

## Why train in couples therapy (RLT)?



**Couples therapy requires a specific skill** set that many therapists and marriage counselors haven't been taught—from tackling resistant partners to working with conflicting attachment styles. This is because traditional marriage counseling training doesn't equip us with the in-depth training we need to understand the nuances of couples work.

However, **Relational Life Therapy (RLT)** is a progressive approach to couples therapy that provides practitioners with a roadmap for guiding even the most challenging couples back into connection. RLT empowers you to go deep and understand the negative patterns in the relationship quickly to help clients make rapid and substantive changes.

**Developed over 30 years** by renowned family therapist Terry Real, LICSW, RLT teaches you how to effectively restore balance to bring about profound transformation in each partner and the relationship as a whole. You will learn how to work with grandiose (superior) partners effectively, heal relational trauma, to restore balance in relationships and teach essential relational skills to your clients so they can sustain intimacy long after their time in therapy comes to an end.