

The Relational Life Mastery and Coaching program

The RLT coaching program, Relational Life Mastery and Coaching, is designed to help participants truly master Terry's model of therapy and relational living. By participating in the RLT Coaching program, participants have the opportunity to receive expert instruction in the phases of Relational Life Therapy, present cases for consultation, role-play, enhance skills, work personal edges and become a part of a dynamic relational community.

What is the RLMC Program?

The RLMC program consists of therapists and coaches seeking to practice and master the RLT model in a small group format led by a Masters Certified RLT therapist/coach who has trained with Terry for over 15 years. Groups and individual sessions are conducted via teleconference with each session recorded for multiple listening options. You may choose to join an ongoing group or create your own group of colleagues that you have met through your trainings with Terry.

Certified RLT Coaches work with group members on using the model in their lives and their practices. All groups are run as a relational group and therefore participants incorporate the skills of the model into their interactions with other group members.

Who Are We?

Masters Certified RLT Coaches are:

- Amy Warren , LMHC
- Kim Ploussard, LMHC, DCC
- Dee Marcotte, MS

We have all have studied and trained with Terry Real since 2003. In addition we are all trained in Pia Melody's model of trauma recovery, and run three day intensive trauma workshops. These workshops incorporate the inner child and the feeling reduction process that is used in RLT to reduce reactivity and restore healing and connection.

For complete bios see the faculty page on the RLT web page.

Match your learning style with the options below:

Group Coaching:

Groups are ongoing and meet for 50 minutes by phone either 2 or 3 times per month. Group coaching provides an opportunity to build long-term relationships with fellow RLT practitioners working towards RLT mastery and relational living.

If you want to be part of a relational community learning together, connecting and sharing cases, then a **Coaching group of 3-5 people** may be best for you. On each call, you will have the opportunity to present case issues. You will receive instruction on the various phases of the model and its nuances, have the opportunity to practice through role-plays and receive expert feedback and direction.

If you prefer a more specialized coaching program, you may join with one other person to form a **Coaching group of two people**, enabling you to have more individual attention, present cases in depth and design your preferred learning style.

Individual Coaching:

For those who prefer face-to-face interactions, individual coaching sessions offer a choice of meeting by phone or video-conference as well as scheduling sessions at your convenience. All coaching sessions are 50 minutes. Choose any of the following options:

- **Coaching towards RLT Mastery or certification:**

If you learn best with one-on-one tutoring or a particular teaching style, or practice best without an audience, then you may prefer an individualized coaching program to help you master the model. If you are working towards certification, you may fast track the coaching certification with more frequently scheduled coaching sessions.

- **PRN Case Consultation:**

If you are challenged by a particular case, you may contact us for a case consultation. We will make every effort to schedule a coaching session before your next appointment with the client.

- **Personal Relational Coaching:**

If you are struggling with a relational issue in your own life, as we all do at times, you may speak with a like-minded RLT coach to help insure you are practicing in your personal life

what you are practicing professionally. Coaching may also be utilized to work those personal edges that are triggered in client sessions.

RLT Certification:

Participation in Relational Life Mastery and Coaching program meets the coaching certification requirement. Certification puts your name on the RLI website of RLT Certified Coaches and allows you to be a referral resource. Participation in the coaching program alone does not qualify you to be considered a “Master” RLT therapist. You must complete 2 years of coaching and attend the Masters level course offered by Terry.

The number of hours required decreases as more individual attention is received. Below are the hours required to meet the coaching requirement towards RLT certification:

- Coaching groups of 3-5 people: 22 hours
- Coaching groups of 2 people: 18 hours
- Individual Coaching: 15 hours

This is coaching, not supervision. The RLT staff is not responsible for your cases and the coaching is strictly on this model and its nuances.

New groups are always forming. Please contact us at relationallifecoaching@gmail.com or call Amy Warren at (941)957-3366 or Kim Ploussard at (518)862-1974, ext. 1.