



resources for better  
relationships

families • couples • individuals



## OUTPATIENT TREATMENT & AFTERCARE PROGRAMS

For people with  
addictive personalities and  
those who love them

DISRUPTED RELATIONSHIPS  
ADDICTIONS • CO-DEPENDENCY  
FAMILY OF ORIGIN ISSUES  
DEPRESSION • ANXIETY

# WE TREAT CORE ISSUES... NOT JUST THE SYMPTOMS

Inpatient hospital treatment is not for everyone. One to one consultations with a counsellor, physician or therapeutic practitioner may not be enough for lasting change.

**The Radiant Group offers intensive outpatient treatment and aftercare programs** in a discreet, nurturing and beautiful environment. This means you don't need to check into a private hospital facility to receive treatment. We also offer on-going aftercare and "Stage Two" recovery for those who have already been in treatment or other recovery programs.

**We provide a variety of formats to suit individual needs.** Our team specifically work with you to structure a system of support so you can continue with your normal life activities during the healing process. The program includes tracking your progress so you know when a stage of your healing is complete.

With over twenty-five years experience designing and facilitating these types of programs, **we have discovered that successful treatment requires addressing two fundamental aspects:**

## **1. Your History:**

This involves examining your formative years to treat the effects of trauma, abuse or neglect that occurred during important childhood developmental stages. It also

includes exploring and understanding family dynamics and roles; carried and unresolved feelings; unmet needs; negative or mistaken beliefs and un-useful behaviours embedded during your childhood that no longer serve you in adult life.

You will be facilitated to inventory your history; explore your family genogram and grieve childhood wounds, so you can **make peace with your past, enjoy the present and stop sabotaging your future.**

## **2. Adult Defences:**

Defensive does not mean defiant. Adult defences are usually subconscious mechanisms initially learned in childhood and strengthened in adult life in order to cope, and in some cases survive. We define defences as distracting, destructive and addictive behaviours, beliefs and feelings. As adults, these defences limit your life, keeping you stuck. While the defences may no longer serve you, they demand significant energy to keep in place, creating confusion and limiting your choices.

Having learnt to function with defences, people struggle to give them up because they don't know how to go through the anxiety, confusion and shame that the defences cover up. We help you **gently take down your defences, release your angst and replace them with new choices and healthy behaviour.**

# PROGRAM FORMATS AND CONTENT

*\*An initial assessment with our client-care coordinator is required to determine if our programs are suitable for you. Additionally, this session will answer any of your personal questions and address your concerns.*

**Our programs include individual and small group sessions** combining psychotherapy, on-going education, exercises and goal setting based on your needs and values.

The following modalities are used in our programs: Psychoanalytic Therapies, Family Systems Theory, Cognitive Behavioural Therapy, Gestalt, Rational Emotive Therapy, Transactional Analysis, Ericksonian Hypnosis, Neuro Linguistic Programming and Science of Mind (spiritual – non religious healing).

## **OUR PROGRAMS ARE PRESENTED IN THE FOLLOWING FORMATS:**

- Weekly Day Programs:  
Monday to Friday 9.30am - 4.30pm
- 3 Day Weekend Intensives:  
Friday Night 7-10pm, Saturday 9am-9pm and Sunday 9am-6pm
- Weekly Group Therapy Programs in the evening 6:30-9:30pm
- In-depth assessment on Family of Origin and significant relationships
- Individual Sessions (Emotional Release Body Work, Psychotherapy, Hypnotherapy NLP Belief Change and Spiritual Healing)
- Couple sessions and workshops.

## **WE SPECIALISE IN TREATING:**

- Compulsive and addictive behaviour such as: alcohol and drug problems, work addiction, gambling, money issues (debting and spending), disordered eating, religious addiction, sex addiction and love addicted relationships.
- Co-dependency
- Trauma, abuse, neglect from childhood
- Overwhelming or frozen feelings
- Depression and anxiety
- Grief, loss, loneliness
- Disrupted relationships
- “Stage Two” Recovery.

## **STAGE TWO RECOVERY**

- Family of Origin issues effecting your adult life
- Building boundaries and self-esteem
- Emotional Intelligence - the ability to identify and express emotions appropriately
- Identifying and meeting core needs and values
- Creating intimacy, trust and better communication
- Building healthy relationships (couples, families, business)
- Maintaining a balanced lifestyle
- Relapse Prevention.

### What is an addiction?

Addictions are self-defence mechanisms and processes of decreasing choice. Simply stated, an addiction is a repeated pattern of behaviour that distracts one from discomfort, boredom, pain and stress. Left untreated, these behaviour patterns become destructive to self and others and eventually turn into a lifestyle, causing harmful and in some cases fatal consequences.

### What is an addictive personality?

Someone with an addictive personality is prone to distracting, with a limited ability to focus and follow through. Although they can have big dreams and appear high-functioning they unintentionally cause disruption and damage to themselves and others. People with addictive personalities may switch addictions or have denial to subconsciously fool themselves and those around them. Left untreated, addiction sets in and takes control of their lives.

## YOUR PRIVACY AND CONFIDENTIALITY IS OUR PRIORITY.

Our centre is discretely located within a beautiful Federation home in the heart of Neutral Bay offering convenience and easy access to transport, accommodation and other facilities. With its leafy outlook and warm ambience, our centre provides a nurturing space to see clients individually as well as conduct our programs.

### SHIRLEY SMITH

*M.A.C.A (Clinical), Founder and Program Director*

Shirley Smith is a psychotherapist, presenter and a best selling author of four books including Set Yourself Free. Originally from the USA, Shirley was brought to Australia nineteen years ago to train psychologists, doctors, counsellors and health professionals in the treatment of co-dependency, addictive behaviour and family of origin issues. Shirley is recognised as one of Australia's leading specialists in this field and is an ordained minister with degrees in divinity and philosophy. Additionally, Shirley is a Certified Trainer and Facilitator in the educational applications of Neuro-Linguistic Programming, Generative Learning and accredited Myers Briggs practitioner.



*\* Shirley Smith offers internships and training programs in group facilitation; advanced presentation skills and the treatment of addictions and co-dependency.*

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A Special January 12-Day Program for a Fresh Start in 2012

# BREAK THE CYCLE

*of*

Self-Sabotage and Reactive Behaviour

Lonely, Destructive or  
Unfulfilling Relationships

Overwhelming or Frozen Feelings

*and*

# GAIN CONTROL OF YOUR LIFE

- Do you feel blocked or immobilised in a part of your life that is very important to you?
- Do you fear failure or have sabotaging behaviours that stand in the way of your success?
  - Is the fear of intimacy standing in the way of having successful relationships?

## **FEAR HAS MANY FACES**

Apprehension - Anxiety - Trepidation - Worry

Nervousness - Indecision - Dread - Terror - Panic - Alarm

Phobia – Running on Adrenalin

The problem with fear is not the fear itself. The ‘problem’ is the **consequences of fear based decisions and behaviours** (especially the unconscious fears) that cause unhappiness, destruction and drama in our lives.

**During this intensive program you will:**

- Identify your fears, especially the unconscious ones because they hold more power over your life.
- Relieve emotional pain, and reduce shame, anger and other overwhelming feelings.
- Identify and break shame binds to fear.
- Break patterns of unhealthy, addictive or abusive dynamics in your relationships.
- Grieve childhood and adult losses so you can move on.
- Identify your needs and values, and learn how to get them met in relationships.
- Discover what you want and how to create it.

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.

Facilitated by one of Australia’s leading psychotherapists, Shirley Smith, and her team of highly trained therapists, this groundbreaking program is life-changing and guarantees lasting results.

The program offers you one of the most efficient formats to accelerate the processing time regarding family of origin issues, abandonment and engulfment pain and fear, and the underlying issues causing co-dependency, unfulfilling relationships, compulsive and addictive behaviours and in some cases, depression. The process and format used in this program is equivalent to months of therapy.

*The program also includes adventure therapy with a challenge high rope course. This process facilitates breakthroughs and helps you release fear and shame held in your body that can be activated by the limbic system of your brain.*

***“Success happens by choice, not by chance – without choice there is no freedom”***

Will the choices you are making in this new year be made from fear and scarcity or love and abundance? Will they be choices that give you happiness or despair? Will your choices honour your true self or the wounded self?

## PROGRAM DETAILS

This 12 Day program is limited in numbers and offers individual and group time.

Enrolments close 5pm Tuesday, 10th January 2012.

### WHEN:

Wednesday, 18th January through to Sunday, 29th January 2012  
(12 days straight)

### WHERE:

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

### INVESTMENT:

\$5995 (inc GST).

Cost includes:

- Two individual sessions: a pre-assessment and integration session after the program
  - Book
  - 4 CD's
- All course materials (notebook, writing materials)
  - Morning & afternoon tea

## EARLY BIRD - SAVE \$1000

Pay in full by Thursday, 15th December 2011 and pay only \$4995.

\*A \$1000 non-refundable deposit is required to hold your place.  
To be paid in full by Tuesday, 10th January 2012.

\*Out of town participants please contact our office for assistance with accommodation if required.

# ENROLMENT FORM

ENROLMENTS CLOSE 5PM TUESDAY, 10TH JANUARY 2012

**To book your place, register your interest or find out more about this program please call on 02 9953 7000.**

Your completed form can also be sent to The Radiant Group,  
PO Box 1605, Neutral Bay NSW 2089 or faxed on 02 9953 7100.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ State: \_\_\_\_\_ Postcode: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

## PAYMENT DETAILS:

I have enclosed a cheque/money order payable to The Radiant Group Pty Ltd for  
\$ \_\_\_\_\_

I have paid by direct deposit for \$ \_\_\_\_\_ *please include your full name on the direct deposit*  
Direct Deposit Facility: Westpac Milsons Point.

BSB: 032 195. Account: 184212. Account Name: The Radiant Group.

Please charge my credit card  Mastercard  Visa  BankCard  AMEX for  
\$ \_\_\_\_\_

Card name: \_\_\_\_\_

Signature: \_\_\_\_\_

Card number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

## TERMS AND CONDITIONS

- A non-refundable deposit of \$1000 for this program holds your place
- Enrolments with full payment required by Tuesday, 10th January 2012
- AMEX transactions incur a 2% merchant fee, VISA/Mastercard 1.5%
- EFTPOS facility available.