

## The Relational Life LEVEL 1 TRAINING

Taught by: **Terry Real, LICSW** and **Shane Birkel, LMFT**

*Approved for 10 CEs for Beginner Mental Health Professionals*

Please note that CEs are an additional cost of \$40 and can be purchased at **the end of the program**. Evaluations and Certificates are available online following course completion at [www.ceregistration.com](http://www.ceregistration.com)

It is the participant's responsibility to check if their state is approved for CEs through the *Specific CE Information* below. No refunds will be given on CE purchases for failure to check state approval.

### **Target Audience**

Social Workers, MFTs, Counselors, Substance Abuse Counselors, Nurses, and LMHCs, LMFT's, Educators, Chemical Dependency Counselors

### **Course Content Level**

The course content is appropriate for Beginner level clinicians.

### **COURSE DESCRIPTION:**

**Terry Real** presents his introductory training course, Relational Life Therapy--- RLT Level 1 Training.

After teaching RLT workshops all over the U.S., Terry created this online course to make the material available to more people. RLT Level 1 is designed to give you an in-depth introduction to the theory and practice of the RLT model. It is also the first step toward RLT certification and will prepare you for the Level 2 & 3 trainings.

Connection has never felt more precious or critical. We have never wanted more from our relationships, not just our romantic relationships but friends, family, and children. At no time in history has it been more clear that intimacy is life's grail. Yet divorce attorneys have never been busier. Perhaps this is because we all have lived in an anti-relational, addictive, narcissistic culture that may give lip service to the importance of relationships but has not taught us the skills to realize them.

As therapists, we can fill in those gaps. There is a world of relational technology that can be taught and mastered once we open to the need for it. We can give

our clients those tools. This is the basis of Relational Life Therapy (RLT)—my life's work.

Developing Terry's unique approach has been a thirty-year project. When he first got into the reality of practice, the couples who met with him were suffering, and the tools he had were inadequate for the task. Terry has made it his mission to figure out a way to bring relief, healing, and change to his clients.

Terry will share the fruit of his life's work in this training. You will access 3 LIVE calls with him where you can ask questions and discuss response with Terry. You will have the opportunity to go deeper into the theory and application of RLT.

In addition, you will also get over 6 hours of pre-recorded video training from Terry and RLT-certified therapist Shane Birkel and a wealth of practical case studies and demos designed to help you become a better, more confident therapist. Last, you'll receive five hours of previously recorded question and answer sessions.

This training has been designed for the helping professional to achieve an introductory level in the clinical practice of RLT.

## **Course Objectives**

Participants will be able to:

1. Compare the RLT phases and how RLT differs from traditional therapy
2. Rate the RLT view of power imbalances in couples, of psychological patriarchy, and how these are addressed through therapy
3. Describe the role and approach of the therapists in RLT
4. Utilize the practice of Relational Mindfulness
5. Explain the 'fight, flight, or fix' responses of the whoosh of the first consciousness
6. Contrast the functions of the three aspects of the psyche
7. List the seven lenses
8. Explain the role of data gathering
9. Differentiate the various losing strategies clients employ
10. Analyze the difference between blatant and latent stances
11. Identify the client's 'stance, stance, dance'
12. Practice the relational grid and track losing strategies against it
13. Compare the two kinds of boundaries
14. Relate the major family of origin roles and how they play with stances

15. Summarize the concept of 'reconnecting'
16. Appraise the heroism of RLT work

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### **AGENDA DETAILS**

This is a HYBRID course. Some modules of study are to be completed on your own time in addition to the 4.5 hours LIVE instruction. See Agenda and dates below.

### **RECORDED SESSIONS/STUDENTS COMPLETE ON OWN TIME:** (approximately 1 hour per Module)

1. Introduction to Relational Life Therapy:
  - a. The RLT phases and how RLT differs from traditional therapy
  - b. Understanding the RLT view of power imbalances in couples, of psychological patriarchy, and how these are addressed through therapy
  - c. Describe the role and approach of the therapists in RLT
2. Relational Mindfulness
  - a. Understand the practice of Relational Mindfulness
  - b. Explain the 'fight, flight, or fix' responses of the whoosh of the first consciousness
  - c. Understand the functions of the three aspects of the psyche
3. Data Gathering and the Seven Lenses (#1-4)
  - a. List the seven lenses
  - b. Explain the role of data gathering
  - c. Differentiate the various losing strategies clients employ
  - d. Explain the difference between blatant and latent stances
4. Data Gathering and the Seven Lenses (#5-7)
  - a. Understand the 'stance, stance, dance'
  - b. Explain the relational grid and track losing strategies against it
  - c. Explain the two kinds of boundaries
  - d. Understand the major family of origin roles and how they play with stances

- e. Understand effective approaches to working with grandiose women and men
- 5. Finding Leverage
  - a. Understand some common therapeutic mistakes
  - b. Describe the kinds of grandiosity and contrast it to shame
  - c. Understand the concept of leverage and how to use it
  - d. Describe strategies for latent people
  - e. Understand that RLT requires that the latent person be a 'relational champion' in therapy
- 6. Reconnecting
  - a. Understand the concept of 'reconnecting'
  - b. Recognize three therapeutic roles
  - c. Appreciate the heroism of RLT work

*TOTAL time for all 6 modules is 6 hours*

### **LIVE SESSIONS with Terry Real:**

September 8, 2022 from 12-1:30pm Eastern Time  
1.5 LIVE Session with Terry Real

**TOPIC:** Review Modules 1 and 2:

- 1. Introduction to Relational Life Therapy Recap
  - a. Demos
  - b. Role Play
  - c. Q&A Period
- 2. Relational Mindfulness
  - a. Demos
  - b. Role Play
  - c. Q&A Period

September 15, 2022 from 12-1:30pm Eastern Time  
1.5 LIVE Session with Terry Real

**TOPIC:** Review Modules 3 and 4:

- 1. Data Gathering & The Seven Lenses (#'s 1-4)
  - a. Demos
  - b. Role Play

- c. Q&A Period
- 2. Data Gathering & The Seven Lenses (#'s 5-7)
  - a. Demos
  - b. Role Play
  - c. Q&A Period

September 22, 2022 from 12-1:30pm Eastern Time  
1.5 LIVE Session with Terry Real

**TOPIC:** Review Modules 5 and 6:

- 1. Finding Leverage
  - a. Demos
  - b. Role Play
  - c. Q&A Period
- 2. Reconnecting
  - a. Demos
  - b. Role Play
  - c. Q&A Period
  - d. Goodbye & Final Wrap Up

*TOTAL Time for LIVE sessions: 6 hours*

## **Presenter Bio**

### **Terry Real:**

Terry Real is the bestselling author of *I Don't Want to Talk About It: Overcoming the Secret Legacy of Male Depression*, the straight-talking *How Can I Get Through to You? Reconnecting Men and Women*, and most recently *The New Rules of Marriage: What You Need to Make Love Work*.

He founded the Relational Life Institute, offering workshops for couples, individuals, and parents as well as a professional training program for clinicians. Terry's work, with its rigorous commonsense approach, speaks to both men and women. A proponent of "full-throttle marriage," Terry has been called "the most innovative voice in thinking about and treating men and their relationships in the world today."

### **Shane Birkel:**

Shane Birkel is a Licensed Marriage and Family Therapist in private practice and works primarily with couples. He is a certified Relational Life Therapist.

Shane hosts a weekly podcast called "The Couples Therapist Couch" that is all about the practice of Couples Therapy. He has also create the Couples Therapist

Inner Circle which is a membership that provides community, education, and personal support for Couples Therapists. He regularly creates videos about relationships for his followers on Tiktok and Instagram.

### **Cost**

This course is \$497.

### **Policies**

For questions or concerns, please send an email to [support@terryreal.com](mailto:support@terryreal.com)

### **Commercial Support Disclaimer**

There is no conflict of interest for this program.

### **Cancellation Policy**

You may request a refund up to 1 day after the first live call.

Please contact [support@terryreal.com](mailto:support@terryreal.com) if you wish to cancel your purchase.

### **Satisfactory Completion**

Participants must have paid course fee plus the \$40 fee to purchase CE certificate (payable to R. Cassidy Seminars), verified identity by checking checkbox on verification webpage, completed evaluation. Failure to complete and submit these materials will result in forfeiture of credit for the entire course. No exceptions will be made. Partial credit is not available. Details to collect the CE's and purchase them for \$40 will be offered to at the completion of this course.

- Certificates are available following course completion at [www.ceuregistration.com](http://www.ceuregistration.com)

### **Specific CE Information**

*Cosponsored by R. Cassidy Seminars, P.O. Box 14473, Santa Rosa, CA 95405*

### **Satisfactory Completion**

Participants must have paid tuition fee, signed in and out each day, attended the entire seminar, and completed an evaluation in order to receive a certificate. Failure to sign in or out each day will result in forfeiture of credit for the entire course. No exceptions will be made. Partial credit is not available. Certificates available after satisfactory course completion at [www.ceuregistration.com](http://www.ceuregistration.com)

### **Satisfactory Completion - Live Interactive Webinar**

Participants must have paid tuition fee, logged in and out each day, attended the

entire webinar, and completed an evaluation to receive a certificate. Failure to log in or out will result in forfeiture of credit for the entire course. No exceptions will be made. Partial credit is not available. Links to evaluations and certificates will be emailed and also available following course completion at [www.ceuregistration.com](http://www.ceuregistration.com)

### **Psychologists**

R. Cassidy Seminars is approved by the American Psychological Association to sponsor continuing education for psychologists. R. Cassidy Seminars maintains responsibility for this program and its content. **10** CE hours

**NY:** R. Cassidy Seminars is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0018. **10** contact hours. Live online.

### **Psychoanalysts**

**NY:** R. Cassidy Seminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed psychoanalysts. #P-0005. **(10)** clock hours. Live online.

### **Social Workers**

**Other States:** Most states accept continuing education courses offered by either CE Sponsors for APA, (which R. Cassidy Seminars is) or will accept the approval of other state licensing boards of the same license type. Some states, either do not require pre-approval of courses, or will allow licensees to retroactively file for course approval themselves. Check with your board to obtain a final ruling.

**IL-SWs:** Illinois Dept of Professional Regulation, Approved Continuing Education Sponsor, #159.000782. **(10)** hours.

**NY:** R. Cassidy Seminars is recognized by the New York State Education Department's State Board for Social Work as an approved provider (#0006) of continuing education for licensed social workers. This program is approved for **10** contact hours Live online.

**OH:** Provider approved by the Ohio Counselor, Social Worker and Marriage and Family Therapist Board for **(10)** clock hours, #RCST110701

### **Counselors/Marriage and Family Therapists**

**Other States:** Most states accept continuing education courses offered by either CE Sponsors for APA, (which R. Cassidy Seminars is) or will accept the approval of other state licensing boards of the same license type. Some states, either do not require pre-approval of courses, or will allow licensees to retroactively file for course approval themselves. Check with your board to obtain a final ruling.

**IL-MFTs:** Illinois Dept of Professional Regulation, Approved Continuing Education Sponsor, #168-000141. (10) hours.

**NY-LMHCs:** R. Cassidy Seminars is recognized by the New York State Education Department's State Board of Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0015. (10) contact hours. Live online.

**NY-LMFTs:** R. Cassidy Seminars is recognized by the New York State Education Department's State Board of Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0011. (10) contact hours. Live online.

**OH:** Provider approved by the Ohio Counselor, Social Worker and Marriage and Family Therapist Board for (10) clock hours, #RCST110701

**TX:** Approved CE Sponsor through the Texas State Board of Examiners of Marriage & Family Therapists. Provider #151 10 CE hours.

### **Creative Arts Therapists**

**NY:** R. Cassidy Seminars is recognized by the New York State Education Department's State Board of Mental Health Practitioners as an approved provider of continuing education for licensed creative arts therapists, #CAT-0005. (10) contact hours. Live online.

### **Chemical Dependency Counselors**

**CA:** Provider approved by CCAPP, Provider #4N-00-434-0224 for (10) CEHs. CCAPP is an ICRC member which has reciprocity with most ICRC member states

**TX:** Provider approved by the TCBAP Standards Committee, Provider No. 1749-06, (10) hours general. Expires 3/31/2022. Complaints about provider or workshop content may be directed to the TCBAP Standards Committee, 1005 Congress Avenue, Ste. 460, Austin, Texas 78701, Fax Number (512) 476-7297.

### **Educators**

**TX:** R. Cassidy Seminars is an approved provider with the Texas Education Agency CPE# 501456. This course is (10) CE Hours.

### **Nurses**

**CA:** Provider approved by the CA Board of Registered Nursing, Provider #CeP12224, for (10) contact hours

**Disability Access** - If you require ADA accommodations please contact our office 30 days Or more before the event. We cannot ensure accommodations without adequate prior notification.

**Please Note:** Licensing Boards change regulations often And while we attempt to stay abreast of their most recent changes, if you have questions Or concerns about this course meeting your specific board's approval, we recommend you contact your board directly to obtain a ruling.