



CENTER FOR RELATIONAL RESILIENCE

**PROFESSIONAL TRAINING
FOR THERAPISTS**

WELCOME TO THE CRR



The Center for Relational Resilience is dedicated exclusively to providing the highest quality of training for therapists around relational trauma, healing, and resilience.

Our approach is founded on the values of safety, respect, and dignity. The CRR model is focused on helping people navigate those values where they are in conflict and to heal when those values have been compromised.

OUR MISSION AND VISION

The Relational Resilience model offers an approach that increases visible and invisible psychological safety in one's self and in relationships of significant influence and impact.

CRR was founded with the vision to train therapists and leaders

- to be attuned to the power they have in a therapeutic relationship, and to become a safer and more effective space for the people in their care
- to empower people in their care to increase safety and resilience within themselves and the relationships they are in





OUR PROGRAMS

We offer two distinct tracks leading to certification, one in relational trauma, the other in complex relationships. Each track provides comprehensive training, community, peer support, and group supervision.

As experts in relational work, our philosophy extends to our training spaces; participants benefit from a profound sense of connection, community, and support.



OUR STUDENTS

Our students are growth oriented, appreciate authentic conversation, and want to truly understand the many roles they play as a therapist. They want to be able to show up conceptually clear while being relationally present.

We provide an environment where you can have honest conversations about what it means to be a therapist, without judgment.

OUR COMMUNITY

While training, you'll have the opportunity to weave what you're learning into your work, and to bring your cases, as well as career issues, into our community.

CRR offers a unique space for therapists who are building their career, whether in private practice or employment through other agencies. We offer support through supervision, peer feedback, and networking, so you are better equipped to serve your clients.

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TRACK I: ADVANCED CONCEPTS IN RELATIONAL TRAUMA

This track addresses the gaps in traditional therapy training specifically regarding survivors of relational trauma.

ABOUT RELATIONAL TRAUMA

We develop in the context of our closest relationships. When those relationships are painful, alienating, or not adequately safe and nurturing, the wounds that develop are related to the self. Trauma will show up as shame, isolation, and ambiguous grief, rather than the more commonly recognized experiences of terror and horror of event-based trauma. Those suffering from relational trauma often lack language through which to understand their experience, and therapy that's not adapted to this population in method or pacing can deepen feelings of confusion, alienation, or failure.

You'll leave this training with a deep understanding of the distinct wounds caused by relational trauma, and how you can both hold space for them and help your client meet those wounds safely.

TRACK I: COURSES

Deprivation Trauma: Invisible Trauma and the Core Needs of Selfhood

Integrative Practice: Attuned and Relational Application of Popular Trauma Modalities

Complex Trauma: When Managing the Therapeutic Relationship IS the Therapy

GROUP SUPERVISION

Group supervision with our CRR-trained supervisors is a highly recommended supplement to your didactic studies. This supervision provides you with a space to process and share your experiences as you integrate these new practices into your work.

Additionally, our supervision groups model the CRR approach, and offer you the opportunity to strengthen your connections within the CRR community.

Group supervision takes place weekly alongside your program.

TRACK I: COURSE DESCRIPTIONS

Deprivation Trauma: Invisible Trauma and the Core Needs of Selfhood (12 weeks)

This course addresses the invisible wounds, deep deficits of the self and personhood, confusing trauma responses embedded in personality development, and the additional layers of shame, confusion, isolation, grief and self-doubt that emerge from relational trauma.

It offers extensive language for the client and therapist to use as they begin to unpack the client's story, identify key "trauma stories" and developmental gaps, contextualize trauma responses, "unblend" them from the core personality, and create a space for the restructuring of the self.

The highly invisible space between people that is so potent, that can build or shred, can now be articulated using a clarifying theoretical framework, empowering the therapist for guided interventions and the client for making sense of their story, both past and present.

Integrative Practice: Attuned and Relational Application of Popular Trauma Modalities (12 weeks)

Delve deep into the science behind popular clinical interventions, and harness their value for a population healing from relational trauma. You'll gain an in-depth analysis of the science behind popular trauma modalities, learn the power of easy-to-integrate micro-interventions, and discover how to adapt the interventions so that they remain organic, relevant, and meaningful to the client.

This training invites a shift in the application of popular modalities so that they remain people-oriented rather than problem-oriented, and to give the therapist a path to remain committed to the client rather than the model.

Complex Trauma: When Managing the Therapeutic Relationship IS the Therapy

Part of the tragedy of complex relational trauma is the discomfort, terror or shame that the therapy relationship itself can invoke. The client's use of survival strategies to manage their overwhelming feelings can evoke anxiety, resentment, or depletion in the therapist, only increasing the lack of safety for both parties.

The CRR model recognizes that in these situations, successful navigation of the client-therapist relationship - both a trigger and a balm for the client - is the therapeutic intervention that's needed. A safe, dignified, and respectful client-therapist relationship lays the groundwork for creating a sustainable and secure experience for both therapist and client, and offers the opportunity for the client to experience a reparative experience in the most vulnerable places

TRACK II: NAVIGATING COMPLEX RELATIONSHIPS

This track equips you to guide your clients towards increasing safety and resilience for themselves, in complicated and confusing relationships.

ABOUT COMPLEX RELATIONSHIPS

Improving a relationship requires a deep understanding of the context of the specific relationship. If a relationship doesn't meet a basic threshold of emotional safety, it demands an entirely different undertaking than classic couples modalities rely on; some models are founded on a premise of minimum safety that isn't always true, and others unknowingly empower for abuse.

With this training, you'll learn how to help clients who are in a complex relationship to create an environment for individual agency while remaining grounded in the reality of their relationship's shared space and the truth of the dynamics they face.

TRACK II: COURSES

- **The Inherent Conflict Between "Relational Living" and "Survival Living"**
- **The Spectrum of Safety in Relationships**
- **Couples Therapy Minefields**
- **The Fight-Flight Couple**
- **Hidden Threats in Close Relationships**
- **Ambiguous Grief in Close Relationships**
- **Gaslighting, Denial, and Ownership of Reality**
- **Differentiation of Self and Mind**

GROUP SUPERVISION

Group supervision with our CRR-trained supervisors is a highly recommended supplement to your didactic studies. This supervision provides you with a space to process and share your experiences as you integrate these new practices into your work.

Additionally, our supervision groups model the CRR approach, and offer you the opportunity to strengthen your connections within the CRR community.

Group supervision takes place weekly alongside your program.



TRACK II: COURSE DESCRIPTIONS

The Inherent Conflict Between "Relational Living" and "Survival Living" (3 weeks)

An in-depth look at the assumptions of relational living, the instinctive responses of survival living, and the fundamental conflict between both modes. This training will help you make sense of the reason that people in complex relationships find themselves fragmented, flip-flopping, and chronically confused.

It will also help explain why, when turning to those in helping positions, the advice that they get is similarly fragmented and conflicting.

The Spectrum of Safety in Relationships (4 weeks)

This training offers a systemized profiling tool to assess the degree of psychological and emotional safety in one's relationship, the reason common sense advice might not be working, and an empowering meta-approach that honors the individual nature of each relationship.

The Fight-Flight Couple (4 weeks)

Help couples and individuals disentangle from the chicken and egg battle! Learn how you can help your clients to protect themselves from the other person's self-protective or painful behaviors, using a safety-informed approach to relational boundary setting.

Couples Therapy Minefields (3 weeks)

Identify common hidden "mines" that clients report as being the most damaging aspects of a couples therapy experience - while the therapist never even knew about it.



TRACK II: COURSE DESCRIPTIONS (CONT.)

Differentiation of Self and Mind (4 weeks)

This workshop is the ultimate empowering process of reclaiming one's self, one's values, and one's sense of reality against the pressure of one's closest relationships.

Gaslighting, Denial, and Ownership of Reality (4 weeks)

Understanding the dynamics of reality construction in close relationships and offering crystal clear frameworks to help people step out of crazy-making dynamics.

Hidden Threats in Close Relationships (3 weeks)

This course will equip you to recognize insidious, hidden threats that are invisible from the outside, or that are being experienced by a person who is unable to articulate the events in concrete terms, who lacks clarity, or who suffers from chronic self-doubt.

Ambiguous Grief in Close Relationships (3 weeks)

Applying the framework of the 5 stages of grief as “5 states” of grief for people in complex relationships, so they can recognize what they're going through, liberate themselves from toxic hope, step into a new reality, and update their skillset to cope with the reality they are engaged in.

TRACK I + TRACK II: COMPREHENSIVE INTENSIVE

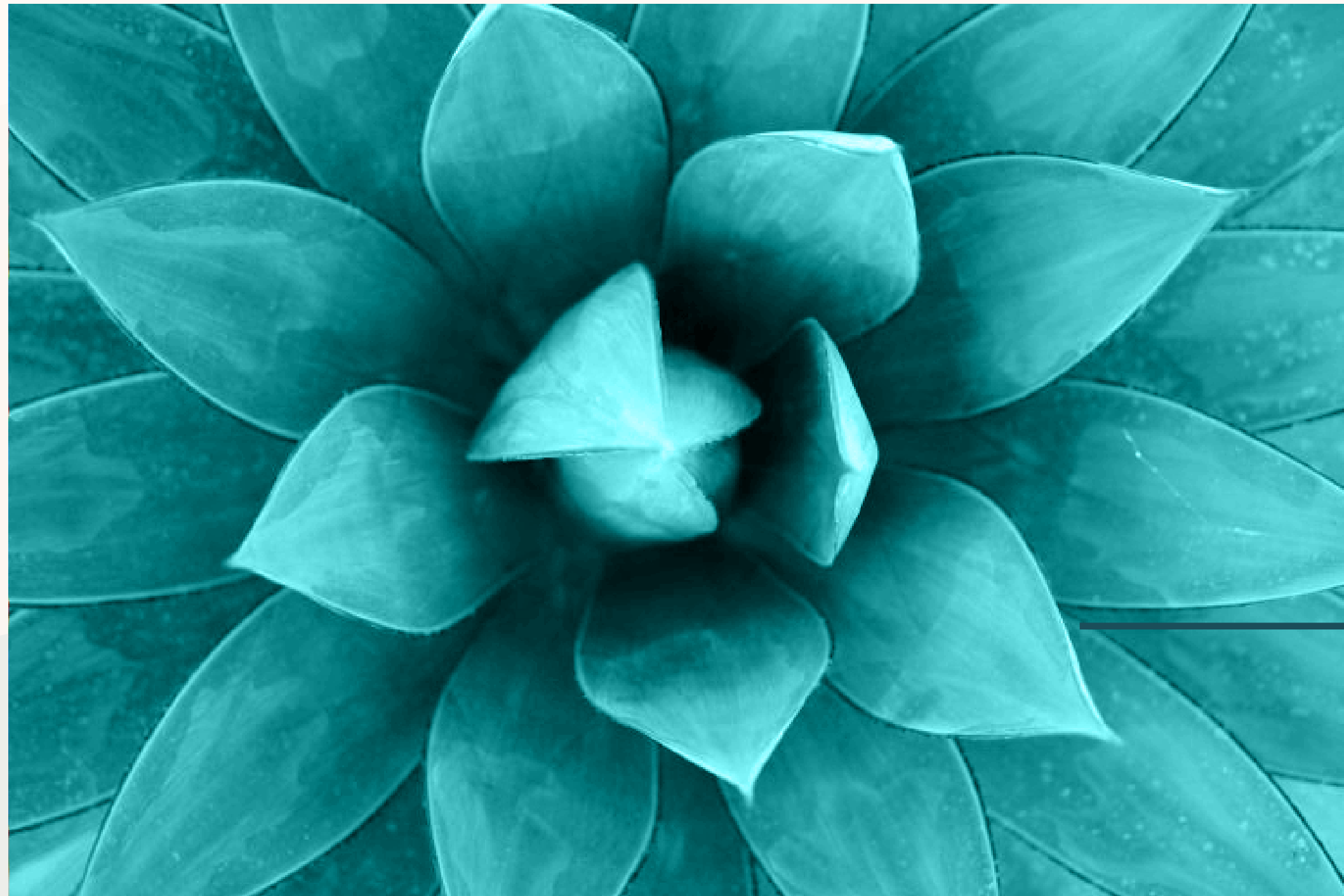
For an accelerated learning process, suited to experienced and highly motivated practitioners, we offer a combination of both tracks taken in parallel.

This immersion into the language of relational dynamics will enable you to offer the most profound, sensitive, and nuanced understanding of your client's experience, in a space that holds their experience with safety, dignity, and respect.

For participants in the combined trainings, group supervision is highly recommended, to provide you with the space to process your learning experience and implementation in your practice, together with your peers.



PROFESSIONAL SUPERVISION



Supervision with our CRR-trained supervisors provides you with the opportunity to seamlessly weave together your learning and your application of the theory, helping you to identify the concepts and integrate them into your own work.

Recognizing the critical role that your own experience of safety will play into your work, we make it a priority to provide you with the kind of emotional safety that we want your clients to experience.

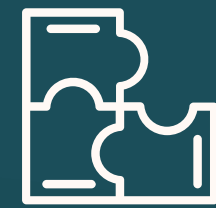
Group supervision takes place weekly alongside your program of study, and is also available to prior CRR participants.

Individual supervision is available weekly or bi-weekly, with a limited number of subsidized annual packages for participants in our trainings.

BENEFITS



EXPERT-LEVEL
TRAINING



COHESIVE
CURRICULUM



PROVIDES CONTEXT
FOR OTHER MODALITIES



COMMUNITY OF
LIKE-MINDED PEERS



NETWORKING +
REFERRALS



SUPPORT +
GUIDANCE



PROFESSIONAL
VALUES + INTEGRITY

[APPLY HERE](#) →



FEEDBACK FROM OUR STUDENTS

“

Rikki crystallized and presented knowledge about trauma into one clear and comprehensive course that made it so much easier to recognize, conceptualize and bring into my practice what exactly relational trauma is. I feel so much more prepared to work with clients with relational trauma, and how crucial it is to approach my clients with humility, dignity and attunement as the main foundations of therapy.

A.B.

“

This course has been transformative, enlightening, and thoroughly informative. Rikki's innovative approach to relational trauma is a true revelation, and her exceptional delivery style enables easy comprehension and full absorption of the material.

D.

“

Before I enrolled in this course, the term "trauma" felt much more overwhelming and daunting to me as a budding therapist.

This course has opened my eyes to the underground world of trauma, what trauma truly means, and how it can, and does, affect so many individuals. I have learned that it is a process; that clients who experience trauma must be cared for delicately and attentively, but that I can help them. I can help them work to reach a place of freedom, self love and compassion, health, and hope.

D.S.

Through the Foundations of Relational Trauma training, I gained confidence in knowing that even as a new therapist, I can genuinely help my clients by my very presence, empathy and curiosity. I learnt how going back to the basics of the ABC's is sometimes more helpful than all the other letters found in sophisticated modalities. I believe that the confidence and skills that I have gained from this course allow my clients to feel safe, validated and understood in our work together.

Y.R.

“

This training shifted my ENTIRE understanding of the work with my clients.

Working with my clients has taken on a new level of understanding since taking this course. I now have a clearer "map" of how to approach stuck areas, especially through the lens of relational trauma and shared meaning.

The sensitivity and "toolbox" that the course provided have been invaluable to my practice. With this knowledge and guidance, the therapeutic relationship with my clients can thrive and I can now approach it from a much safer and healthier perspective.

T.M.

“





NEW! MEET OUR ANNUAL TRAINING TRACKS

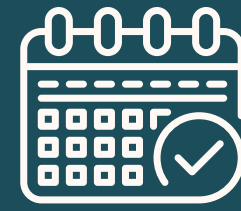
We are now offering comprehensive training, community, peer support, and group supervision. Each training - and each element of the training - informs the other. The group supervision offers an opportunity to apply the model to your work, with highly trained staff and the unique quality of holding experience that they provide.

The more points of connection you have within the CRR model, the more integrated your learning experience.

While professionals are warmly welcomed into each individual course, we heavily subsidize the fees of the annual tracks, to allow for a more complete immersion into the model.

TRACK I: ADVANCED CONCEPTS IN RELATIONAL TRAUMA

In-person or via Zoom



ANNUAL TRACK

Advanced Concepts in Relational Trauma

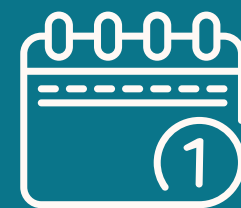
28 weeks, 3-hour classes

9,000 NIS

Advanced Concepts in Relational Trauma + Group Supervision

28 weeks, 3-hour classes + 28 weeks Group Supervision, 2-hour sessions

12,000 NIS



INDIVIDUAL COURSES

Deprivation Trauma: Invisible Trauma and the Core Needs of Selfhood

12 weeks, 3-hour classes

7,200 NIS

Integrative Practice: Attuned and Relational Application of Popular Trauma Modalities

12 weeks, 3-hour classes

7,200 NIS

Complex Trauma: When Managing the Therapeutic Relationship IS the Therapy

4 weeks, 3-hour classes

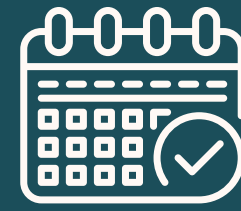
2,400 NIS

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TRACK II: NAVIGATING COMPLEX RELATIONSHIPS

In-person



ANNUAL TRACK

Navigating Complex Relationships

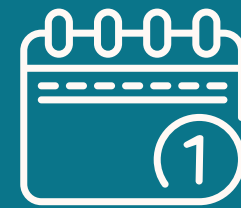
28 weeks, 3-hour classes

9,000 NIS

Navigating Complex Relationships + Group Supervision

28 weeks, 3-hour classes + 28 weeks Group Supervision, 2-hour sessions

12,000 NIS



INDIVIDUAL COURSES

The Inherent Conflict Between "Relational Living" and "Survival Living"

3 weeks, 3-hour classes

1,800 NIS

The Spectrum of Safety in Relationships

4 weeks, 3-hour classes

2,400 NIS

Couples Therapy Minefields

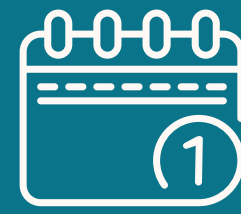
3 weeks, 3-hour classes

1,800 NIS

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TRACK II: NAVIGATING COMPLEX RELATIONSHIPS



INDIVIDUAL COURSES

(Cont.)

The Fight-Flight Couple

4 weeks, 3-hour classes

2,400 NIS

Hidden Threats in Close Relationships

3 weeks, 3-hour classes

1,800 NIS

Ambiguous Grief in Close Relationships

3 weeks, 3-hour classes

1,800 NIS

Gaslighting, Denial, and Ownership of Reality

4 weeks, 3-hour classes

2,400 NIS

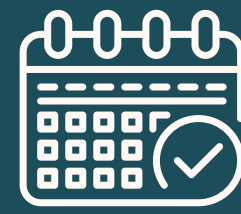
Differentiation of Self and Mind

4 weeks, 3-hour classes

2,400 NIS

APPLY HERE →

**TRACK I +
TRACK II:
COMPREHENSIVE
INTENSIVE**



**ANNUAL
TRACK**

Comprehensive Intensive

- Advanced Concepts in Relational Trauma (Entire Track I)
- Navigating Complex Relationships (Entire Track II)

28 weeks, 3-hour classes, 2 courses per week

15,000 NIS

Comprehensive Intensive + Group Supervision

- Advanced Concepts in Relational Trauma (Entire Track I)
- Navigating Complex Relationships (Entire Track II)

28 weeks, 3-hour classes, 2 courses per week + 28 weeks Group Supervision, 2-hour sessions

18,000 NIS

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PROFESSIONAL SUPERVISION

GROUP SUPERVISION

In-person



Weekly over 28 weeks for current participants in an annual track

2-hour sessions
3,000 NIS

Weekly over 28 weeks for past participants or for current participants in a single course

2-hour sessions
6,000 NIS

INDIVIDUAL SUPERVISION

In-person



Single sessions

1-hour sessions
500 NIS (500 NIS per session)

Monthly

Over 10 months (10 sessions total)
1-hour sessions
4,000 NIS (400 NIS per session)

Bi-weekly

Over 40 weeks (20 sessions total)
1-hour sessions
7,000 NIS (350 NIS per session)

Weekly

Over 40 weeks (40 sessions total)
1-hour sessions
12,000 NIS (300 NIS per session)

APPLY HERE →



STAFF



Rikki Jacobson Davies, MSW
Founder and Clinical Director



Dr Alan J Flashman, MD
Consulting Psychiatrist



Eliav Friedman, MSW
Individual and Group Supervision



Esther Marcus, MS
Individual and Group Supervision



ENROLLMENT DETAILS

APPLICATION PROCESS

We are thrilled to welcome passionate and dedicated individuals to apply for our training programs! Our application process was designed to be welcoming and straightforward.



Get started by completing the confidential application form.



After you submit it, you will be contacted by email to confirm that your application was received.



Potential participants will be invited to a personal interview, giving you the opportunity to find out more about CRR, to share your journey until now, and to discuss the best options for your training.



Your application will be reviewed, and our response will be sent via email.

CALENDAR

Academic Year

November 3 2024 through July 10 2025

Foundations of Relational Trauma (Zoom)

Monday 4pm-7pm

Foundations of Relational Trauma (In-Person)

Tuesday 9:45am-12:45pm

Navigating Complex Relationships

Thursday 9:45am-12:45pm

Group Supervision

As per your designated group, which we'll discuss in interview.

[APPLY HERE](#) →



FAQ

Got questions? Check our FAQ section first!

For other queries, you can reach us at: info@relationalresilience.com

Who can apply to these trainings?

Advanced Concepts in Relational Trauma

- Certified therapists

Navigating Complex Relationships

- Certified therapists who have completed Foundations of Relational Trauma
- Certified therapists who have been practicing clinically for at least 5 years
- Certified couples therapists

You will be invited to submit your prior certifications and qualifications as part of your application.

Where does in-person training take place?

In person, in central Jerusalem.

If you want to independently organize a training with Rikki in another location, please reach out to us directly.

Which trainings are available on Zoom?

We are delighted to offer Track I: Foundations of Relational Trauma as a remote learning option, with hours friendly to the US time zone (separate to the in-person class).

What language is the training in?

All teaching, handouts, and supervision are in English.

If you want to independently organize a Hebrew-speaking training with Rikki, please reach out to us directly.

How long is the training?

Each annual track consists of 28 weeks of training with weekly 3-hour classes. Group supervision runs in parallel to the training, for 28 weeks, with weekly 2-hour sessions.

Who can apply for group and individual supervision?

Supervision is available to current and past participants of the CRR training tracks.

Do you offer scholarships?

A limited number of scholarships are available for individual courses, and we offer payment plans.

Who teaches these courses?

All courses are taught by Rikki Jacobson Davies, MSW, Founder and Clinical Director of CRR, who developed the therapeutic model and the curriculum.

APPLY HERE 



CENTER FOR RELATIONAL RESILIENCE TRAINING PROGRAMS 2024-25



Join CRR trainings to learn how to sharpen to your intuitive sense, to be able to navigate complexities with clarity and awareness, and to improve your outcomes.

Applications are welcomed through October 2024. Please note that spots are limited, so we encourage you to register soon! Early acceptance will also give you access to bonus mini-courses in September.

We look forward to hearing from you!

[APPLY HERE →](#)