree of frustration and pain experienced in a person’s developmental years.

# From *The Fantasy Bond*

Most people have a fear of intimacy and at the same time are terrified of being alone. Their solution is to form a fantasy bond – an illusion of connection and closeness – that allows them to maintain emotional distance while assuaging loneliness and, in the process, meeting society's expectations regarding marriage and family.





# Manifestations of a Fantasy Bond

- **Withholding**
- **Polarization of parent-child ego states**
- **Idealization/denigration of the other**
- **Loss of independence**
- **Form versus substance**



# Couple Interactions Chart

<b>Interactions in an Ideal Relationship</b>	<b>Interactions in a Relationship Characterized by a Fantasy Bond</b>
<b>Nondefensiveness and openness</b>	<b>Angry reactions to feedback</b>
<b>Open to trying anything within reason</b>	<b>Closed to new experiences</b>
<b>Honesty and integrity</b>	<b>Deception and duplicity</b>
<b>Respect for the other's boundaries, priorities and goals, separate from self</b>	<b>Overstepping boundaries. Other seen only in relation to self</b>
<b>Physical affection and personal sexuality</b>	<b>Lack of affection; inadequate or impersonal, routine sexuality</b>
<b>Understanding--lack of distortion of the other</b>	<b>Misunderstanding--distortion of the other</b>
<b>Noncontrolling, nonmanipulative, and nonthreatening</b>	<b>Manipulations of dominance and submission</b>

# Couple Interactions Chart

**Interactions in an Ideal Relationship**

**Interactions in a Relationship Characterized by a Fantasy Bond**

**Nondefensiveness and openness**



**Angry reactions to feedback**





# Couple Interactions Chart

**Interactions in an Ideal Relationship**

**Open to trying anything within reason**



**Interactions in a Relationship Characterized by a Fantasy Bond**

**Closed to new experiences**



# Couple Interactions Chart

**Interactions in an Ideal Relationship**

**Honesty and integrity**



**Interactions in a Relationship Characterized by a Fantasy Bond**

**Deception and duplicity**



# Couple Interactions Chart

## Interactions in an Ideal Relationship

Respect for the other's boundaries, priorities and goals, separate from self



## Interactions in a Relationship Characterized by a Fantasy Bond

Overstepping boundaries - Other seen only in relation to self





# Couple Interactions Chart

**Interactions in an Ideal Relationship**

**Physical affection and personal sexuality**



**Interactions in a Relationship Characterized by a Fantasy Bond**

**Lack of affection, inadequate or impersonal, routine sexuality**



# Couple Interactions Chart

Interactions in an Ideal Relationship

**Understanding -  
lack of distortion  
of the other**



Interactions in a Relationship Characterized by a Fantasy Bond

**Misunderstanding -  
distortion of the other**



# Couple Interactions Chart

Interactions in an Ideal Relationship

**Noncontrolling,  
nonmanipulative  
and nonthreatening**



Interactions in a Relationship  
Characterized by a Fantasy Bond

**Manipulations of  
dominance  
and submission**



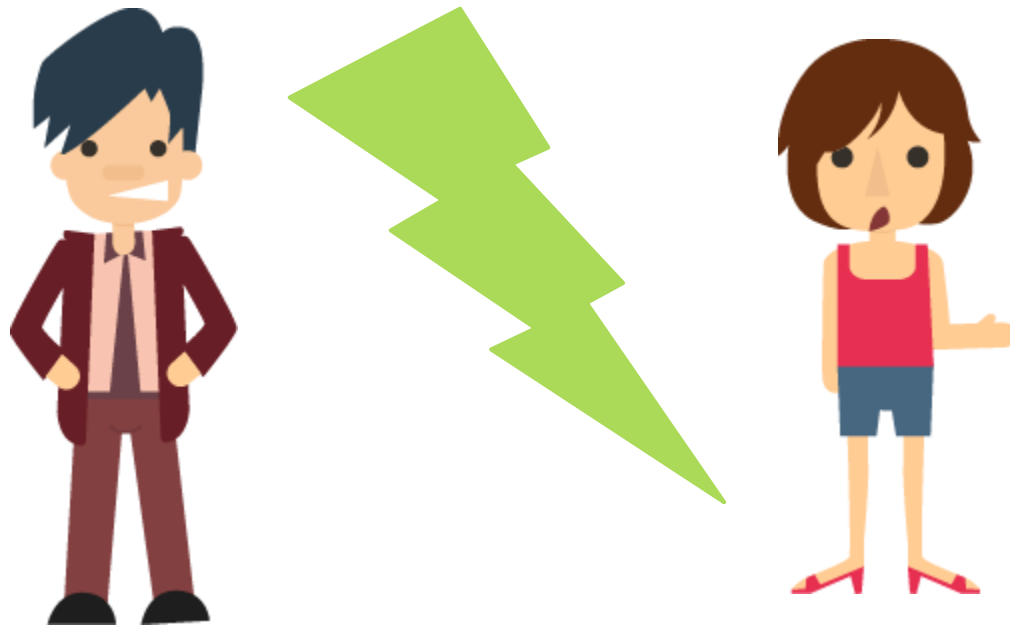
## 6. Love stirs up existential fears

We are rarely fully aware of how we defend against these existential fears. We may even try to rationalize to ourselves a million reasons we shouldn't be in the relationship. However, the reasons we give may have workable solutions, and what's really driving us are those deeper fears of loss.



## Part 2:

**What are the behaviors  
driven by our fears?**

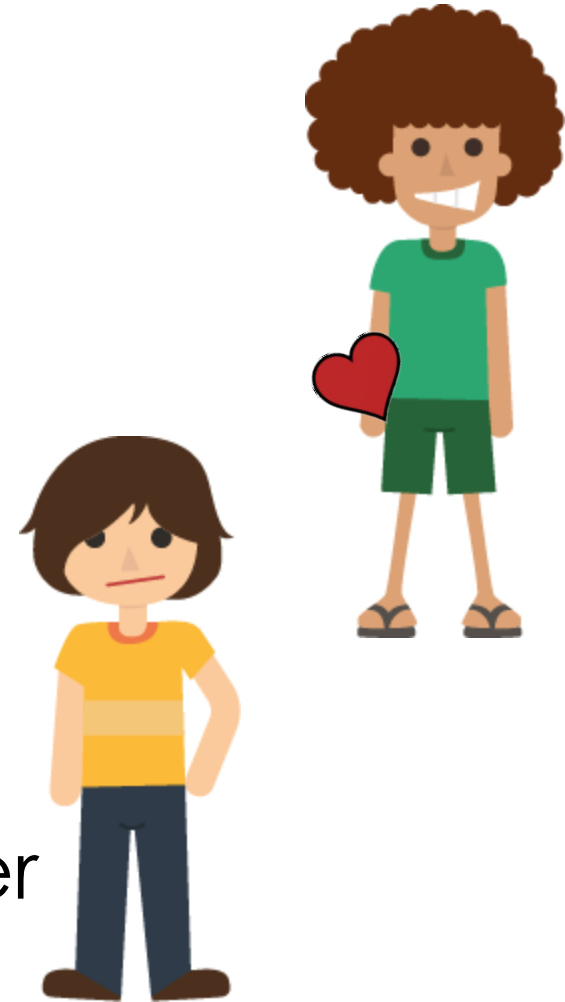




# Ways we defend against love:

## In Relationships:

- Play the victim
- Withhold from our partner (interest, affection, sexuality and shared activities)
- Lash out at/ push away our partner
- Withdraw into fantasy
- Become critical of our partner



# Ways we defend against love:

## When Single:

- Keep ourselves out of reach
- Isolate ourselves
- Not being open
- Criticize all possible choices







*"When I fell in love with you, suddenly your eyes didn't seem close together, now they seem close together again."*

Kiss me.

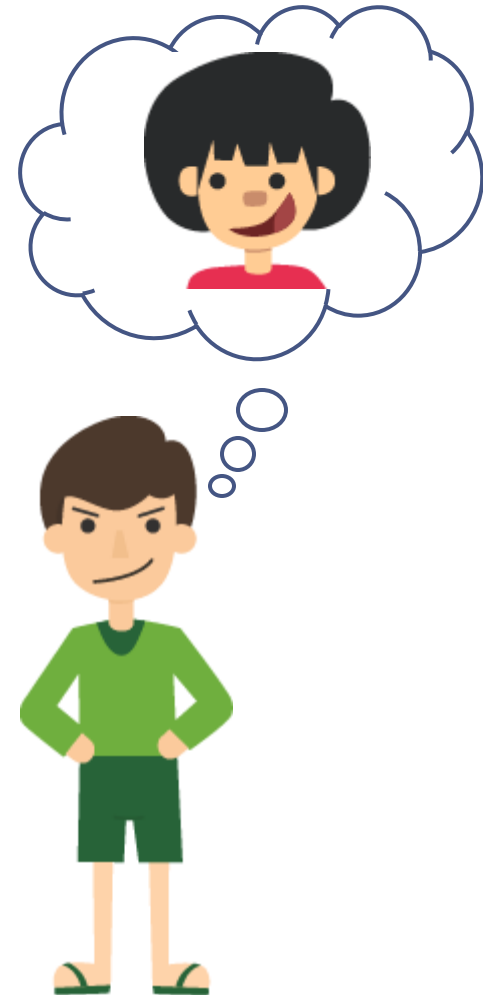
Again? I kissed  
you three times  
last week.



# Common “Voices” in Relationships

## Voices About Your Partner:

- ❖ Men are so insensitive, unreliable, selfish.
- ❖ Women are so fragile, needy, indirect.
- ❖ He only cares about being with his friends.
- ❖ Why get so excited? What’s so great about her anyway?
- ❖ He’s probably cheating on you.
- ❖ You can’t trust her.
- ❖ He just can’t get anything right.



## Part 3:

**How can we overcome our fears of love?**



# Interpersonal Neurobiology



**C**urious

**O**pen

**A**ccepting

**L**oving







*"Before you chop off my head, don't you think we should see a counsellor?"*

# The Firestone Voice Scale for Couples

## FVSC

### Instructions

All people experience thoughts that are critical towards themselves and others. For example, when a person is worried about his (her) relationship, he (she) might think:  
“You’d better hang onto him (her). This may be your last chance. You may never get anybody again.”

Or a person might have critical thoughts about a potential partner:  
“Don’t get involved. You might get hurt because he (she) is so unreliable.”

Negative thoughts are a part of everyone’s thinking process. Please indicate the frequency with which you experience the following thoughts by circling the corresponding number.

**1 – NEVER 2 – RARELY 3 – ONCE IN A WHILE 4 – FREQUENTLY 5 – MOST OF THE TIME**

Fore example, you think or say to yourself:

1 2 **3** 4 5     “You’re unattractive. Why should she (he) want to go out with you?”

- |    |   |   |   |   |   |   |
|----|---|---|---|---|---|---|
| 1. | You'd better put on a good front. Put your best foot forward or he (she) won't be interested. | 1 | 2 | 3 | 4 | 5 |
| 2. | You'd be better off on your own.  | 1 | 2 | 3 | 4 | 5 |
| 3. | He (She) doesn't give a damn about you.   | 1 | 2 | 3 | 4 | 5 |
| 4. | He (She) never spends time with you. He (She) is always with his (her) friends/family.        | 1 | 2 | 3 | 4 | 5 |
| 5. | He (She) doesn't want to hear your opinions, so keep them to yourself.                        | 1 | 2 | 3 | 4 | 5 |

# You in Your Relationship: Your Critical Inner Voice/The Real You

- What my critical inner voice says about me in my relationship

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- What I realistically think about myself in my relationship

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# **Your Partner in Your Relationship:**

## **Your Critical Inner Voice/The Real You**

- **What my critical inner voice says about my partner in my relationship**

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- **What I realistically think about my partner in my relationship**

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# Relationships:

## Your Critical Inner Voice/The Real You

- What my critical inner voice says about relationships

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- What I realistically think about relationships

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# Behavioral Checklist for Partners

Describe yourself and your partner along these dimensions on a scale of 1 to 5:

1. Does not describe me/does not describe partner at this time.
2. Describes me on infrequent occasions/describes partner on infrequent occasions.
3. Describes how I am some of the time/describes how my partner is some of the time.
4. Describes how I frequently am/describes how my partner frequently is.
5. Describes me most or all of the time/describes my partner most or all of the time.

non-defensive and open (able to listen to feedback without overreacting/open to new experiences):

Self: 1 2 3 4 5 / Partner: 1 2 3 4 5

respect for other's boundaries:

Self: 1 2 3 4 5 / Partner: 1 2 3 4 5

vulnerable (willing to feel sad, acknowledge hurt feelings, etc.):

Self: 1 2 3 4 5 / Partner: 1 2 3 4 5

honest (straightforward, non-deceptive):

Self: 1 2 3 4 5 / Partner: 1 2 3 4 5

physically affectionate:

Self: 1 2 3 4 5 / Partner: 1 2 3 4 5

sexuality (satisfied with sexual relationship):

Self: 1 2 3 4 5 / Partner: 1 2 3 4 5

empathic and understanding (lack of distortion of the other):

Self: 1 2 3 4 5 / Partner: 1 2 3 4 5

communication (sense of shared meaning, feel understood):

Self: 1 2 3 4 5 / Partner: 1 2 3 4 5

non-controlling, non-manipulative, and non-threatening:

Self: 1 2 3 4 5 / Partner: 1 2 3 4 5

How would you rate yourself along these dimensions?

sense of well-being:

1 2 3 4 5

self-confidence:

1 2 3 4 5

optimism:

1 2 3 4 5

# Behavioral Checklist for Therapists

Describe each partner along these dimensions on a scale of 1 to 5:

1. Does not describe this person at this time.
  2. Describes me on infrequent occasions/describes partner on infrequent occasions.
  3. Describes how this person is some of the time.
  4. Describes how this person frequently is.
  5. Describes this person most or all of the time.
- 

non-defensive and open (able to listen to feedback without overreacting/open to new experiences):

First Partner                      1   2   3   4   5                      /   Second Partner:   1   2   3   4   5

respect for other's boundaries:

First Partner                      1   2   3   4   5                      /   Second Partner:   1   2   3   4   5 vulnerable

(willing to feel sad, acknowledge hurt feelings, etc.):

First Partner                      1   2   3   4   5                      /   Second Partner:   1   2   3   4   5

honest (straightforward, non-deceptive):

First Partner                      1   2   3   4   5                      /   Second Partner:   1   2   3   4   5

physically affectionate:

First Partner                      1   2   3   4   5                      /   Second Partner:   1   2   3   4   5 sexuality

(satisfied with sexual relationship):

First Partner                      1   2   3   4   5                      /   Second Partner:   1   2   3   4   5 empathic and

understanding (lack of distortion of the other):

First Partner                      1   2   3   4   5                      /   Second Partner:   1   2   3   4   5 communication

(sense of shared meaning, feel understood):

First Partner                      1   2   3   4   5                      /   Second Partner:   1   2   3   4   5

non-controlling, non-manipulative, and non-threatening:

First Partner                      1   2   3   4   5                      /   Second Partner:   1   2   3   4   5

sense of well-being:

First Partner                      1   2   3   4   5                      /   Second Partner:   1   2   3   4   5

self-confidence:

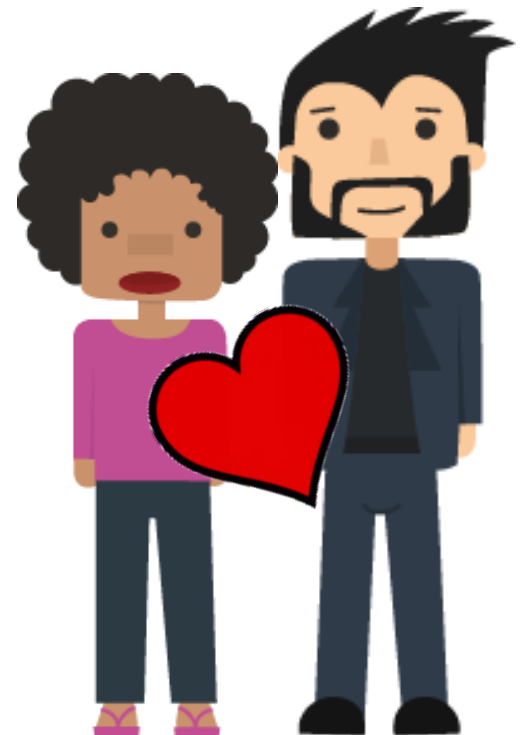
First Partner                      1   2   3   4   5                      /   Second Partner:   1   2   3   4   5

optimism:

First Partner                      1   2   3   4   5                      /   Second Partner:   1   2   3   4   5

# Ways to Help Relationships

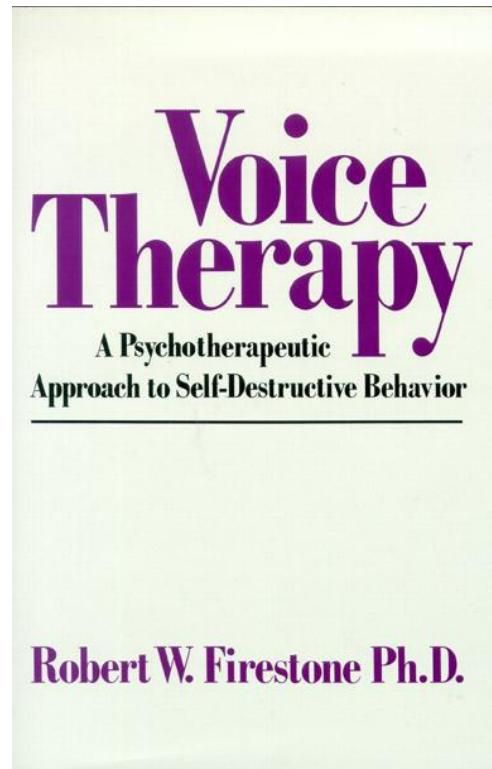
- **Reveal destructive thought processes to each other**
- **Utilize journaling to understand the voice process in couple relationships**
- **Set goals for the relationship**
- **The strategy of “unilateral disarmament”**





# Voice Therapy

**Cognitive/ Affective/ Behavioral/ Approach**



# The Therapeutic Process in Voice Therapy

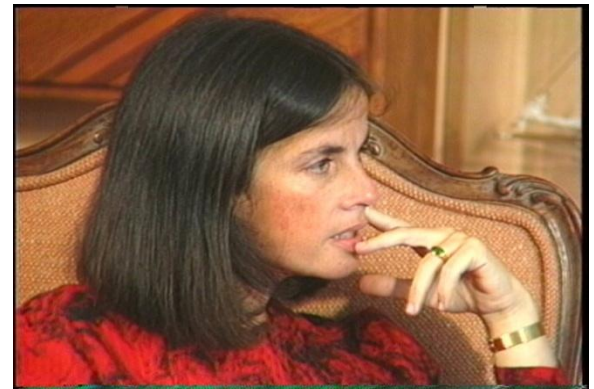
## Step I

Identify the content of the person's negative thought process. The person is taught to articulate his or her self-attacks in the second person. The person is encouraged to say the attack as he or she hears it or experiences it. If the person is holding back feelings, he or she is encouraged to express them.



## Step II

The person discusses insights and reactions to verbalizing the voice. The person attempts to understand the relationship between voice attacks and early life experience.



# The Therapeutic Process in Voice Therapy

## Step III

The person answers back to the voice attacks, which is often a cathartic experience. Afterwards, it is important for the person to make a rational statement about how he or she really is, how other people really are, what is true about his or her social world.



## Step IV

The person develops insight about how the voice attacks are influencing his or her present-day behaviors.

## Step V

The person then collaborates with the therapist to plan changes in these behaviors. The person is encouraged to not engage in self-destructive behavior dictated by his or her negative thoughts and to also increase the positive behaviors these negative thoughts discourage.

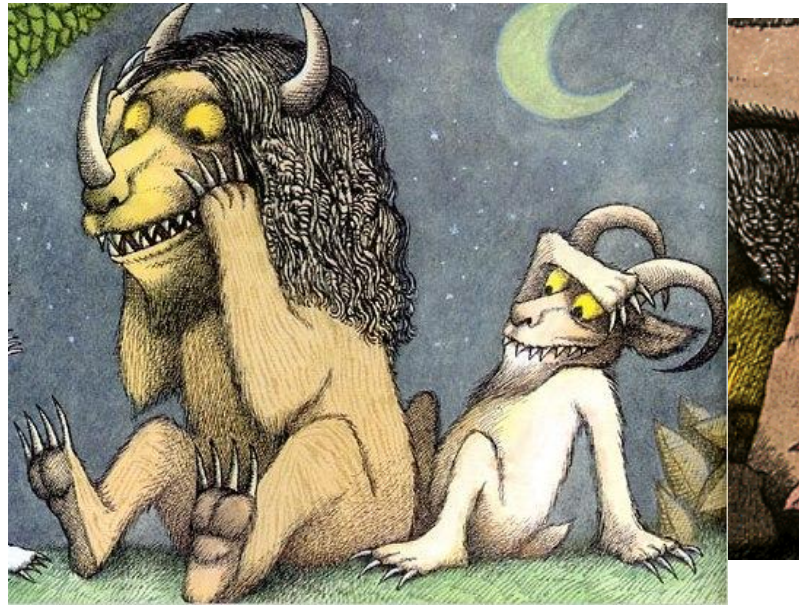


If you are interested in attending a voice therapy training or in getting training materials please contact [jina@glendon.org](mailto:jina@glendon.org) or visit [www.glendon.org](http://www.glendon.org).

# Self



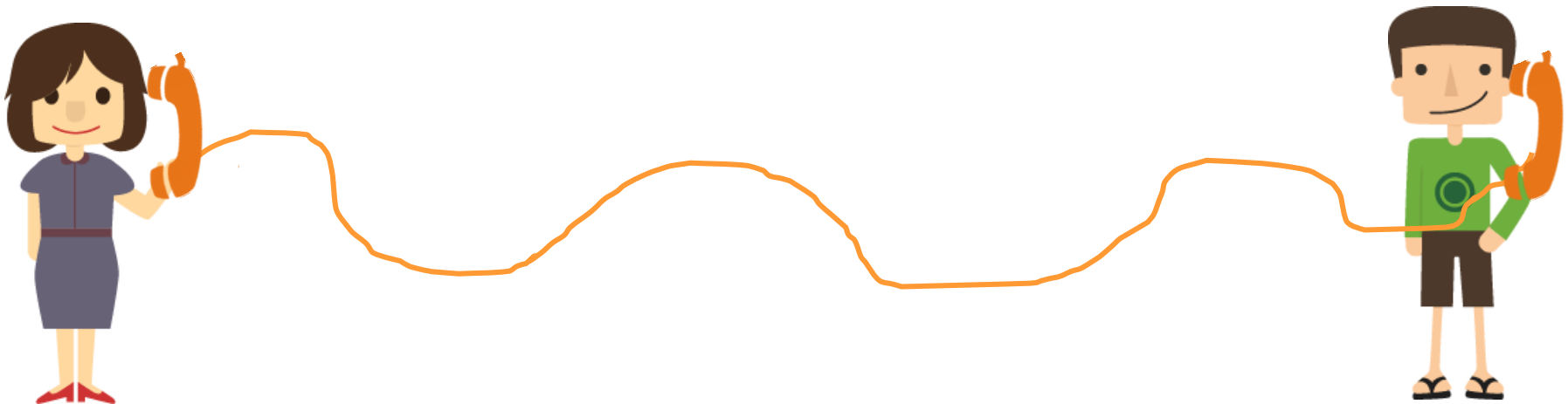
# Anti-Self





# Steps in the Therapeutic Process with Couples

1. Formulating the problem
2. Verbalizing the voice and releasing affect
3. Developing insight about the source of the voice
4. Answering back to the voice
5. Developing insight about how voices are influencing behaviors
6. Planning corrective suggestions for changing behavior



# Steps in the Therapeutic Process with Couples

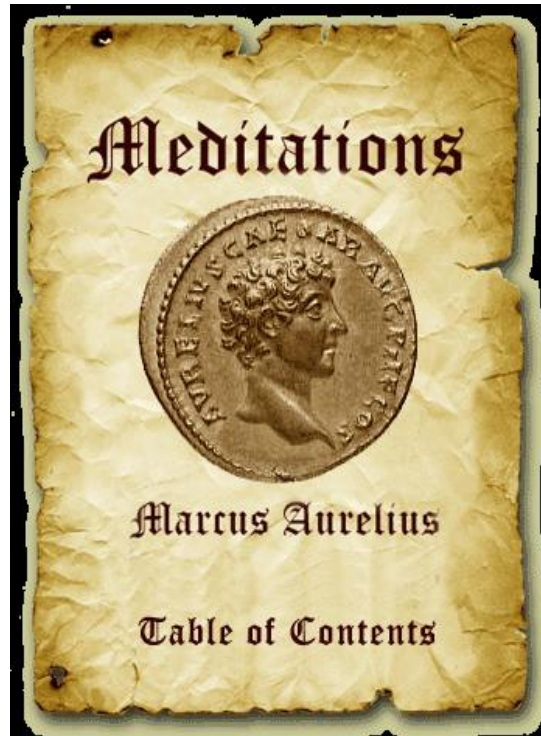
7. Between sessions, couples are encouraged to reveal their negative thoughts to each other when they occur during the sex act
- ▣ They are encouraged to maintain physical contact while “giving away” self attacks and critical thoughts
  - ▣ Results of these experiences are discussed in subsequent sessions



# Coping with Anger, Avoid Passivity, and a Victimized Point of View

*“Reject your sense of injury and the injury itself disappears”*

- Marcus Aurelius, *Meditations*



# **Don't Play the Victim**

## **Be An Active Participant in Your Life**

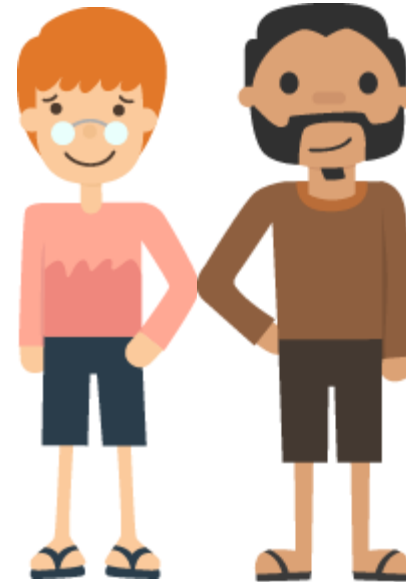
- **Assume responsibility for your life.**
- **Give up victimized language and thinking.**
- **Avoid the use of passive aggression to get what you want.**





# Unilateral Disarmament

- Defuse escalating arguments by dropping your stake in winning
- Say something warm and understanding
- Stress that it doesn't really matter who's right
- Express physical affection



The technique of Unilateral Disarmament does not imply that you are surrendering your point of view or deferring to your partner's opinion. It simply indicates that you value being close to your partner more than winning your point.

# Healthy Communication

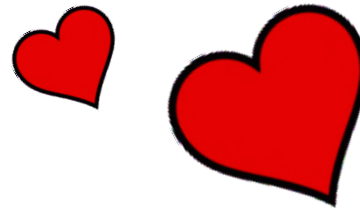
*From Parenting from the Inside Out*

**Dr. Daniel Siegel**



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- Awareness
- Attunement
- Empathy
- Expression
- Joining
- Clarification
- Sovereignty



# FROM PARENTING FROM THE INSIDE OUT

## Practices of Integrative Communication

- **Awareness.** Be mindful of your own feelings and bodily responses and others' nonverbal signals.
- **Attunement.** Allow your own state of mind to align with that of another.
- **Empathy.** Open your mind to sense another's experience and point of view.
- **Expression.** Communicate your internal responses with respect; make the internal external.
- **Joining.** Share openly in the give-and-take of communication, both verbally and nonverbally.
- **Clarification.** Help make sense of the experience of another.
- **Sovereignty.** Respect the dignity and separateness of each individual's mind.

# Withholding

What does it look like?

- Holding back positive qualities
- Feeling victimized or consumed by others



# Generosity

1. Giving something that is sensitive to the person. It's not about material things. It's about being giving of yourself.
2. Be open to the person expressing appreciation.
3. Be open to receiving the generosity of others. It's important to let others do things for you.
4. Showing appreciation for the generosity directed toward you.



# Guidelines for Continued Personal Development in Your Relationship

## Six Qualities to Look for in the “Ideal” Partner and to Develop in Yourself:

- ✓ Nondefensiveness and openness
- ✓ Honesty and integrity
- ✓ Respect for the other’s boundaries, priorities, and goals that are separate from yourself
- ✓ Physical affection and personal sexuality
- ✓ Understanding – lack of distortion of the other
- ✓ Noncontrolling, nonmanipulative, and nonthreatening attitudes and behaviors

# Upcoming Webinars

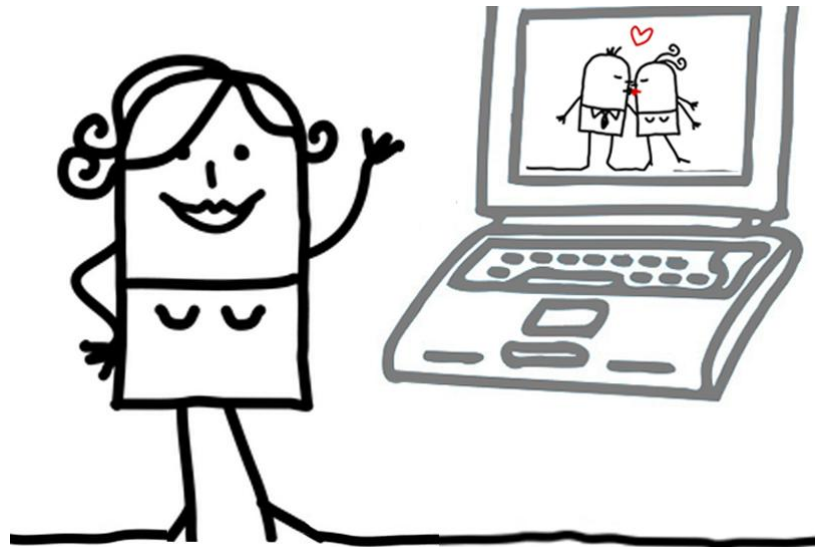
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# eCourses

## Creating **Your** Ideal Relationship

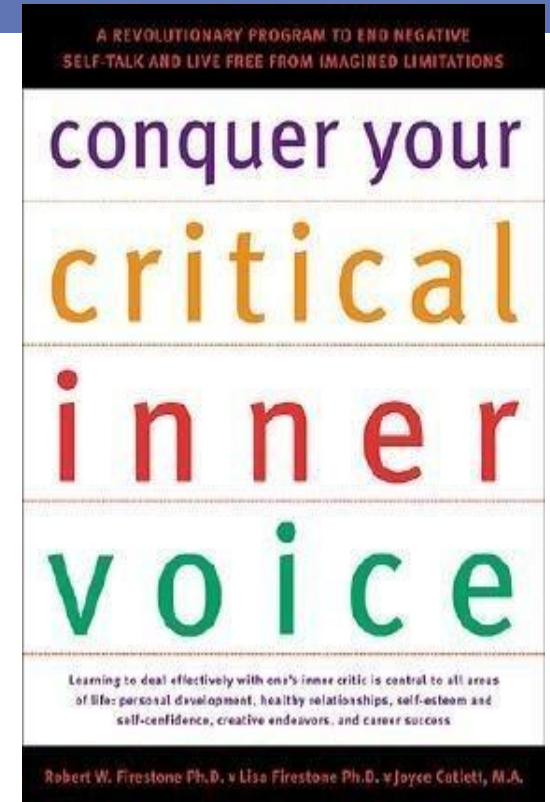
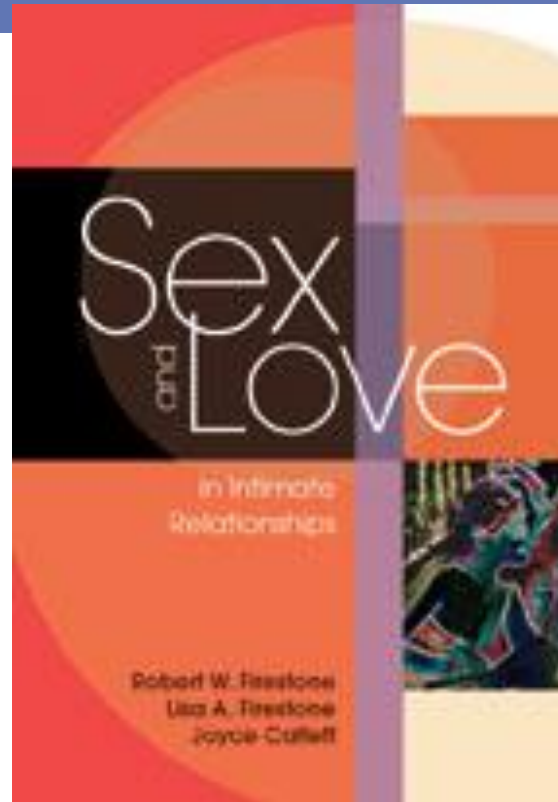
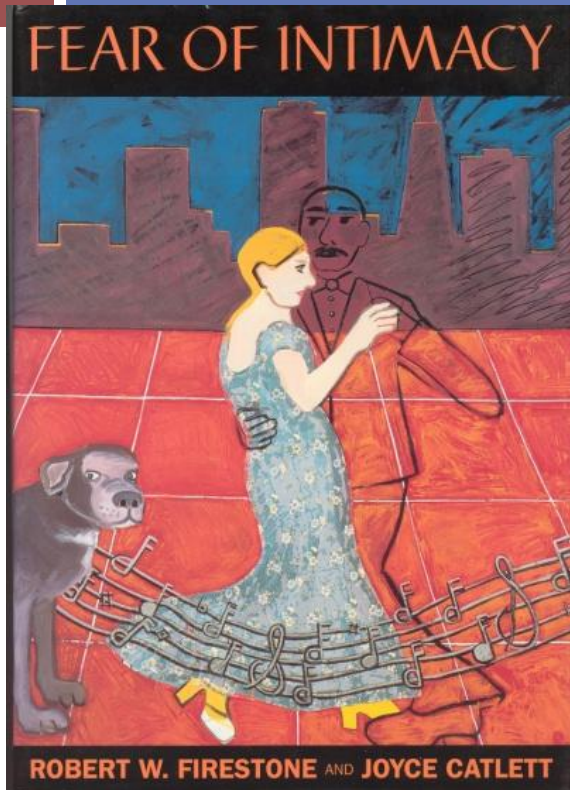
*How to Find and Achieve the Love You Say You Want*



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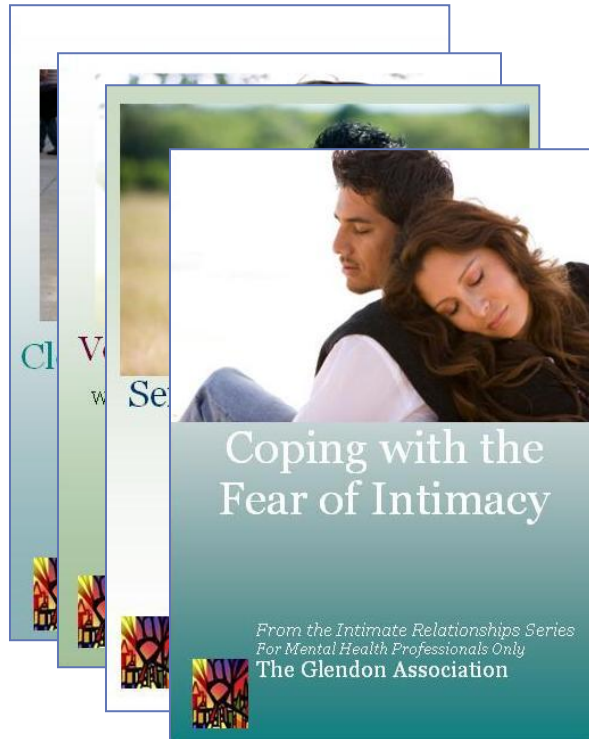
# Resources: Books



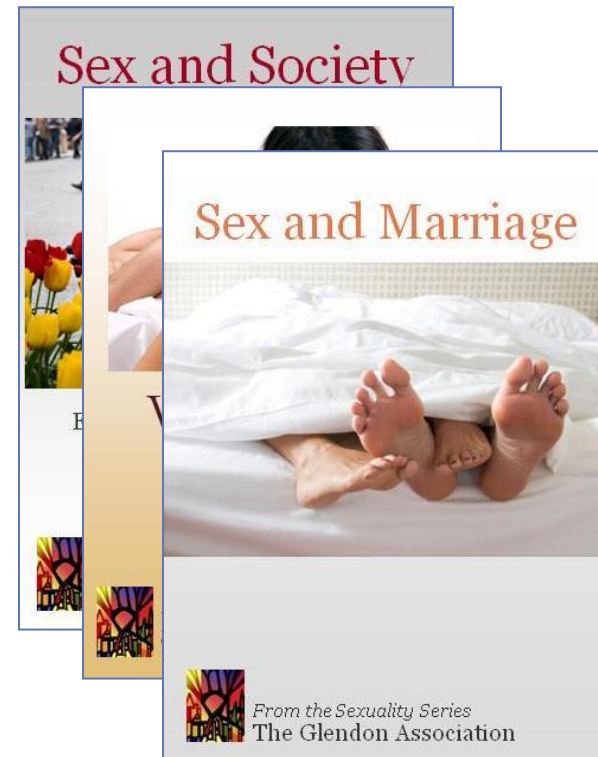
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# Resources: Films

## Intimate Relationships Series



## Sexuality Series



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