

The Relational Life Institute is pleased to offer:

The Couples Intensive

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: TWO DAY LIVE Online Training facilitated by Desirae Ysasi, LPC-S; and Julie Rudiger, LCSW

Continuing Ed credits offered: 12 credit hours. To receive a continuing ed certificate, there will be an additional \$40 fee with Enrollment by November 13, 2025 for the first class. You must attend the entire 2-day training. There is no partial credit, attendance will be taken.

Course Dates: November 13 and 14, 2025 from 10am to 5pm Eastern Time each day.

Prerequisites: None

TO REGISTER: <https://relationallife.com/couples-intensive/>

Course Content:

Join Desirae Ysasi and Julie Rudiger from the RLI faculty as they work individually with two couples over two days, and then break down the tools behind the transformations in candid Q&A. Receive a real-time, inside look at how they each apply Relational Life Therapy (RLT) into their own techniques and style – *and how you can do it, too.*

Watch each therapist work with one of our couples over multiple sessions to guide them toward deeper connection and lasting change. (You'll see four couples therapy sessions in total.)

Once their sessions are over, they'll each offer observations and insights as a rare, behind-the-scenes collaboration – and you'll have the opportunity to ask your questions, too. And, as a result of the Q&A, you'll understand *how* it was able to happen, which will help you strengthen your own work with couples.

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

- Identify two RLT diagnostic lenses and understand how they help clinicians gather data to get to the root of their client's issues.
- Explain how Joining Through The Truth allows clinicians to confront clients' destructive behavior while simultaneously forming an alliance.
- Recognize how to introduce and perform deep inner child work in the couple's context.
- Describe the concept of leverage and how to use it to engage resistant partners in the therapeutic process.
- Identify two core RLT relational skills and describe how to teach them to clients to strengthen their communication and connection.
- Interpret the 3 parts of the self in RLT and their roles in relationship dynamics.
- Explain the key differences between RLT and traditional couples therapy.
- Summarize the 3 Phases of RLT and the goals and therapeutic intentions of each.

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: \$300.00 one payment or 2 payments of \$159.00 each.

Technology Requirements: This course will be offered using the ZOOM Online Platform.
<https://www.zoom.com/>

Cancellation Policy: You may request a refund until 12pm on November 13, 2025
Please contact support@terryreal.com if you wish to cancel your purchase.

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

FAQ's

How do I receive the Zoom link?

The Zoom link is emailed to you from ZOOM when you register for the course. If you do not receive the link, please contact us at support@terryreal.com

Should the name you register with match your Zoom name?

Yes, your first and last both names must be entered on your registration and then displayed on the screen during all classes. Please do not use nicknames, or employee ID numbers or log into Zoom using a co-worker or family member's Zoom Account as this will post you as ABSENT.

When will I get my certificate?

Certificates will be available within 30 days of the event. Attendance must be verified.
Certificates will be emailed to the email address you used to register for the course.

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

Instructor's Bios:

Desirae Ysasi, LPC-S, Private Practice, San Antonio, TX

Desirae Ysasi 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.

Julie Rudiger, LCSW, Private Practice, Denver, Co area

Julie Rudiger has been a Licensed Clinical Social Worker for the last 30 years. In 2002, Julie opened her private practice, where she has helped hundreds of individuals and couples over the last two decades. Her professional journey took a transformative turn in 2008 when she began training with Terry Real, the founder of Relational Life Therapy (RLT). Julie has since used RLT to guide clients in discovering self-esteem, healing early wounds, and fostering deeper, more authentic relationships.

A faculty member at the Relational Life Institute since 2022, Julie now trains other therapists and leads community workshops, including Men's Groups and Relationship Skills Bootcamps. Additionally, she is trained in EMDR, ACT, DBT, Gestalt, and the Enneagram.

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; www.relationallife.com 617-861-3030 lisa@relationallife.com