

The Relational Life LEVEL 1 TRAINING

Taught by: **Terry Real, LICSW** and **Cathy Hill, Ph.D., R. Psych**

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**. Contact us at: support@terryreal.com and request the link to take the course test for your CEU Certificate. You will need to take a test to show that you've learned the course material.

Evaluations and Certificates are available online following course completion at www.ceuregistration.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 Cathy Hill 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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Presenter Bio

Terry Real, LICSW:

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."

Cathy Hill, Ph.D., R. Psych:

I began training in RLT in 2010 and after my first bootcamp experience was determined that Terry teach others how to do it. I hassled him until he let me help him set up advanced training for his senior therapists, which led eventually into the role of Director of Training. I am trained in the 'scientist-practitioner' model, and very keen on getting RLT 'evidence-based,' which requires excellence in training in order to translate into excellence in practice.

Cost

This course is \$497.

Policies

For questions or concerns, please send an email to support@terryreal.com

Commercial Support Disclaimer

There is no conflict of interest for this program.

Cancellation Policy

You may request a refund up to 2 days after purchase.

Please contact 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 please email: support@terryreal.com for instructions.

Specific CE Information

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

Satisfactory Completion

Participants must have paid course fee, completed evaluation, and completed post-test with passing grade of 75% in order to receive a certificate. 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.

This course is co-sponsored by R. Cassidy Seminars, P.O. Box 14473, Santa Rosa, CA 95402

Psychologists

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 hour. Home Study.

Social Workers

IL-SWs:Illinois Dept of Professional Regulation Approved Continuing Education Sponsor, #159.000785. (10) CE hour.

MN:R. Cassidy Seminars is recognized by the Minnesota Board of Social Work,

CEP #2281 approval 12/27/22 – 12/27/23. (10) CE hour.

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 hour. Home Study.

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

Counselors/Marriage and Family Therapists

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

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 hour. Home Study.

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 hour. Home Study.

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

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

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 hour. Home Study.

Chemical Dependency Counselors

CA:Provider approved by CCAPP, Provider #4N-00-434-0224for (10) CEH. 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) hour general. Expires 1/31/24. Complaints about provider or workshop content may be directed to the TCBAP Standards Committee, 1005 Congress Avenue, Ste. 460, Austin, Texas 78701, Fax Number (515) 476-7597.

Educators

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

Nurses

CA:Provider approved by the CA Board of Registered Nursing, Provider #CeP15554, for (10) contact hour

Dentists

CA:R.Cassidy Seminars is a provider approved by the Dental Board of California as a registered provider of continuing education. RP# 4874 (10) CE hour.

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.