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Finding Your Frequency
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**June 10th 2019: Suicide Prevention- with Dr.
Mark Goulston**

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On this episode of Finding your Frequency we are joined by guest Dr. Mark Goulston. He is the co-creator and moderator of the suicide prevention documentary Stay Alive. He is a former UCLA professor of psychiatry, FBI hostage negotiation trainer, suicide and violence prevention expert, and one of the world's foremost experts on listening. He is the author of the best-selling "Just Listen": Discover the Secret to Getting Through to Absolutely Anyone. This time around we talk to Dr. Goulston's about his story and how he became a suicide and violence prevention expert. We also discuss ways to deal

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Featured Guest



Mark Goulston, M.D.

Dr. Mark Goulston is associated with the thirty five year old Life Adjustment Team in Culver City, CA which helps severely and frequently relapsing mentally ill patients successfully transition to independent living often following in patient treatment. By treating people where they live they have dramatically reduced relapse. He is a Board Certified psychiatrist who has been a suicide and violence specialist, a UCLA professor of psychiatry for more than twenty five years and an FBI and police hostage negotiator trainer.

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