

Understanding and Applying RFT: Book Club With the Authors

Have you just purchased *Understanding and Applying RFT*, and are looking for support and camaraderie as you go through the book? We're excited to join you on your journey with this 16 week book club. You'll connect with others also reading the book and come together with us for live group discussions every two weeks. You'll also have access to an asynchronous discussion space where we'll keep you and your fellow book clubbers on track with going through two chapters every two weeks. 8 CEUs will be provided.

What You'll Do

As a workshop within our Constellations community, the *Understanding and Applying RFT* book club has been created to serve three functions, with activities carefully designed for you to:

Learn: A lesson thread will be available for each chapter of the book where you can submit questions for quick clarification or to be discussed in the group meeting. We'll be prompting you to stick to a reading schedule so that you complete all four parts of the book by the end of the 16 weeks.

Apply: *Understanding and Applying RFT* is full of practical and experiential exercises that will have you immediately putting the concepts to work for you in your own professional and personal practice. As you go through the book, you'll be applying your understanding of RFT step by step.

Connect: The book club is designed to create community, and to foster connections that spark new ideas and forge new relationships. Asynchronous discussions, and live bi-weekly group meetings will bring you together with the group to share, learn, and be accountable to one another. You will also have access to a trial membership in our larger community of practice, where you can carry the momentum from the workshop forward.

What to Expect

The book club is divided into eight modules, with two chapters per module, each of which will take approximately two weeks to complete. In every module, you will have the opportunity to submit questions for discussion, and to engage with other book club members around the content, including the practical exercises.

Every other week we will have a live group meeting to discuss your questions and explore your experiences with the material, as well as chat a bit further about relevant concepts as we are applying them in our own work and lives. We strongly encourage you to join us for every live meeting, but we understand that sometimes that's not possible. If you can't make a session,

they will be recorded and shared inside the course. You will need to attend (or watch) the sessions for CEU codes and complete a CEU quiz in order to receive CEUs at the end of the course.

Please see the main workshop page for meeting dates and times.

You're a Part of Something Bigger

By joining the this workshop, you also have access to the Constellations *Community of Practice*, our overarching community group and network, made up of experienced practitioners who are working on applications and research.

Workshop Cost

All of the workshops and coaching groups in Constellations have three price point options, reflecting our commitment to making our work accessible to a diverse, global membership. Paying at the top price point helps to support our lower price point options and fund our scholarships. Sign up at www.weareconstellations.com

Consider paying less (global accessibility/full time student) if you:

- live in a country with a lower per capita income (e.g., Region C or D in the [ABAI membership categories](#), Tier 3 in the [ACBS registration categories](#))
- are supporting children or have other dependents
- have significant debt or medical expenses not covered by insurance
- receive public assistance, are unemployed, or are a full-time student

Consider paying more (sponsorship) if you:

- live in a country with a higher per capita income (e.g., Region A in the [ABAI membership categories](#), Tier 1 in the [ACBS registration categories](#))
- own the home you live in, have investments, retirement accounts, or inherited money
- travel recreationally
- have access to family money and resources in times of need
- work part-time by choice
- have a relatively high degree of earning power due to level of education (or gender and racial privilege, class background, etc.). Even if you are not currently exercising your earning power, we ask you to recognize this as a choice.

The price points for this book club are:

- **Standard: \$150**
- **Sponsorship \$200**
- **Global accessibility/full time students: \$100**

We also have low-cost pay-what-you-can scholarships available. Priority will be given to those who primarily serve underserved, disadvantaged and minority populations, clinicians who are members of minority groups themselves, and to early career practitioners or students in developing countries. Please email constellationsoffice@gmail.com to apply.