



RLT OUTCOMES STUDY

Building the evidence base for Relational Life Therapy

Do you want to be a part of building the evidence base for RLT?

We are conducting a research study to understand how RLT impacts couples' relationship satisfaction over time.

Therapists who refer at least one couple will receive a one-time \$250 Relational Life Institute training credit.

FAQs

How can I participate?

- Clinically licensed therapists can refer couples to the study
- Therapists must be certified in RLT (at the coach or at the therapist level)

Who can I refer?

- Couples who are new to RLT
 - have had two or fewer regular couples sessions, &/or
 - have not yet attended an RLT couples intensive

What can couples expect?

- Couples will be sent 4 short online surveys over 6 months
- Surveys take about 20 minutes to complete
- Couples earn \$25 per completed survey (up to \$100 per person, \$200 per couple)
- Couples do not need to remain in therapy for the duration of the study.

How do I refer couples?

- Submit an interest form via the link below and the research team will email you study materials and a secure referral link.
<https://forms.gle/Kc5xrFJKLbU7RqJgA>

What do I need to do after I refer a couple?

- No further action is required from you.
- After submitting a referral, the research team will contact each partner separately to provide study information and a link for eligibility screening.

Therapist Thank You:

- Therapists who refer at least one couple will receive a one-time voucher for \$250 from the Relational Life Institute.

Who do I contact for questions?

✉ research@relationallifefoundation.org

☎ (510) 213-8366

📷 @research_relationallife

See our website for more info:

<https://www.relationallifefoundation.org/rlt-outcome-study.html>

This study has been approved by WCG Clinical under study protocol #45617117.0