

Outline

Relational Life Therapy (RLT) Phases of RLT

- Waking up
- Inner child work
- Learned connection

Teach Relational Skills

- Accountability
- Vulnerability
- Empathy

Strategies to Move Couples Forward

- Make their realities collide
- Stance / stance / dance
- Use the relational grid
- Empower the latent
- Reconnect the blatant
- Minimize rage
- Gain leverage
- Join through the truth

Strategies to Assess and Treat Obstacles

- Shame/grandiosity
- Addiction
- Attachment
- Untreated psychiatric disorders
- Anger
- Violence/sexual abuse

Objectives

1. Evaluate the systemic dynamic, the repeating vicious circle, couples get stuck in.
2. Detect each partners self-defeating stance (e.g. angry pursuer) and their contribution to the dynamic between them.
3. Develop confidence to trust your own intuition and training in a session with a couple.
4. Utilize a map that shows how to bring couples back together based on the interaction of their attachment styles & self-esteem issues.
5. Explore each person's stance to his or her family of origin issues since we all marry our unfinished business.
6. Use a psycho-educational approach to intimacy, a strength-based resource model, to precisely unearth and prescribe skills and creative new solutions for the couple.

Infidelity, Secrets & Lost Passion

- Strategies for each person to move on from infidelity
- Go beyond the perpetrator/victim model
- Skills to deal with secrets in the relationship
- Reinvigorate passion into the relationship

Deep Trauma Work and Healing in Couples

- Move into family of origin
- 3 questions
- Character transformation through inner child trauma work
- The Tri-Part Psyche: functional adult, adaptive child, wounded child

"Terry Real helps overturn old-fashioned, confining roles and opens up a treasury of hope for lasting and exciting intimacy for couples everywhere."

– **Edward Hallowell, M.D.**
author of *Crazy Busy*

"Falling in love is easy, staying in love is another matter. Couples yearning for more closeness are truly in uncharted territory . . . until now, that is. Terry offers amazing new insights about men and women and what it takes to make relationships work in our ever-changing culture."

– **Michele Weiner-Davis, MSW**
author of *Divorce Busting*

Live Seminar & Webcast Schedule
(Times listed in Eastern)

7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (on your own)
4:00 Program ends

For locations and maps, go to www.pesi.com, find your event, and click on the seminar title.

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Rethinking Couples Therapy

Featuring, **Terry Real**
LICSW, Internationally Recognized
Couples Therapist, Speaker & Author



Plainview, NY	Live Video Webcast	Manhattan, NY
Monday December 4, 2017	Monday December 4, 2017	Tuesday December 5, 2017

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Rethinking Couples Therapy

Featuring, **Terry Real**
LICSW, Internationally Recognized
Couples Therapist, Speaker & Author



Register now to:

- Not be afraid to tell the truth to your clients
- Tackle issues of shame and grandiosity
- Integrate trauma work into your couples therapy
- Know when and how to teach a new relational vision

A Must-Attend Event for Every Mental Health Professional

Plainview, NY	Live Video Webcast	Manhattan, NY
Monday December 4, 2017	Monday December 4, 2017	Tuesday December 5, 2017

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Rethinking Couples Therapy

Most of us were trained to believe that we needed to be extremely careful when helping couples face the really difficult truths in their lives - especially their own obnoxious, selfish, or self-defeating actions. Better to err on the side of going slow, creating safety, and remaining neutral than to come across as pushy or disrespectful. My own experience as a couples therapist has taught me that we aren't doing clients a favor by soft-pedaling difficult issues, despite what my early supervisors tried to instill in me. The approach I've developed, Relationship Life Therapy (RLT), is based on the premise that it's disrespectful to clients not to let them in on the truth about what we witness regularly in our office.

Terry's work speaks to both men and women. His ideas on couple's therapy have been celebrated in venues from the "Good Morning America", "The Today Show" and "20/20", to "Oprah" and *The New York Times*.

Experience first-hand why RLT is making waves for delivering a no-nonsense, practical and transformative relationship skill-building experience. RLT produces deep, lasting change in couples quickly by breaking many cherished couple's therapy rules:

- ✱ We take sides - not all problems are 50/50
- ✱ We judiciously self-disclose - we're in it with you
- ✱ We work with trauma in each partner - doing deep individual work in the presence of one another
- ✱ We pay close attention to gender – the unique characteristics of men and women in our culture and how those differences collide
- ✱ We work with issues of both shame and grandiosity
- ✱ We explicitly address power imbalances and rebalance them

Through lecture, demonstration and video excerpts of real sessions, you will learn how RLT forms an alliance by addressing difficult truths, right out of the starting gate. You will be able to move your clients forward, challenging them while leaving them feeling not only that you are on their side, but that you are actively rooting for them.

Speaker



Terry Real, LICSW, is an internationally recognized family therapist, speaker and author. Terry is the best-selling author of *I Don't Want to Talk About It: Overcoming the Secret Legacy of Male Depression* (Scribner, 1997), the straight-talking *How Can I Get Through to You? Reconnecting Men and Women* (Scribner, 2002), and most recently *The New Rules of Marriage: What You Need to Make Love Work* (Random House). Terry knows how to lead couples on a step-by-step journey to greater intimacy – and greater personal fulfillment.

Terry founded the Relational Life Institute (RLI), offering workshops for couples, individuals and parents around the country along with a professional training program for clinicians wanting to learn his RLT (Relational Life Therapy) methodology.

A senior faculty member of the Family Institute of Cambridge in Massachusetts for twenty years, and a retired Clinical Fellow of the Meadows Institute in Arizona, Terry has worked with thousands of individuals, couples, and fellow therapists. Through his books, the Institute, and workshops around the country, Terry helps women and men, parents and non-parents, to create the connection they desire in their relationships.

Speaker Disclosures:

Financial: Terry Real is in private practice. He receives a speaking honorarium from PESI, Inc.

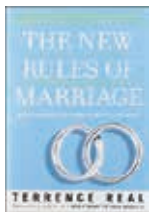
Non-financial: Terry Real has no relevant non-financial relationship to disclose.

Workshop Designed Specifically For:

Marriage & Family Therapists • Counselors • Social Workers • Psychologists • Sex Educators & Therapists
Addiction Counselors • Mental Health Professionals • Coaches • Ministers and Pastoral Counselors • Nurses



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The New Rules of Marriage:
What You Need to Know to Make Love Work

By Terrence Real, LICSW **Your Presenter**

In this revolutionary book, Real shows women how to master the new rules of twenty-first-century marriage by offering them a set of effective tools with which they can create the truly intimate relationship that they desire and deserve. He identifies five non-starters to avoid and shares practical strategies for bringing honesty, passion, and joy back to even the most difficult relationship. Using his experience helping thousands of couples shift from despair to profound emotional closeness, Real guides you through the process of relationship repair with exercises that you can do alone or with your partner.



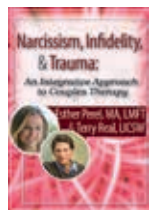
Couples Experiential™ DVD:

Live Clinical Demonstrations with Real Couples featuring Terry Real

By Terrence Real, LICSW **Your Presenter**

World renowned couple's therapist, Terry Real, will work live and intensively for two days with a group of five real couples, getting down to their most intimate issues and demonstrating powerful treatment techniques. His work with the couple is deep, highly emotional, incisive and often life changing.

Using techniques drawn from the approach he created, Relational Life Therapy (RLT), each couple is led, with extraordinary quickness and precision, to their 'next step' toward unlocking their fullest potential. RLT leverages the concept of "relational living" in order to help people address relational and psychological health in relationships.



Narcissism, Infidelity, and Trauma:
An Integrative Approach to Couples Therapy

By Esther Perel, MA, LMFT, and Terry Real, LICSW **Your Presenter**

Esther Perel and Terry Real, two of the world's most forward thinkers on sexuality and relationships, join together to offer you an exciting workshop exploring clinical perspectives and interventions for the really tough situations of couples struggling with desire, affairs and even divorce. Narcissism, Cheating and Trauma: a complex triad. Using case examples and hands on intervention we will demonstrate how to integrate couple dynamics with "deep work" on the part of each individual.

Live Webcast Details

Join us on December 4, 2017, for this live, interactive webcast! Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Only \$19.99 per CE Certificate for each additional participant.

Have a seminar idea? A manuscript to publish?

The nation's top speakers and authors contact us first. If you are interested in becoming a speaker or have a new topic idea, please contact **Emily Krumenauer** at ekrumenauer@pesi.com or call **715-855-8167**.

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

LIVE SEMINAR & WEBCAST CONTINUING EDUCATION CREDIT INFORMATION

Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

ADDICTION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

NEW YORK ADDICTION PROFESSIONALS: This course has been submitted to OASAS for review.

CHAPLAINS/CLERGY: This activity is designed to qualify for 6.25 continuing education hours.

COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

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MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

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This activity qualifies for 6.25 contact hours.

PSYCHOLOGISTS: PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

SOCIAL WORKERS: PESI, Inc. Provider #1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB). www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.25 (Clinical) continuing education clock hours for this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

NEW YORK SOCIAL WORKERS: PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Social Work as an approved provider of continuing education for licensed social workers #0008. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

OTHER PROFESSIONS: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



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\$30 Tuition: If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

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