

The Relational Life LEVEL 2 TRAINING

Taught by: **Terry Real, LICSW**

This course is approved for 6.5 CEs for Intermediate Mental Health Professionals as described below.

Please note that CEs are an additional cost of \$25 and can be purchased at **the end of the program**. If you registered for this course, you will receive an email from Relational Life Institute when the course is completed with information to purchase credits. You will need to take a test to show that you've learned the course material. Contact us at: support@terryreal.com if you have further questions.

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 Intermediate level clinicians.

COURSE DESCRIPTION:

Terry Real presents his training course, Relational Life Therapy---RLT Level 2 Training.

After teaching RLT workshops all over the U.S., Terry created this online course to make the material available to more professionals eager to learn his RLT methodology. RLT Level 2 is designed to give you an in-depth deeper dive to the theory and practice of the RLT model after completing the RLT Level 1 Course.

Content Description:

Module 1: Reviewing Blatants and Latents: Diagnosing & Repairing Power Imbalances

We therapists and coaches often find a power imbalance in many troubled relationships in which one person is on top, while the other feels less than. Many couples come to us when one partner exerts more power, and the other doesn't feel seen or heard. We help address the fears of the disempowered partner and empower them to stand up to their overbearing partner. During this session, we will look at the skills needed for redressing power imbalances and how to implement them.

Module 2: Trauma and Inner Child Work

All trauma is relational trauma. In RLT, we work to heal a person's trauma in the presence of their partner because it can deepen and accelerate healing for them both. We will examine how multigenerational trauma plays a role in adult relationships and how to best work with both inner child states—Wounded and Adaptive.

Module 3: Dealing with Resistance and Amplifying Progress

When we work with a resistant client, it's important to hone our skills of how best to use feedback, reiterating leverage, and detaching ourselves from specific outcomes. But, first, we must determine where the client's resistance is coming from. Does it come from a fear of showing vulnerability? Or perhaps past trauma is holding someone back. Knowing how to therapeutically use oneself and presence, we can allow our clients to borrow our prefrontal cortex and enlist the Wise Adult part of the client to act as mentor and teacher to themselves.

Module 4: Love Avoidants: Type 1 and Type 2

Type 1 love avoidants are people who grew up in avoidant families and learned, from a very young age, that a lack of emotional connection is normal. As adults, type 1 avoidants often find emotional connection oppressive.

We teach the love avoidant intimacy skills and how to open up his or her heart. By contrast, a type 2 avoidant has experienced trauma, specifically enmeshment as a scapegoat, caretaker, hero, or confidant. These folks find closeness suffocating and type 2 love avoidants need experiential trauma work to deal with their enmeshment. We'll look at the differences between these two types of love avoidants and how to best approach each in the therapy room.

Module 5: Love Dependence and Love Addicts: The Difference Between Gratification and Relational Joy

The essential underlying wound for love dependents and addicts is emotional abandonment as a child. We will talk about how to transition these clients back into Family of Origin childhood experiences so they may grieve the caretaking they did not receive but deserved as a child.

Course Objectives

At the conclusion of this workshop, you will be able to:

- Distinguish what Relational Life Therapy is and is not
- Interpret the critical success factors of Relational Life Therapy such that you can begin to experience quick and profound progress with the most difficult couples
- Compare and contrast the principles of various treatment models
- Specify the framework and tools that form the basis of Relational Life Therapy
- Utilize critical aspects of this model for working with individuals and couples

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."

Course 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

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

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.