

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, Ph.D.; with additional teaching by Terry Real, LICSW; Cathy Hill, Ph.D.; and Anna Sterk, LMFT

Continuing Education credits offered: 10 credit hours for 5 Classes when the course is offered LIVE. New dates will be posted on <https://relationallife.com/level-1-training/>

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. Diagnose the RLT view of power imbalances in couples, of psychological patriarchy, and how these are addressed through therapy.
4. Summarize Relational Mindfulness and the "fight, flight, fix" responses.
5. Illustrate the role and approach of the therapist in RLT.
6. Describe the role and approach of the therapist in RLT.
7. Identify different types of leverage.
8. Discuss the concept of appropriate discrepancy and how it works with Neuroplasticity.
9. List the Seven lenses.
10. Interpret how preconditions are addressed in RLT.
11. Compare the two types of boundaries.
12. Demonstrate strategies for latent people.

Throughout the course, you'll gain deeper competency in and be able to:

- Illustrate that true intimacy can only happen when partners are "same as" ---neither one-up nor one-down.
- Discuss how RLT Therapists and Coaches will confront and teach their clients how to live truly relationally.
- Hypothesize 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:

New dates will be posted on <https://relationallife.com/level-1-training/>

TO REGISTER: Please visit this site for registration:

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

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 at 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

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:

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."

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 excellence in training in order to translate into excellence in practice.

Dr. Gabor Maté:

Dr. Gabor Maté is a physician who specialized in family practice, palliative care, and addiction medicine. A renowned speaker, physician, and bestselling author, Dr. Gabor Maté is highly sought after for his expertise on a range of topics including addiction, childhood trauma, stress, and mind/body connection. He is called a "people whisperer" for his gift of seeing deep inside anyone. His life's work is dedicated to liberating people from their childhood trauma so that they can make a choice of how to live in the present moment.

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 Ph.D. 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*.

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