

SPIRIT

COURAGE

THE
SET YOURSELF FREE
PROGRAMS

RELATIONSHIPS



IMPROVING THE QUALITY OF YOUR
RELATIONSHIPS AND YOUR LIFE

AUTHENTIC

WISDOM



THE SET YOURSELF FREE PROGRAM

...IS FOR THOSE WHO WANT TO CREATE BETTER RELATIONSHIPS, UNCOVER THEIR AUTHENTIC SELF AND MAKE POSITIVE CHANGES THAT LAST

CONSIDER THESE IMPORTANT ASPECTS OF YOUR LIFE

*Relationships • Family • Intimacy Creativity
Authentic Self Expression • Spirituality
Sexuality • Identity • Health • Bad Habits
Self-Care • Finances • Career • Life Transitions*

WHO ARE THESE PROGRAMS FOR?



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

Our approach is to firstly work with you to uncover what is blocking you from achieving your desired happiness, success and wellbeing. This gives you clarity and develops more freedom of choice. We then help you discover what you really want and structure a well-balanced approach to achieving your goals.

ASK YOURSELF THE FOLLOWING:

- Have you lost your passion and sometimes feel numb?
- Do you have difficulty knowing yourself and letting others know who you are?
- Are you a control freak or feel out of control?
- Do you suffer from repetitive, frustrating situations in your relationships?
- Do you choose relationships or do they choose you?
- Do you feel lonely even when you are with people?
- Do you have issues of perfectionism eg. performance and body image?
- Do you keep doing things that you promised yourself you would never do again?
- Have you been known as “needy” or “needless” and not quite sure how to identify and meet your emotional needs?
- Has your childhood caused you to be anxious about parenting?
- Do you see others, or do they see you, as ‘the problem’?
- Do you feel trapped, immobilised, and feel less than others or do you present an “all together” act?
- Do you react rather than respond to situations?

If you answered yes to any of the above questions you will greatly benefit from our Set Yourself Free Programs.

WE TEACH PEOPLE HOW TO:

- Communicate effectively
- Resolve conflict
- Create healthy boundaries
- Enhance self-esteem and gain more confidence
- Have better relationships
- Express their unique identity
- Move through life, relationships and career transitions with simplicity and ease
- Enhance their Spirituality eg. forgiveness, love, surrender (letting go), acceptance, gratitude, trust, faith.

TRANSFORMATION IS THE KEY

Think caterpillar into butterfly. It involves a process of emergence out of confinement and into the light. Whether you're held back by confusion, pain, frustration, fear, shame, guilt, mental obsession or loneliness - the light of clarity, relief, confidence, connection and peace of mind, is available and here to stay when you embark on a journey of transformation.

WHAT'S DIFFERENT ABOUT THIS PROGRAM?

The holistic and eclectic approach of this program is based on the 25 years' experience and expertise of our Founder/Program Director, Shirley Smith.

The program is thorough and synthesises the key components of process oriented psychotherapy, behavioural science and non-religious Spirituality.

We focus on uncovering your beliefs, in particular the limiting and negative beliefs that disrupt your relationships and life; your feelings, either frozen, toxic, unresolved and overwhelming feelings or a sense of emotional deadness; and un-useful behaviours - distracting, destructive and addictive. These symptoms are all generated from your buried beliefs, unexplored feelings or spiritual bankruptcy.

We work with you to discover your needs (emotional, physical, spiritual, intellectual) and your values. Once these important needs and values are identified, you are shown how to integrate your needs and values into a program of goal directed behaviour.

We specifically work with you to structure a system of support whilst going through transitions. This lets you function in your relationships, career and practises of self-care. The program includes tracking your progress so you know when a stage of your healing is complete.

All this combined creates the necessary foundation and skills to function at your personal best and to achieve the goals set by you.

The system used for facilitating these programs is a highly effective mix of proven life changing techniques. These are drawn from the following modalities: Psychoanalytic Therapies, Gestalt, Family Systems Theory, Transactional Analysis, Rational Emotive Therapy, Ericksonian Hypnosis, Neuro Linguistic Programming, Accelerated Learning, Science of Mind (spiritual - non religious healing), Post Induction Therapy and the treatment of Co-dependency and compulsive addictive behaviours. We incorporate the concepts of Virginia Satir, Erik Erikson, Abraham Maslow, Clare Graves, Carl Rogers, Dr Ernest Holmes, Carl Jung, Pia Mellody and Robert Firestone.

The programs include an in-depth assessment, education, written exercises, group therapy and deep process work. The highest value is placed on a confidential, safe and respectful setting.

With over twenty-five years facilitating these types of

programs, we've discovered that setting yourself free and moving forward in life requires addressing two fundamental aspects:

1. YOUR HISTORY: This means exploring and understanding family dynamics and roles; behaviour patterns; negative or mistaken beliefs and feelings embedded during your formative years that no longer serve you in adult life.

You will be facilitated to inventory your history; explore your family genogram; acknowledge unhealed neglect, wounds or abuse, and debrief and process unresolved issues in a safe and healing manner.

The purpose of this is to understand the impact of your history. You then resolve any trauma, abuse, neglect, resentment and regret whilst grieving the losses or missed opportunities from childhood. Once this occurs freedom and true forgiveness naturally follow. Importantly, you realise that you are not alone; nor are you crazy, bad, stupid, lazy, worthless or inadequate. Realising this reduces toxic shame and lets you express yourself authentically and comfortably.

This is not about blaming yourself or another. Rather this process of healing prevents ongoing grievance stories that keep you feeling stuck, drains you and can make you physically ill.

Resolution of your past gives you the clarity to make better choices and obtain self-love, confidence and self-respect.

2. ADULT DEFENSES: This involves exploring and understanding the behaviour patterns, denials and delusions that have been effective to keep past hurts and emotional wounds from our conscious awareness. Defenses that no longer serve you demand significant energy to keep them in place, essentially sabotaging your wellbeing and from creating the life and relationships you want.

Being stuck in destructive, repetitive, behaviour patterns is frustrating and can lead to feeling overwhelmed, anxious and experiencing low self-esteem (although often hidden). When you can't see a way out, you will distract yourself in a variety of ways in order to cope with confusion, loneliness, emotional turmoil or even physical pain - until the distractions are not enough or no longer work!



THE PROGRAM FORMATS

There are four **Set Yourself Free Programs** presented in the following three different formats:

- A 3-Day Intensive*
- A Two-Week Program*
- 8-Week Group Therapy - *you must complete a 3-Day Intensive or Two-Week Program before joining our weekly group program*

* An individual assessment is required before attending a program

INDIVIDUAL ASSESSMENTS

The Set Yourself Free Programs may not be appropriate for everyone interested in participating. We require clients to have an assessment session prior to attendance in each program. An assessment is 2 hours in duration and has a separate fee from that of the program. This allows one to be assessed and suggestions to be made that may not include a Set Yourself Free program. If you are accepted into the program, then the cost of your assessment will be deducted from the program fee.

The different formats of each Set Yourself Free Program work effectively together. The 3-Day Intensives and Two-Week Programs give you uninterrupted time plus facilitative support to get to the core of the issue you are focusing on. These programs are particularly suited to those with a lifestyle that doesn't allow for ongoing commitment to attend weekly sessions, or for those who live out of town.

The 8-Week Group Therapy Program has been carefully designed and constructed to add depth and breadth to the 3-Day Intensive and Two-Week programs. Both will support you step by step toward transformation, integration and lasting change.

FORMAT ONE

A 3 DAY INTENSIVE: 3 full days with extended hours.

- Friday - 9am to 6pm
- Saturday - 9am to 9pm
- Sunday - 9am to 6pm.

The Set Yourself Free Program - 3-Day Intensives are:

- **Breaking the Family Trance** - Focuses on family system therapy, specifically the adapted roles that keep one from being authentic; carried beliefs, feelings and behaviours that are multi-generational and have been absorbed in

childhood. The program helps you identify your true needs, wants and desires and create a new vision for any part of your life - or your entire life.

- **Relationships & You** - Focuses on the unconscious relational patterns that keep us stuck in unfulfilling or destructive relationships - especially addictive dynamics. This program relieves abandonment and engulfment pain learned from dysfunctional ways of relating in one's childhood. It also gives you a model for healthy relationships and helps you specifically identify your values and criteria so you can create healthy relationships.

FORMAT TWO

A 2 WEEK PROGRAM - Monday to Friday 9am to 5pm with the weekend off.

This format is our signature program. It includes added time, processes and many hours of personal interaction and process oriented psychotherapy in a small group setting. Shirley Smith has designed this program in a unique way with a balance of process and content that guarantees significant healing and change. Many people are able to get to the core of an issue, which has escaped them in other modalities of therapy or personal development programs.

The two different 2 Week Programs are:

- **Interrupted Development** - Focuses on developmental immaturity (especially emotional reactivity, faulty thinking/negative beliefs and spiritual bankruptcy) due to impaired stages of childhood development. The program helps you resolve past childhood wounds, abuse, trauma and neglect and addresses the adapted adult behaviour that keeps you from having healthy relationships and a better life right now.

- **Family Matters - Love Matters** - Includes all content in "Breaking the Family Trance" and "Relationships and You" - and much more. We go beyond the 3-Day Intensives by adding the completion of a Family Genogram and in-depth work on carried beliefs, feelings and behaviours. The program also includes steps to building intimacy and delves deeper into reclaiming your true identity.

FORMAT THREE

An 8 WEEK GROUP THERAPY EVENING PROGRAM - 3 hours, once a week, over eight weeks plus a private 45 minute session.

This program takes breakthroughs made at the weekend intensives and two-week programs and helps you integrate them into your daily life.

MANY PEOPLE ASK...WHY WORK WITH OTHERS IN A GROUP SETTING AND NOT JUST ONE-ON-ONE PRIVATE SESSIONS?

Working with people on core issues and transformation can be an intimidating prospect for those who have never experienced it. However contrary to what most people would think, studies show that the healing process that occurs in a group environment is even more valuable, and cost effective, for an individual than working in one on one sessions. This is especially true when done consistently over a period of time.

Learning to be more open minded and letting others see the real you, is embarked upon within a safe and respectful setting. The dynamic generated by this format helps you become aware and process issues faster and in more depth. This process facilitates an incredible amount of clarity, personal freedom, self-esteem and validation for BEING who you are as opposed to what you do.

Group members learn practical skills and tools to create authentic and lasting relationships in life. You learn how to safely express feelings, establish healthy boundaries and reclaim your personal freedom. This restores clarity and joy whilst increasing your sense of hope and possibilities in life.

BENEFITS OF WORKING WITH A GROUP DYNAMIC

- **Universality** - learning you are not alone and that others experience similar thoughts, feeling and problems.

The first hour is a lecture and/or group process facilitated by Shirley Smith. You then break up into the same small groups of 6 each week, facilitated by a psychotherapist trained and supervised by Shirley. There is also a 45-minute private session with your group therapist to track your progress and address anything privately.

Although not required, the program has been specifically designed to offer on-going contact and support from your group members through a confidential email system and outreach calls. Working with people creates a feeling of community and this quickly expands your resources for extra support. The 8 weeks gives you consistency and the best possible chance to integrate the shifts made at the 3-Day and Two Week Programs and continue your healing and change work.

- **Hope** - seeing others overcome obstacles and improve their life gives you the inspiration to do the same.
- **Trust** - letting others know things about you, and who you are, helps build your confidence.
- **Altruism** - helping others and feeling like you have something to give.
- **Family Re-enactment** - how you relate to people depends to a large extent on how you learnt to relate to your family. The program helps you recognise, explore and clarify these social dynamics.
- **Interpersonal Learning** - what impact you have on others gives you the opportunity to make changes that will enrich your social life.
- **Catharsis and Cohesiveness** - this setting provides a safe place to express your feelings. The bond you forge with other people builds trust and adds to the healing process.
- **Existential Factors** - the program allows you to see a new meaning and purpose to your life. It also helps you to deal with the fact, and accept that there are some things we are powerless to control. This is an important factor in learning how to let go.

COUNSELLING

One on one sessions are available for clients before, during and after our programs. We offer a variety of different modalities of psychotherapy, bodywork for emotional release, hypnotherapy, belief change work and spiritual counselling.



ABOUT THE FACILITATOR



All Set Yourself Free Programs are facilitated and supervised by Shirley Smith. Shirley's team of facilitators are certified psychotherapists who have also trained or interned with her in the Set Yourself Free programs.

SHIRLEY SMITH

FOUNDER & PROGRAM DIRECTOR - THE RADIANT GROUP

Shirley Smith is a psychotherapist, presenter and a best-selling author of 4 books including *Set Yourself Free*. Originally from the USA, Shirley was brought to Australia 18 years ago to train psychologists, doctors, counsellors and health professionals in the treatment of co-dependency, addictive behaviour and family of origin issues. She is recognised as one of Australia's leading specialists in this field and has personally trained hundreds of doctors, health professionals, holistic practitioners, counsellors and psychotherapists. These professionals have integrated her pioneering approach in their healing practices.

An ordained minister, Shirley holds degrees in Philosophy and Divinity, is a Certified Trainer and Facilitator in the educational applications of Neuro-Linguistic Programming and Generative Learning, as well as a certified hypnotherapist and accredited Myers Briggs practitioner.

Shirley's compassionate approach and signature straightforward style quickly and accurately identifies the core of an issue. She encourages a spiritual, non-religious approach to healing and behavioural change. Shirley's work is regarded as grounded and practical allowing people to see significant results sooner than they think.

WHAT OTHERS HAVE TO SAY ABOUT SET YOURSELF FREE

“...To participate in ‘Set Yourself Free’, and with our family, was the best inheritance we could give our children. The knowledge that we have gained from this unique work that Shirley does, is the key to successful relationships, personal freedom and to achieve the very best in our lives.”

Tony and Glenda Rowett, Horticulturists, SA

My husband and I committed to working through *Set Yourself Free in Relationships* together as we navigated a rocky period in our 21-year relationship.

We are now experiencing greater togetherness, understanding and ultimately an intimacy than either of us thought possible. The most wonderful change for me personally is I now know myself better as well as have a partner I can share my fears, hopes and desires with, one who understands my need to talk about my feelings.

E. M., Coach & Psychotherapist, NSW

I attempted a lot of spiritual healing and read a lot of self help books. I spent more time using what I learnt helping other people with their problems instead of my own. Thanks to the *Set Yourself Free Program* I have been able to move through many issues within my life. I now have clean boundaries with my husband, family, colleagues and friends - I know what is mine and not mine to worry about. The program works on all levels. I have come a long way in such a short period of time.

Holly Regan, Teacher, NSW

Being the man, father and husband that I wanted to be was a far off fantasy. I really believed that joy and choice belonged to other people. Shirley's enthusiasm, knowledge and empathy encouraged me to challenge these beliefs and to explore all that life has to offer. Today, in my private practice, I often suggest *Set Yourself Free* and the program to clients who are seeking relief from conflict, emotional turmoil, a deeper meaning to life's journey and answer's to life's questions.

Geoffrey Carthy, Psychotherapist and Counsellor, TAS

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resources to enrich
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Please contact The Radiant Group for resources, audio programs and books available by Shirley Smith.

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