

The Relational Life Institute is pleased to offer:

## 3 Shifts to Increase Your Effectiveness as a Couples Therapist

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:** A LIVE Online Webinar on Zoom, facilitated by Kate Harris, Ph.D. and Terry Real, LICSW

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

At the completion of this course, all participants will be invited by email to request a CE certificate. In order to receive a certificate, you must attend the full webinar and complete the Evaluation. There is no partial credit, attendance will be taken.

**Content:** In this 90-minute training session, Terry Real will lead participants through 3 critical shifts in working with couples. These shifts reflect the different therapeutic techniques required in couples therapy compared to individual therapy. Participants will gain a deeper understanding of the techniques that work to explore the deeper issues at play between couples and how to move them closer to their desired outcome.

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

- Identify when and how it's appropriate to take sides in couples therapy.
- Explain the difference between personal empowerment and relational empowerment.
- Outline the different therapeutic techniques required for working with grandiose clients compared to shame-based clients.

**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

**Course Dates & Hours:**

July 8 2025, from 2-3:30pm Eastern Time

## TO REGISTER:

<https://relationallife.com/effective-therapy/>

**Cancellation Policy:** You may cancel your registration up until July 8, 2025  
Please contact [support@terryreal.com](mailto:support@terryreal.com) if you wish to cancel.

If you need special accommodations or have questions, please contact us at [support@terryreal.com](mailto:support@terryreal.com)

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

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## Instructor's Bios:

### **Kate Harris, Ph.D.:** 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 teaches and they continue to use them today to deepen their 32-year relationship. Kate became RLT Certified in 2018 and is a valued teacher.

**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."

**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)