

**The Relational Life Institute is pleased to offer:**

## **Working With Men**

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 Course facilitated by Terry Real, LICSW; and Julie Rudiger, LCSW

**Continuing Education credits offered:** 12 credit hours

There is an additional \$40 fee to receive a certificate, and you must attend all 8 classes in their entirety. There is no partial credit, attendance will be taken.

### **Course Description:**

Learn the skills to engage, motivate, and create breakthrough change with resistant male clients in this live, practice-focused training led by renowned couples therapist and male-psychology expert Terry Real, alongside RLT Faculty Member Julie Rudiger, LCSW. Grounded in Relational Life Therapy (RLT), the course unpacks how patriarchal conditioning and performance-based self-worth fuel disconnection, defensiveness, and shutdown, then shows you how to build trust with even the most challenging men through clear, compassionate confrontation that preserves the therapeutic alliance. You'll learn to create effective leverage for transformation without triggering collapse, withdrawal, or escalated resistance; tailor interventions for the three common presentations—"boys, bullies, and avoiders"; and reframe masculinity so emotional expression is aligned with strength, honor, and integrity rather than weakness. Through demonstrations and actionable tools from both instructors, you'll guide men in trauma healing and relational skill development that supports healthier partnerships and parenting. Leave with a concrete RLT roadmap you can use immediately to help clients move from resistance to responsibility and from disconnection to genuine intimacy.

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

- Summarize the cultural shaping of masculinity and its consequences.
- Recognize shame and grandiosity as dual defenses tied to male self-worth.
- Develop skills to help men shift from defensiveness to compassion.
- Identify how shame and performance-based esteem show up in male clients.
- Discuss culturally sensitive ways to challenge entitlement and grandiosity.
- Identify and work with three major types of difficult men: **boys**, **bullies**, and **avoiders**.
- Describe how to use **leverage** as a tool to create change.
- Identify patterns of resistance in men and learn how to engage them effectively.
- Utilize **leverage** to create internal or external motivation for change.
- Illustrate empowerment to the partner or family system to create pressure that opens the door to transformation.
- Compare and differentiate between their **wounded child**, **adaptive child**, and **functional adult** selves.
- Develop an internal caregiving relationship with their inner children rather than expecting partners to repair old wounds.
- Demonstrate full relational responsibility as an adult, especially in high-conflict, high-defensiveness relationships.

**Target Audience:** Social Workers, MFTs, Counselors, Substance Abuse Counselors, Nurses, and LMHCs, LMFT's, Educators, Coaches, Chemical Dependency Counselors

**Course Content Level:** The course content is appropriate for Beginner level clinicians.

**Cost:** \$497 or three payments of \$197 each.

**Course Date & Hours:**

- **Class 1:** Wednesday, September 10, 1–2:30 pm ET
- **Class 2:** Wednesday, September 17, 1–2:30 pm ET
- **Class 3:** Wednesday, September 24, 1–2:30 pm ET
- **Class 4:** Wednesday, October 1, 1–2:30 pm ET
- **Class 5:** Tuesday, October 7, 1–2:30pm ET
- **Class 6:** Thursday, October 9, 10–11:30 am ET
- **Class 7:** Tuesday, October 14, 10–11:30 am ET
- **Class 8:** Tuesday, October 21, 10–11:30 am ET

**TO REGISTER:** <https://relationallife.com/working-with-men>

**Cancellation Policy:** You may cancel your registration up until September 16, 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)

Please contact our Support team if you have any questions [support@terryreal.com](mailto:support@terryreal.com)

### **Instructor's Bio:**

**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."

**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.

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**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)