



Set Yourself Free

12 Day Programs

Our Set Yourself Free 12 Day Programs are especially for people making a lifestyle change, or those facing an important transition in their relationships or their lives and want to make the best choices possible.

One 12 Day program is equivalent to 6 months of individual and group therapy and offers the best value for time and money. Using proven techniques and a unique program design to fast track your healing, this program delivers lasting and sustainable changes in your life. All of the programs are designed and facilitated by Shirley Smith and her team of therapists, who she trains and supervises.

If you are tired of working hard on yourself and not getting what you want then it is time to address the **core issues**, not the **symptoms** that are preventing you from creating the relationships, passion and life you seek.

Left untreated, your life today will continue to be influenced by the parts of you that suffered from trauma, abuse, control, unmet needs or neglect in your childhood. To break this cycle, it is important to examine and heal disrupted development in your formative years.

Why twelve consecutive days?

Healing does not take as long as people think. It's their unconscious defenses and lack of understanding that keeps people confused and stuck, recycling destructive behaviours. Attending for a minimum of twelve consecutive days, combined with the unique design of our programs, allows participants to safely take down their defences and understand how to actually handle things that used to baffle them. Twelve consecutive days also lets people get to the core of their issues very quickly. The work is deep and life changing.

Who Can Attend?

The programs are designed in a way that you can either participate on your own or attend with a partner/spouse or family members. In past programs we have worked with people aged fifteen to seventy five years.

*All of our twelve Day programs incorporate an outdoor Adventure Therapy Program, which may include a Challenge High Ropes Course, or an Equine Assisted Psychotherapy program and in some of the twelve Day programs we do both.

There are four different 12 day programs

Break the Cycle and Gain Control of Your Life

Breaking the Fantasy Bond

Breaking the Family Trance

Healing the Wounds of Adolescence

All of the programs address:

- Breaking distractive, destructive or addictive behaviour patterns;
- Learning how to have healthy relationships with your partner/spouse, family, friends, and especially with yourself;
- Impaired stages of development from your formative years, which causes you to be reactive, make bad choices and feel destabilised.

Ask for a brochure for our upcoming program, or go to www.setyourselffree.com.au to download a copy.

See overleaf for additional information



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Our Approach

We are extremely successful because we take a holistic approach, simultaneously working on beliefs, feelings and behaviours in a spiritual context. Spiritual principles we work with in the program are love; trust; faith; hope; acceptance; surrender; forgiveness; gratitude; humility and grace.

The programs are customised to address the needs of the participants and incorporate education, as well as individual and group therapy. We use an eclectic mix of healing modalities drawn from psychoanalytic therapies such as, Gestalt, Family Systems Theory, Transactional Analysis, Rational Emotive Therapy, Ericksonian Hypnosis, Neuro Linguistic Programming, Science of Mind and the concepts of Robert Firestone, Erik Erikson, Carl Rogers, Dr. Ernest Holmes and Carl Jung.

Included in this program you will receive:

- Twelve days of treatment including lectures, group therapy and an outdoor Adventure Therapy Program (eg. Challenge High Ropes Course or an Equine Assisted Psychotherapy program).
- 1 copy of Shirley's book.
- Two individual sessions: a pre-assessment and integration session after the program.
- Set of 4 audio CD's.
- Series of video lectures.

The 12 day programs specifically help people:

- Gain clarity about what to do in their relationships and their life.
- Let go of the pain and frustration that drains them.
- Take down the defenses that perhaps were once protective and now prevent clarity, freedom of choice and intimacy.
- Create more self-love and self-esteem.
- Build functional boundaries.
- Examine their thoughts, feelings and behaviours (without any negative judgments) so they can stop hurting themselves and others and make better choices.
- Identify their needs and wants and learn how to meet them appropriately.
- Make positive shifts in their thinking; feelings and behaviours that provide peace; happiness and the ability to move forward in their relationships and their lives.

Although each program primarily benefits the participant, we can confidently say they have powerful and far reaching positive impact on family, friends, significant others, and even generations to follow.

Contact us on **+61 2 9953 7000** or **+61 2 4588 5000** or **info@theradiantgroup.com.au** if you have any further questions or are interested in participating in an upcoming Set Yourself Free 12 Day Program.