

The Relational Life Institute is pleased to offer:

## What Do You Do When One Partner Is the Problem? The Case for Taking Sides in Couples Therapy

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:** An Online Class facilitated by Julie Rudiger, LCSW

**Continuing Ed credits offered:** 1 credit hour

**DATE:** April 4, 2025 from 12pm to 1:30pm Eastern Time

To receive a certificate, you must attend the full class; there is no partial credit, attendance will be taken.

**Content:** In this 90-minute free live training, you will explore how the Relational Life Therapy (RLT) approach to couples therapy is radically different from traditional methods — specifically why it's essential to take sides when one partner's behavior is harming the relationship more than the other's. You will learn when and how taking sides is the right move.

**During the course, you'll uncover:**

- Understanding power imbalances in relationships and when to confront anti-relational behavior.
- Strategies for waking up narcissistic or grandiose clients and motivating real change.
- The right way to take sides: the difference between loving confrontation and clobbering someone with the truth.

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

- Explain why it is important to be prepared to take sides in couples therapy and when it's the right approach.
- Understand how Relational Life Therapy's approach can restore balance between partners.

**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.

**Cost:** This is a free course

**Cancellation Policy:** You may cancel your registration at any time prior to April 4, 2025.

Please contact [support@terryreal.com](mailto:support@terryreal.com) if you wish to cancel your registration.

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

**Registering for the course on the RLI website for is required to receive a Continuing Ed Certificate.**

### **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](mailto: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](mailto:support@terryreal.com)

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### **Instructor's Bios:**

**Julie Rudiger, LCSW** 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; 617-861-3030 [lisa@relationallife.com](mailto:lisa@relationallife.com)