

The Relationship Bootcamp Workshop

The Relational Life's Relationship Bootcamp is a two-day workshop designed to enhance relationship skills for therapists and coaches in RLT training, as well as individuals and couples. The RLT approach focuses first on relationship to self, and teaches participants methods to stay centered and available for healthy relationship with others. The second day involves learning and practicing skills for communication and healthy intimacy.

Through a combination of lecture, role-play, small group exercises and personal work, all participants will be able to:

- Describe the difference between first and second consciousness, and how these states impact relationships
- Diagnose where behavior falls on the self-esteem scale, and name three external sources of esteem
- Apply techniques to help clients stay in healthy self-esteem
- Understand the functions of the inner and outer boundaries
- Diagnose clients' placement on the relationship grid, along with corresponding remedies
- List a number of possible core negative images, and how they can be used in therapy
- Identify the functions of the Wounded Child, Adaptive Child and Wise Adult
- List the 5 losing strategies and the corresponding winning strategies
- Assess various combinations of 'stance stance dance'
- Guide clients through the four steps of the feedback wheel