

The Relational Life Institute is pleased to offer:

The RLT Annual Conference 2025

Living Love: Transforming Ourselves and Our World

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.



FORMAT: LIVE in person in Orlando, Florida at the Caribe Royale Resort, 8101 World Center Drive, Orlando, FL 32821

Continuing Ed credits offered: Up to 16 CE hours over 3 days.

REGISTRATION IS OPEN: <https://relationallife.com/rlt-conference-2025/>

Content:

The Relational Life Institute is holding its very first annual conference event in Orlando, Florida. This conference is open to all practitioners, and is a 3 day, live, in-person experience. RLI's Founder, Terry Real, LICSW, will lead the event with keynote address(s); along with RLI esteemed Faculty members and several guest speakers. Each workshop is thoughtfully designed to integrate Relational Life Therapy (RLT) into various themes, enriching both your professional and personal relationships. Join us to connect with like-minded therapists and practitioners, expand your knowledge, and elevate your practice through this transformative experience.

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

- Demonstrate speaking up with love and responding non-defensively
- Analyze the impact of one's inner child work on one's life
- Describe how RLT is different from other forms of couples therapy
- Demonstrate containing and protecting boundaries
- Respond constructively to inappropriate questions and comments
- Specify how one can hold themselves in warm regard even when they mess up
- Choose to move beyond the victim/perpetrator framework into one that builds hope
- List what ultimately helps hurt partners regain trust
- Distinguish what Relational Life Therapy is and is not
- Utilize the practice of Relational Mindfulness

Course Dates & Hours: Friday, April 25, 2025 from 9:00am to 5:00pm
Saturday, April 26, 2025 from 9:00am to 5:00pm
Sunday, April 27, 2025 from 9:00am to 1:30pm

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.

Cost: \$695.00

Cancellation Policy: You may request a refund up to 7 days before the start of the conference. Please contact support@terryreal.com if you wish to cancel your purchase.

Instructors Biographies – *(This list may be amended as Speakers are finalized)*

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*, *The New Rules of Marriage: What You Need to Make Love Work* and most recently *Us: Getting Past You & Me to Build a More Loving Relationship* just debuted in June 2022. Terry 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."

Belinda Berman-Real, MA, MFT

Belinda is a highly sought after therapist and trainer with specialization in the areas of trauma work, addictions, recovery and intensive counseling for couples and individuals. Notably, Belinda has been married to Terry Real for almost 40 years and she incorporates RLT into her combined talents. In addition to her private practice, she has taught therapists of many disciplines to incorporate her unique therapeutic style into their work. Her blend of these models and techniques combined with her own theories of human development and change produce her unique and deeply powerful transformational process to help her clients with rapid, profound and lasting change.

Deran Young is a licensed therapist, CDWF, CDTL, Co-Author of New York Times Best Seller, *You Are Your Best Thing*, retired military officer, and the founder of Black Therapists Rock. Black Therapists Rock is a non-profit organization that mobilizes over 30,000 mental health professionals committed to reducing the psychological impact of systemic oppression and intergenerational trauma. Deran obtained her social work degree from University of Texas, where she studied abroad in Ghana, West Africa for two semesters creating a high school counseling center for under-resourced students. Deran describes herself as someone who loves to learn from various cultures and has visited over 37 different countries and her clinical experience spans across four different continents. Her passion for culture and people has led

her to become a highly sought after diversity and inclusion consultant working with companies like BBERG, Facebook, Linked In, Field Trip Health, and YWCA.

Carol Gilligan, Ph.D., of New York, NY has been recognized by many institutions and organizations for her efforts in the area of women's advancement and moral psychology. She studied literature at Swarthmore College as an undergrad, and she graduated from Radcliffe in 1960 with a master's in psychology. She continued to Harvard, where she received her PhD in psychology in 1964. Three years later, Gilligan took a teaching position at Harvard where she worked alongside Erik Erikson and Lawrence Kohlberg. While Gilligan worked as a research assistant along Kohlberg, known for his theory of moral development, she began focusing on the moral dilemmas and development of young girls. In addition to the Grawemeyer Award for Education, Gilligan has also received the Heinz Award for Human Condition and was named one of the most influential people of the year by *TIME Magazine* in 1996. She has also published works of fiction and developed a full-length play based on Nathaniel Hawthorne's *Scarlet Letter*.

Michelle Esrick is an award-winning filmmaker, poet and social activist. Her most recent film, ***Cracked Up, The Darrell Hammond Story*** had its theatrical premiere in September 2019 and was released on Netflix May 1st, 2020. Also, in May 2020 at the height of the Covid-19 pandemic, Esrick created a powerful and inspiring virtual series called ***Cracked Up, The Evolving Conversation*** which candidly explores through intimate conversations the many different manifestations of childhood trauma and its long term effects such as addictions, suicide, anxiety & depression, etc. as well as how we recover ourselves, help others and change systems to better serve our communities. Featuring leaders in the field of trauma and luminaries such as, **Dr. Bessel van der Kolk, Dr. Gabor Maté, Dr. Jacob Ham, Jane Stevens, Lyn Morris, Darrell Hammond, Jane Fonda, V (formerly known as Eve Ensler)**, and more.

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.

Kate Harris, PhD, Licensed Clinical Psychologist

Kate is a Clinical Psychologist and a certified Martha Beck, North Star Coach. In 2015, Kate watched Terry Real work live with 5 couples and was instantly committed to becoming an RLT therapist. Kate believes that RLT honors "the worth and dignity of all people" and it aligns clearly with her own personal values. After attending a Relationship Bootcamp workshop, she and her husband learned first-hand the tools Terry reaches and they continue to use them today to deepen their 32-year relationship. Kate became RLT Certified in 2018 and is a valued teacher.

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.

Bonny Slim, LMFT

Bonny started training in RLT in 2012 and has participated in most of the courses that Terry has offered since then. Through co-facilitating several Relational Bootcamps, she discovered how transformative the group experience can be. Bonny teaches several Practicum Trainings each year and anticipates the impact that the practicum groups have for participants will be enormously valuable. Her favorite aspect of RLT is the awareness that practicing relational skills in our own lives is essential to be able to authentically share/teach these skills to others.

Caron Starobin, LCSW-C and an RLT Trainer, has deepened her RLT work and practice to help others bring their best selves to their relationships. Caron loves bringing that depth to teaching others. In addition, Caron is the Owner and Clinical Director of a thriving group therapy practice and presents her work often on intimacy in neurodiverse relationships to audiences.

Sue Musleh, Registered Clinical Counsellor and RLT Trainer

Sue is an RLT Trainer and is delighted to be part of this skilled and compassionate team of RLT Faculty and Trainers. She has been a Registered Clinical Counsellor since 2006 working with both individuals and couples to strengthen their relationships with self and others. Sue has advanced training in a somatic approach to trauma. In 2022 she began her training with Terry Real and RLI, has combined her RLT work in her somatic therapy with her clients.

Yolanda Harper, LCSW, and RLT Trainer

Yolanda's journey to Relational Life Therapy started with her work as a trauma therapist and her search to find a couple's modality that would address the way trauma impacts relationships. After a colleague introduced her to Terry Real and RLT in 2018, that professional search ended but her personal journey began. RLT for Yolanda has been life-changing for her own 30+ year relationship with her partner and her lifelong relationship with herself.

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.

Lisa Rivers, BSW, MMFT, LMFT, LMFT Supervisor Candidate

Lisa Rivers is a certified Relational Life Therapy practitioner whose extensive education, training, and experience in social work, marriage and family therapy, and intersectionality deeply informs their inclusive framework for addressing complex relational dynamics. In their work, Lisa integrates systemic and intersectional lenses with Relational Life Therapy principles helping clients navigate complex dynamics while fostering equity and diversity in relationships. Informed by an understanding of how intersecting identities—such as race, gender, sexuality, and socioeconomic status—shape relational experiences, Lisa creates affirming, inclusive spaces, particularly for the LGBTQ+ community. By embracing diversity and equity in their work, Lisa fosters a deeper connection and understanding in every relational context. Lisa considers it a profound honor and privilege to walk alongside both clients and practitioners alike to transform relational patterns and build thriving, connected lives.

Dr Priscilla Short

Priscilla Short is a counselling psychologist, EMDR therapist, and RLT-certified relationship therapist with a deep passion for helping couples navigate their most challenging moments by learning how to live more relationally. Drawing on years of experience and a commitment to the Relational Life Therapy (RLT) model, Priscilla brings creativity and flexibility to her work, tailoring her approach to meet the unique needs of each couple she works with. Known for her warmth and insight, Priscilla balances the structure of the RLT framework with innovative strategies to uncover and resolve relational patterns, helping couples build stronger, more authentic connections. Her work reflects a belief in the power of openness, accountability, and compassion as pathways to transformation. In her breakout seminar Priscilla is excited to share her experience and expertise on working intensively with couples, providing practical insights and inspiration for therapists to deepen their impact in this rewarding area of practice.

Continuing Ed Certificate Details

Certificates will be emailed to the email address you used to register for the course within 15-20 **business** days after the event.

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

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: Operations Director for Relational Life Institute (RLI), Lisa Sullivan, is as follows: 291 Nahanton Street, Newton, MA 02459; 617-861-3030 lisa@relationallife.com