

HEAL, GROW AND RECLAIM YOUR LIFE

You don't have to go through this alone. If you or someone you know is struggling with PTSD, this innovative program will set you on the path to deep healing and fulfilment.

HOW DOES IT WORK?

Each participant receives individual therapy incorporating evidence-based treatments; including intensive EMDR (Eye Movement Desensitisation and Reprocessing), Conversational Model interpersonal psychotherapy, psycho-education, experiential learning, and outdoor education.

This comprehensive approach is purpose-designed to give you a well rounded and effective therapeutic experience. Our programs are supported by up-to-date research and a demonstrated history of success.

Breaking the Family Trance provides a life-changing experience that fosters profound healing and enduring recovery from trauma and PTSD symptoms.

To ensure you receive a high level of personalised attention, we maintain a ratio of one expert therapist for every two participants in our program. With only ten spots available within the program, your individual care is our priority.

You'll receive a wide range of resources, practical tools, and strategies that are carefully crafted to support and facilitate your journey of recovery and healing.



A GROUNDED NATURE



WHAT'S INCLUDED?

When you join the program, you get:

- Specifically targeted treatment incorporating multiple EMDR sessions.
- A peaceful space that nurtures you through the program.
- Located on beautiful farmland with access to supportive indoor and outdoor spaces.
- Individualised programs guided by online surveys.
- Outdoor therapeutic activities to reflect the targeted treatment.
- Handouts and other course materials provided to support continuous learning.
- Chef designed, nutritious meals. Morning, afternoon tea and lunch, provided daily.
- A specialised team of trauma-informed staff

INVESTMENT: \$2,600 FOR FIVE TRANSFORMATIONAL DAYS

To book your place, register your interest or find out more about this program, please call:
(02) 4588 5558

E: intake@theradiantgroup.com.au
www.agroundednature.com.au
www.theradiantgroup.com.au

Throughout the five-day program, your personal journey is honoured with expert support and essential tools to help you embark on a transformative path towards overall well-being and completeness.

We provide a wide range of resources, practical tools, and strategies that are carefully crafted to support and facilitate the journey of recovery and healing. Our program is personalised and tailored to meet the unique needs of each individual.

At the end of the program our clients will leave with a comprehensive easy to manage treatment plan. You are not on your own. Clients will continue to be supported through on going therapeutic programs and or individual therapy.

AFTER "BREAKING THE CYCLE" YOU'LL BE ABLE TO:

- Relief from distressing symptoms (flashbacks, nightmares) to regain control over life.
- Reduction in anxiety and hyper-vigilance, leading to increased calmness and relaxation.
- Learn effective coping strategies and emotional regulation techniques for better management of intense emotions associated with PTSD.
- Significant improvement in mood and reduced symptoms of depression, resulting in a more positive outlook on life.
- Focus on building healthy relationships and enhancing interpersonal skills for stronger connections and a fulfilling social life.
- Instill resilience and empowerment, enabling individuals to confidently embrace a brighter future.

Thursday 22nd June: 2 pm - 8 pm

Friday 23rd June: 8.30 am - 5pm

Saturday 24th June: 8.30 am - 5pm

Sunday 25th June: 8.30 am - 5pm

Monday 26th June: 8.30 am - 5pm

100 Ridges Lane, Richmond NSW 2753
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