

The Relational Life Institute is pleased to offer:

Healing in Connection: The Power of Relational Presence in Trauma Recovery

Relational Life Institute (RLI) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7495. Programs that do not qualify for NBCC credit are clearly identified. Relational Life Institute (RLI) is solely responsible for all aspects of the programs.



ACEP No. 7495

FORMAT: A LIVE Online Webinar facilitated by Desirae Ysasi, LPC-S; RLT Director of Training

Continuing Education credits offered: 1.5 credit hours

Course Description:

This free training introduces clinicians to the Relational Life Therapy (RLT) approach to trauma healing within couples therapy. Participants will learn how trauma-driven behaviors emerge in intimate relationships and how to identify and address these patterns in practice.

The session will demonstrate how conducting inner child work in the presence of a partner allows clients to have corrective emotional experiences, rewire trauma-rooted beliefs, and strengthens their relationships. Through lecture, clinical examples, and Q&A, participants will gain actionable insights on how to integrate relational presence and co-regulation into their clinical work.

Learning Objectives: At the completion of this course, participants can expect to be able to:

- Describe how trauma impacts the nervous system and relational behaviors, and explain how RLT frames these adaptations as “Adaptive Child” strategies.
- Identify three ways that relational connection and co-regulation contribute to healing trauma.
- Apply core RLT principles – truth-telling, compassionate confrontation, and skill-building – to facilitate relational healing in couples therapy.

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

Course Content Level: The course content is appropriate for Beginner level clinicians.

Cost: This is a free webinar!

Course Date & Hours: Monday, September 22, 2025 2:30 – 4:00pm ET

TO REGISTER: <https://relationallife.com/trauma-recovery>

Cancellation Policy: You may cancel your registration up until September 22, 2025.

Please contact support@terryreal.com if you wish to cancel.

If you need special accommodations or have questions, please contact us at support@terryreal.com

Please contact our Support team if you have any questions support@terryreal.com

Instructor's Bio:

Desirae Ysasi, LPC-S is a Licensed Professional Counselor - Supervisor with nearly two decades of experience, specializing in relationship counseling. Serving the San Antonio community since 2006, she works exclusively with couples in romantic relationships, folks in non-traditional romantic relationship structures (ethical nonmonogamy), and adults seeking to improve family dynamics. Desirae became a Certified Relational Life Therapist in 2018 trained directly by Terry Real, the founder of Relational Life Therapy (RLT). She joined the faculty of the Relational Life Institute in 2022 and now serves as Director of Training & Certification, overseeing the global certification program. She has been the owner of Ysasi Counseling since 2014 and in the fall of 2024, Desirae opened Relational Life Texas, a virtual therapy group practice focused on RLT, providing relationship therapy across Texas.

CONFLICT of Interest: There is no known conflict of interest or commercial support for this event.

Grievance Procedure:

If a student believes they have been discriminated against, they can submit a written complaint that includes their name, address, phone number, location, date, and a detailed description of the issue. If a student with a disability disagrees with the accommodation provided or has any other grievances, they can schedule a meeting to discuss and attempt to find a solution together. If the student is still not satisfied with the accommodation after further discussion, they can contact the Operations Director for

the Relational Life Institute (RLI), Lisa Sullivan, via phone, email, or mail. If the grievance cannot be resolved, the complainant will be advised to contact the appropriate Ethics Committee or Licensing Board. The Operations Director will keep all grievances and their resolutions confidential in locked files.

A copy of this Grievance Procedure is available upon request.

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
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