



**Fierce Compassion:
Telling The Truth With Love**

www.terryreal.com

**Intimacy
=
Truth and Love**

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**“Therapeutic Intimacy”
Helping clients move into
relationality
By being relational with them.**

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JOINING THROUGH THE TRUTH

=

**- FORMING AN ALLIANCE
THROUGH TRUTH**

- YOU'RE ON THEIR SIDE

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STANCE + STANCE

=

DANCE

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4

● FUNCTIONAL ADULT

● WOUNDED CHILD

● ADAPTIVE CHILD

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Bring FA Into Relationship with AC

● REPARENTING

- PULL FOR, ARM, REINFORCE FA
- SCAN FOR STRENGTHS
- SKILL TRANSFER

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Three Aspects of RLT

- Joining Through the Truth
- Addressing Trauma
- Teaching Relationality

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Working With Grandiosity:
Empowering the Latent
Reconnecting the Blatant

1

Grandiosity versus Shame

- Grandiosity feels good.
- Grandiosity impairs judgment.
- Little internal motivation to change.

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Shame-filled people have *pain*.
Grandiose people have *troubles*.

*They're not in pain.
The people around them
are in pain.*

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Not Alliance - Leverage!

- "Goodwill" is a weak basis for treatment.
- Leverage means:
 - You have something the client wants.
 - You stand between the client and negative consequences.

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3 Bring the System in!

- ❶ R. E. work is not transference-based, but coaching.
- ❷ Partner's give you the data you need.
- ❸ Partner's give you the leverage you need.

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Latents and Blatants –
amplify negative consequences.

When a woman is in trouble –
my first move is most often to empower the woman.

When a man is in trouble –
my first move is most often to empower the woman.

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4 Join Through the Truth

- ❶ Grandiosity impairs:
 - Sensitivity to impact of one's behavior.
 - Assessment of negative consequences.
 - The therapist supplies these deficiencies.
- ❷ Therapist must be neither one-up or one-down himself.
- ❸ You are a fellow traveler.

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- Form an alliance with the functional adult part of the client, a coalition against his grandiosity.
- Create cleavage between "I" of client and grandiosity.
- The grandiosity is an oppressive visitation.
- "You are a decent person who's been behaving indecently."
- Help client develop an allergy to his own grandiosity.

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- Help the client see what he's doing.
 - Always use specific data:
 - From report
 - From behaviors in the room
 - From your own reactions
 - Use partner as corroborator.

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DO I GET AWAY WITH IT
BECAUSE I'M A MAN?

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Six Ways to Ameliorate Shame

- Separate the Decent Person Out
- Use Parts Language
- Use Multigenerational Backdrop
- Use Humor
- Normalize
- Self-Disclose

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- The most important thing here is you.
- You must be centered to do this work.
- RLT is a therapeutic form of self-esteem in action.
- RLT is full-respect therapy.

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Move Into Family Of Origin

- Identify “relational deformity,” then:
- Who did you see do this?
- Who did it to you?
- Who did you do it to and no one stopped you?

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Understand Empathic Reversal

- Trauma > Hyper-empathy to perpetrator
Hypo-empathy to self
- YOU are the voice of the Functional Adult:
 - Reverse the reversal.
 - Supply empathy to the child.
 - Counter minimization / protectiveness
 - SUSTAIN your position
 - AMPLIFY affect

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Relational Practice Heals

*Real Healing Comes When WE
Take Care Of Our Inner Children
Rather Than Foisting Them Off
On Our Partners To Deal With.*

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