

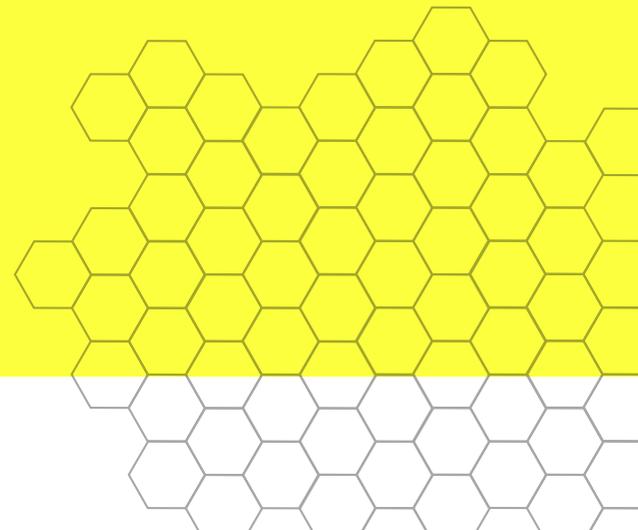
# Putting Years of Intuitive Therapy into a Group Program

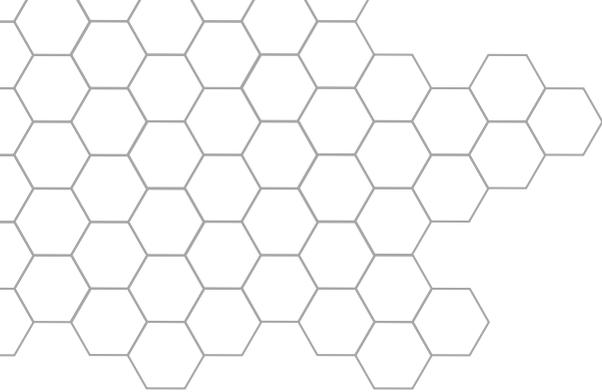




# Business Snapshot

Dr. Joli Hamilton helps people experience the freedom, deep security, and sexual fulfillment that comes when they shift from plain-old monogamy to MORE.

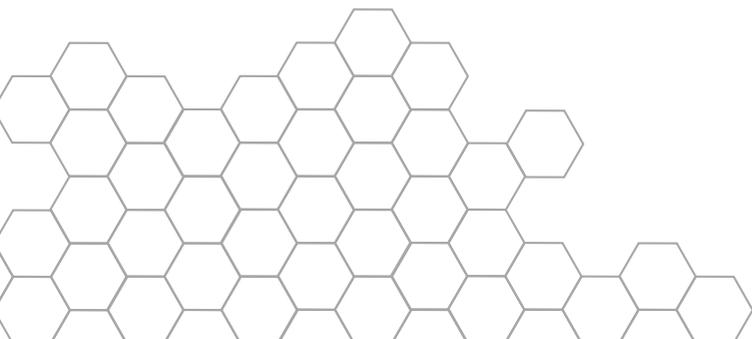




# Client Introduction

Dr. Hamilton has the personal experience, a doctorate in depth psychology, a certification in sexuality education, and became a researcher known for her work on the archetypal experience of jealousy.

After years of individual and partner relationship coaching Joli was ready to create a group coaching program grounding in proven, research-based methods, community, and expert support.



Dr. Joli Hamilton ([here](#))

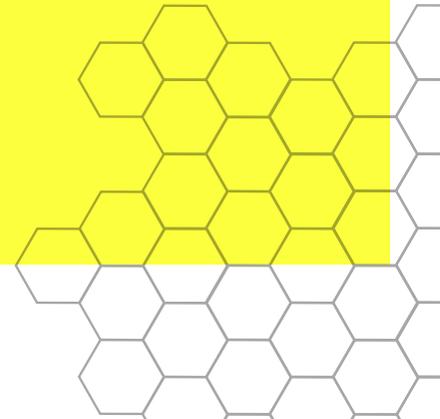




# Problem

Joli has so much information and experience intuitively knowing what to say to move clients forward in their beliefs and actions.

She was challenged by not knowing how to frame the group program, organize the topics, and facilitate her group program consistently using a replicable process.



# Problem Details

- Unclear balance between presenting actionable steps for relationships with research findings and theory
- Needs ways to streamline steps to support different relationship concerns
- No existing activities to help clients practice and develop necessary skills
- Groups are small but have vastly different experiences and levels of interest
- Wants a self-directed learning format

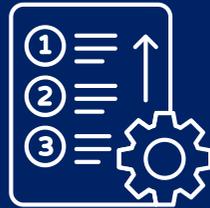


# Solution

In collaboration with:  
Dr. Joli Hamilton, The Year Of Opening



Conducted a comprehensive review of ideal client profile and relationship needs



Identified topics and appropriate order based on research & expertise



Created skills development activities for each topic



Established a self sustained community of practice guided by best practices

# Solution Details

- Identified ways to consistently create psychological safety
- Clarified program purpose and matched to topics
- Expanded and refined coaching topics for comprehension and shifts in client beliefs
- Developed 2-3 activities that reinforce behavior changes
- Established a private community learning space that stimulates clients' discussions and problem-solving skills



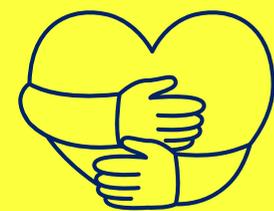
# Member Results



The power of the group setting is pretty awesome. The **immediate community**, seeing yourself in others, being affirmed that who you are is more than okay...priceless.  
-Tika Z.



Joli has such a depth of knowledge and experience. She is able to take a moment and **ask questions that allow us to really find ourselves** due to all that depth of knowledge and experience. Joli and Ken are also so loving and validating.  
-Miranda C.



Dr. Joli is **amazingly adept at cultivating a supportive, comfortable atmosphere!** Following her lead has allowed me to feel comfortable sharing with, and confiding in, my group of once-were strangers.  
-Alex M.



# Conclusion

“*The idea of working with someone who could help me get what's in me out, make it something that lives outside of me, be easily referenced, and turn into something I offer people at less personal emotional cost.*”

*Working with Dr. Graham let me reimagine my material by walking through the principles of adult learning, modeling for me what it is to show up, pull out all that juicy material and let it become something outside of me. Even though I was not new to curriculum design, or getting words on paper, what Carrie did for me was take what already worked and make it nothing short of magic.*

Dr. Joli Hamilton  
Founder of The Relationship Project &  
The Year of Opening

