R·E·A·L

FOR THERAPISTS AND COUNSELORS

An experiential weekend that complements the work you do with clients

Therapists and counselors are the most common way people find The R·E·A·L Courses. Here is what the REAL Foundation Course is, how it fits alongside therapy, and how to refer a client.

25 hours
of guided, experiential group work over one weekend

Friday to Sunday
Fri 6:30 p.m. to 11:00 p.m.
Sat and Sun 8:30 a.m. to 8:00 p.m.

Led by clinicians
R·E·A·L Certified Instructors, with therapists assisting all weekend

WHAT IT IS

An experientially based personal development program. Over the weekend, students identify, gain experiential awareness of, and work to heal events, many from childhood, that affect their adult lives.

It is not psychotherapy and is not a replacement for clinical treatment, although it can serve as a complement to therapy. What is shared in the room stays in the room.

HOW IT FITS WITH THERAPY

Insight to experience
Therapy helps a client recognize a pattern. The weekend gives them a structured way to see it in action and practice something new.

Experience to insight
Intensive interpersonal work can make a pattern visible in real time, to be brought back into therapy and processed.

Processing to practice
Therapy is the place to process. The weekend is a place to try new behaviors and ways of relating.

Private reflection to relational learning
Group exercises and real-time feedback can reveal dynamics that are hard to see one-on-one.

WHO LEADS IT

Mark Levinsky
Psychotherapist since 1986, trained in EMDR and as a clinical anxiety treatment professional.

Stephanie Savo
Licensed mental health counselor working with teens and adults. Took this course as a student in 2014.

Jon Waller
Licensed therapist and owner of New River Counseling. Signed up for this course on the advice of his own therapist.

HOW TO REFER A CLIENT

1. Share the course page with your client. It has the current dates and the inquiry form.
2. Your client fills out the form and chooses "Therapist or Counselor" under "Where did you hear about us?"
3. A member of our team contacts them to answer questions and walk them through registration. The location is shared once they're registered.

therealcourses.com/schedule/
Scan for current course dates and the inquiry form. Unsure whether the weekend fits a particular client? Talk to us first at therealcourses.com/contact/