

The Relational Life Institute is pleased to offer:

The RLT Level 1 Training Course

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 Sessions on Zoom, facilitated by Kate Harris, PhD; plus teaching by Terry Real, LICSW; Cathy Hill, PhD; and Anna Sterk, LMFT

Continuing Ed credits offered: 10 credit hours for 5 Classes

At the completion of this course, all participants will be invited by email to purchase the 10 CE credits for a \$40 fee. To receive a certificate, you must attend the full course. There is no partial credit, attendance will be taken.

Content:

Over five live classes you'll be introduced to the powerful principals behind Relational Life Therapy (RLT). RLT Level 1 is designed to give you an in-depth introduction to the theory and practice of the RLT model.

Discover the differences between RLT and traditional psychodynamic therapy. Also considered are the stances of "one-down shame" and "one-up grandiosity" in couples; according to RLT, true intimacy can only happen when partners are "same-as" with each other. RLT is about action and swift results, helping people to make major changes to the negative parts of their character, and the critical role and stance of the therapist is described. Presented also are the concepts of Relational Mindfulness, Joining Through the Truth, and psychological patriarchy.

RLT Level 1 is the first step toward RLT certification and will prepare you for the Level 2 & 3 trainings.

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

1. Compare the RLT phases and how RLT differs from traditional therapy
2. Describe the role and approach of the therapists in RLT
3. Explain the role of data gathering

Throughout the course, you'll learn:

- True intimacy can only happen when partners are "same as"—neither one-up nor one-down.
- That RLT Therapists and Coaches will confront and teach their clients how to actually live relationally.
- How to use the RLT Lenses in Intervention & Finding Leverage.
- How RLT Therapists and Coaches use judicious self-disclosure, sharing stories of they use these same skills in their own relationships.

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: \$497 in full; or 3 payments of \$179 each

Course Dates & Hours:

Our Next dates for Summer 2025 will be posted soon.

TO REGISTER: Please visit this site for registration:

<https://relationallife.com/level-1-training-o/>

Cancellation Policy: You may request a refund up to 2 days after the first live session. 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 21 **business** days of the event. 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:

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.

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.”

Kate Harris, PhD: Licensed Clinical Psychologist

Kate is a Clinical Psychologist and a certified Martha Bec, 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.

Cathy Hill, Ph.D., R. Psych:

Cathy Hill began training in RLT in 2010 after attending her first Relationship Bootcamp and from that experience was determined that Terry needed to teach others to do RLT. Cathy persisted in this idea and Terry ended up having Cathy set up advanced training for his senior therapists which was very well received. Soon after she was named Director of Training for RLI. Cathy is trained in the ‘scientist-practitioner’ model, and is devoted to getting RLT ‘evidence-based’ which requires excellent training in order to translate into excellence in practice.

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