

# **The Relational Life LEVEL 1 TRAINING**

## **Homestudy Course Continuing Ed Details**

Taught by: **Terry Real, LICSW; Anna Sterk, LMFT; Cathy Hill, Ph.D., R. Psych**

*8 CE hours for Beginner Mental Health Professionals*

### **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, Level 1 Training**.

RLT Level 1 is an introductory training that will provide foundational information about Relational Life Therapy (RLT). The course 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).

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 to 7 hours of course content,

Terry will share the fruit of his life's work in this training. In addition, you will also receive 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. In addition, you will receive bonus calls with Experts such as Carol Gilligan and Gabor Mate, along with an actual video of an RLT couples session, and hours of previously recorded Q&A calls with Terry and RLI Faculty.

You will have the opportunity to go deeper into the theory and application of RLT using a combination of these tools.

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

This Introductory to RLT course will highlight concepts such as:

- Utilizing the practice of Relational Mindfulness
- Explaining the 'fight, flight, or fix' responses of the whoosh of the first consciousness
- Contrasting the functions of the three aspects of the psyche
- Differentiating the various losing strategies clients employ
- Analyzing the difference between blatant and latent stances
- Practice the relational grid and track losing strategies against it
- Comparing the two kinds of boundaries

## **Course Learning Objectives**

Upon completion, participants will be able to:

1. Describe strategies for latent clients.
2. Analyze the difference between blatant and latent stances.
3. Explain the role of data gathering.
4. Explain the 3 Phases of RLT and how RLT differs from traditional therapy.

Continuing Ed Credits Available: 8 NBCC credit hours

CEs are an additional cost of \$40 and can be purchased at ***the end of the program***. Contact us at: [support@terryreal.com](mailto:support@terryreal.com) and request the link to take the course test and complete the Evaluation Form in order to receive your CE

Certificate. You will need to take a test to show that you've learned the course material.

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

## **Presenter Bios**

### **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:**

Cathy Hill began training in RLT in 2010 after attending her first Relationship Bootcamp and from that experience was determined that Terry needed to teach others to do RLT. Cathy persisted in this idea and Terry ended up having Cathy set up advanced training for his senior therapists which was very well received. Soon after she was named Director of Training for RLI. Cathy is trained in the 'scientist-practitioner' model, and is devoted to getting RLT 'evidence-based' which requires excellent training in order to translate into excellence in practice.

### **Anna Sterk, LMFT**

Anna began training in RLT with Terry Real in 2012 and has been providing therapy, Essential Skills Bootcamps, consultation and supervision through the RLT model for years; Anna was thrilled to have the opportunity to teach and train practitioners as faculty with the Relational Life Institute (RLI) beginning in 2022. Anna's style as a therapist, teacher, and supervisor is to balance compassion and collaboration with direct feedback. Anna's roots are in systems theory and cultural studies, which was a natural fit for the RLT model, and supports her goal of teaching the skills to navigate long term relationships and support relational living for both clients and students alike. As RLI Faculty, Anna teaches the Practicum courses and Small Group Mentoring for RLT certification students, along with special topic courses.

### **Cost**

This course is \$497 for a single payment or three payments of \$179 each

### **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](mailto:support@terryreal.com) if you wish to cancel your purchase.

### **Accommodations**

If you need special accommodations or have questions, please contact us.

### **Satisfactory Completion**

Participants must have paid the course fee plus the \$40 charge to purchase a CE certificate. You must complete a course Evaluation when making this purchase of credits. 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 at the completion of this course.

- Send email to: [support@terryreal.com](mailto:support@terryreal.com) for instructions to receive a certificate.

CE Information for this home study course is Cosponsored by R. Cassidy Seminars, P.O. Box 14473, Santa Rosa, CA 95405

### **CE DETAILS**

R. Cassidy Seminars is accredited by the State of New York for LMHC's, LMFT's, and Creative Arts Therapists. Home Study. 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.

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**Contact information:** ACEP Administrator & Operations Director for Relational Life Institute (RLI), Lisa Sullivan follows: 291 Nahanton Street, Newton, MA 02459; 617-861-3030  
[lisa@relationallife.com](mailto:lisa@relationallife.com)