

Draft Therapist Talking Points for explaining the RLT Outcomes Study

I wanted to share an optional research opportunity connected to the Relational Life Foundation.

It's a new study looking at how Relational Life Therapy impacts couples relationship satisfaction over time. This study contributes to the growing RLT evidence base.

This study is for couples who are just starting Relational Life Therapy. If you and your partner are eligible and decide to participate, you would each complete four short online surveys over six months.

Each survey takes about 20 minutes. Both partners would need to agree to participate.

You would be compensated \$25 per survey, up to \$100 per person, or \$200 per couple.

Participation is completely voluntary and won't affect your therapy with me in any way.

Your responses are confidential and won't be shared with me or your partner.

You also don't need to stay in therapy for the full study period to take part.

If you'd like to learn more, with your permission, I can share your first name and contact information with the research team. They'll reach out with more details and a short eligibility screening, and you can decide at that point if you want to participate.