

The Relational Life Institute is pleased to offer:

The Practicum 3 Training

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 7495

FORMAT: Four LIVE Online Sessions on Zoom, facilitated by Desirae Ysasi, LPC-S or Julie Rudger, LCSW; with additional teaching by Belinda Berman-Real, MFT

Continuing Ed credits offered: 23 credit hours

Course Content:

The "Practicum 3" course offers an in-depth exploration of how to apply Relational Life Therapy (RLT) to trauma work with clients. Through this course, therapists will learn how to identify and work with the adaptive and wounded child in their clients, addressing the core dynamics that often underlie relational trauma. Utilizing a variety of techniques, participants will gain tools for helping clients access and heal these wounded parts, allowing for greater relational mindfulness and more intimately connected relationships. Clinicians will be guided in using RLT's powerful interventions to support clients in confronting past relational wounds and trauma, creating space for more authentic and connected relationships.

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

- Identify and work with the adaptive and wounded child
- Apply interventions for carried feelings and multigenerational trauma
- Integrate RLT techniques into trauma therapy
- Utilize feeling reduction work to manage trauma-related emotions
- Summarize how to use the RLT Trauma Grid as a diagnostic and therapeutic tool
- Preparing clients to map their trauma history and its impact on their relational dynamics
- Illustrate how these traumatic experiences manifest in present relationships for clients
- Contrast interpersonal neurobiology and parts of the self
- Differentiate for clinicians how trauma affects the brain and the parts of the client's self
- Assess Core Negative Image (CNI) and trauma's role in client's therapy process
- Measure insight into how trauma shapes a client's core negative image (CNI) — the distorted, exaggerated, and least-loving perception clients hold about their partners

- Recognize how addressing trauma through RLT can dismantle this destructive internal narrative
- Differentiate between minority stress adaptations, which are responses to systemic oppression and marginalization, and the adaptive child, which develops from relational trauma
- Develop protocol to work sensitively with both, recognizing the unique complexities of minority stress within the therapeutic process

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

REQUIREMENTS & Prerequisites:

Participants must be enrolled in the RLT Certification Program to attend and have completed Practicums 1 and 2.

- To enroll in RLT Certification, apply [HERE](#)
- To enroll in Practicum 3, please send an email to: faculty@relationallife.com for placement in your Practicum 3 Group.

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

Cost: \$1500 as part of RLT Certification Enrollment Costs

Cancellation Policy: If a participant needs to cancel or delay their Practicum they need to provide at least 4 weeks' notice to allow for another person to take their spot. If you cancel with less than 4 weeks of advanced notice you will be required to pay a \$400 cancellation fee before signing up for a different practicum.

Accommodations: If you need special accommodations or have questions, please contact us at support@terryreal.com or by mail to: Relational Life Institute, 291 Nahanton Street, Newton, MA 02459 - 617-861-3030

Facilitator Bios

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.

Desirae Ysasi, LPC-S is a Licensed Professional Counselor - Supervisor with nearly two decades of experience, specializing in relationship counseling. Serving the San Antonio community since 2006, she works exclusively with couples in romantic relationships, folks in non-traditional romantic relationship structures (ethical nonmonogamy), and adults seeking to improve family dynamics. Desirae became a Certified Relational Life Therapist in 2018 trained directly by Terry Real, the founder of Relational Life Therapy (RLT). She joined the faculty of the Relational Life Institute in 2022 and now serves as Director of Training & Certification, overseeing the global certification program. She has been the owner of Ysasi Counseling since

2014 and in the fall of 2024, Desirae opened Relational Life Texas, a virtual therapy group practice focused on RLT, providing relationship therapy across Texas.

Caron Starobin, LCSW-C

Caron joined RLT in 2024 as a Trainer and has been using her RLT skills and knowledge to continue deepening her work of bringing couples into their best selves and relationships. Caron is a natural teacher and brings a unique depth to teaching others. Caron is the Owner and Clinical Director of a thriving group therapy practice, and she teaches frequently about intimacy in neurodiverse relationships. <https://starobincounseling.com/>

Belinda Berman-Real, M.A., MFT. With over twenty-five years of dedicated experience, Belinda Berman-Real is a seasoned therapist based in Boston, Massachusetts. Throughout her career, she has provided compassionate and effective therapeutic support to individuals, couples, and families from diverse backgrounds. Belinda's expertise spans trauma work, addiction recovery, couples counseling, and individual therapy, where she's made a lasting impact on both her clients and the broader therapeutic community.

In addition to her clinical work, Belinda has been a mentor to countless professionals across disciplines, including psychologists, psychiatrists, and social workers. She has supervised and taught therapists in the Boston area and beyond, shaping the skills of many and advancing best practices within the field. Her influence and dedication to excellence continue to benefit both her clients and the next generation of therapists.

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 Managing Director of Operations 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. Business Address: 291 Nahanton Street, Newton, MA 02459; 617-861-3030 lisa@relationallife.com; www.relationallife.com