

LOVE MATTERS

HISTORY DOESN'T HAVE TO REPEAT ITSELF...

Tired of working hard on yourself and still not getting what you want? This program addresses core issues and helps you build a strong personal foundation. This gives you a solid platform to create the relationships and life you really want.

This two week accelerated program treats the multi-generational issues that have been absorbed in childhood and are negatively impacting your adult life. This program heals the effects of carried beliefs, feelings and behaviours. Specifically, we examine the adapted family roles that keep you from being authentic and drive unhealthy behaviours. The program then focuses on the unconscious relational patterns that keep us stuck in unhealthy lifestyles and unfulfilling or destructive relationships.

THE PURPOSE OF THIS PROGRAM IS TO:

- Relieve anxiety, anger, pain and shame caused by family of origin issues and dysfunctional patterns of relating.
- Learn healthy boundaries.
- Learn how to appropriately express your feeling reality to have intimacy and experience your authentic self.
- Show you how to stop swinging from intense pleasure and intense pain in your intimate relationships.
- Identify your values and give you a model for healthy relationships.
- Grieve childhood and adult losses so you can finally move on.
- Help you to discover what *you* need in order to feel happy and satisfied - and shows you how to get these needs met.

Facilitated by Shirley Smith and her team of highly trained therapists, this two-week program is life changing and guarantees lasting results. This unique program offers you one of the most efficient formats to accelerate the processing time regarding family of origin issues, abandonment and engulfment pain; and to grieve the losses in childhood and in your adult life. The process and format used in this program is equivalent to months of therapy.*

The approach of the program is eclectic, incorporating education, individual and group therapy. Modalities are drawn from psychoanalytic therapies, Gestalt, Family Systems Theory, Transactional Analysis, Rational Emotive Therapy, Ericksonian Hypnosis, Neuro Linguistic Programming, Science of Mind and the concepts of Erik Erikson, Carl Rogers, Dr Ernest Holmes and Carl Jung.

PROGRAM INFORMATION

INDIVIDUAL ASSESSMENTS

An initial assessment is required ahead of the program. This will determine if this program is appropriate for you at this time. The cost of this assessment is \$125. If you participate in any of our Set Yourself Free Programs, the cost of this assessment will be credited to the cost of the program. Assessments can be done over the phone or face to face. This gives you an opportunity to meet our team and decide if you want to work with us plus receive the benefit of a consultation with an experienced counsellor trained by Shirley Smith.

LIMITED TO 12 PARTICIPANTS

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DATES: Monday 6th August, 2007 - Friday 17th August 2007 (weekends off).

TIMES: 9am - 5.00pm daily

VENUE: The Radiant Group Centre, 32 Grosvenor Street, Neutral Bay, Sydney, NSW.

FEE: \$4990 (inc GST)

Payment Plans are available which carry a small service fee.

Interstate Travellers: Low cost, comfortable accommodation is available nearby.

Please ask the office if you require this information.

Payment can be made via Amex,** Visa, MCD and Direct Deposit. **Amex carries a 3% fee.

DURING THE PROGRAM YOU WILL RECEIVE:

- A comprehensive workbook with notes from the lectures, and exercise sheets
- Set Yourself Free Series Audio Programs: *Set Yourself Free from Addictive Behaviours, The Co-Addictive Love Dance and It's Time to Shine*. Valued at \$90.
- 2 x 2 hour assessment sessions (separate to initial session). Valued at \$275.
- A follow up 45 minute phone consultation with your facilitator. Valued at \$165.

To register your interest, book an assessment session or enrol in the program please call 02 9953 7000 or email info@SetYourselfFree.com.au

TESTIMONIAL FROM THE APRIL 2007 PROGRAM

"I, like you, was looking for a program to uncover the underlying source of my present situation. I wanted a clear direction for healing, to move out of old pain plus realise what my vision is for my future. I have known of Shirley Smith's work and the Set Yourself Free Program for some time. I have known many people who have benefited from the experience - yet this time I made the commitment for myself. This program met and exceeded my expectations. It has given me permission to step into my life while continuing the healing process. I absolutely believe I received value for my investment - there is no price on a life. From the pre-assessment contact to the close of this program I have felt heard and propelled in my healing. It is often said that programs are life-changing. Your program has not only been life-changing but life-saving." *Sue M. Health Professional*



Shirley Smith is an approved Service Provider for South Pacific Private Hospital - Australia's Leading Treatment Centre

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resources to enrich
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