

The Relational Life Institute is pleased to offer:

Sex and RLT: A Relational Approach to Sexual Connection

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: FIVE LIVE Online Classes facilitated by Anna Sterk, LMFT, Belinda Berman-Real, MFT; and Dr. Lori Davis

Continuing Ed credits offered: 7.5 credit hours for an additional \$40 fee and with Enrollment by March 11, 2025 for the first class.

90 minutes each on March 11, 13, 20, 25; April 1, 2025, at 12pm ET

(Plus, THREE 1-hour Q&A Calls with Anna on March 18, 27; April 3, 2025, at 12pm ET)

To receive a certificate, you must attend the full five classes. There is no partial credit, attendance will be taken.

TO REGISTER: <https://relationallife.com/sex-and-rlt/>

Content: Over 5 LIVE 90-minute classes led by Anna Sterk, LMFT, participants will explore how patriarchy, cultural conditioning, and relational dynamics shape our experiences of sex and intimacy. The course will consider the limits of traditional sex therapy and how Relational Life Therapy (RLT) allows us to move beyond and embrace a more nuanced, whole-person approach to sex, desire, and pleasure. Participants will also delve into the effects of trauma on sexual connection, gaining tools to recognize and address deeper emotional wounds that may be influencing intimacy.

The course provides a framework for participants of how to apply RLT tools and interventions specifically to sex and desire. This will help them to accurately uncover what's getting in the way of fulfilling physical intimacy for their clients—helping to identify their First Consciousness beliefs and adaptations around desire and pleasure, how that creates the “sexual dance” in their relationships, and how to help them approach sex from their Second Consciousness for sustained sexual connection.

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

- Understand the limitations of traditional sex therapy approaches and how RLT provides a more relational framework for addressing sexual challenges.
- Explain how patriarchy and cultural conditioning influence our perceptions of sex, desire, and pleasure.
- Identify how RLT tools and interventions can apply specifically to sex-related challenges, such as sexless relationships and desire discrepancy.

Throughout the course, you'll learn:

- Identify clients' "sexual stance" & the "sexual dance" it creates in their relationships. Transform internalized perceptions about sex, desire, and gender roles.
- Help clients identify, express, and negotiate their desires with love and respect.
- Work with the impact of trauma on sexual connection—and know when to refer out.
- Adapt RLT skills to sex, including winning strategies for sustained sexual connection.

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: \$495.00 one payment or 3 payments of \$175.00 each

Course Dates & Hours: March 11, 13, 20, 25; April 1, 2025, from 12-1:30pm ET

(3 additional Q&A calls are optional: March 18, 27 and April 3, 2025, from 12-1:00pm ET and not included in CE credit hours)

Cancellation Policy: You may request a refund until March 14, 2025. Please contact support@terryreal.com if you wish to cancel your purchase.

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

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:

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.

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.

Dr. Lori Davis

Lori Davis is a clinical sexologist who combines medicine with counseling and science with somatics to bring clients the mind-body support needed to create authentic, intimate, relational lives. She works with clients with a variety of concerns but specializes in desire discrepancy and the experience of creating fierce sexual intimacy in long term relationships. She is a dual board-certified nurse practitioner, AASECT Certified Sex Counselor, Somatic Experiencing Practitioner and Relational Life Therapy Certified Coach. She is passionate about bringing a sexological perspective to RLT... and bringing RLT to the sexological world! She is in private practice in Ithaca, NY.

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