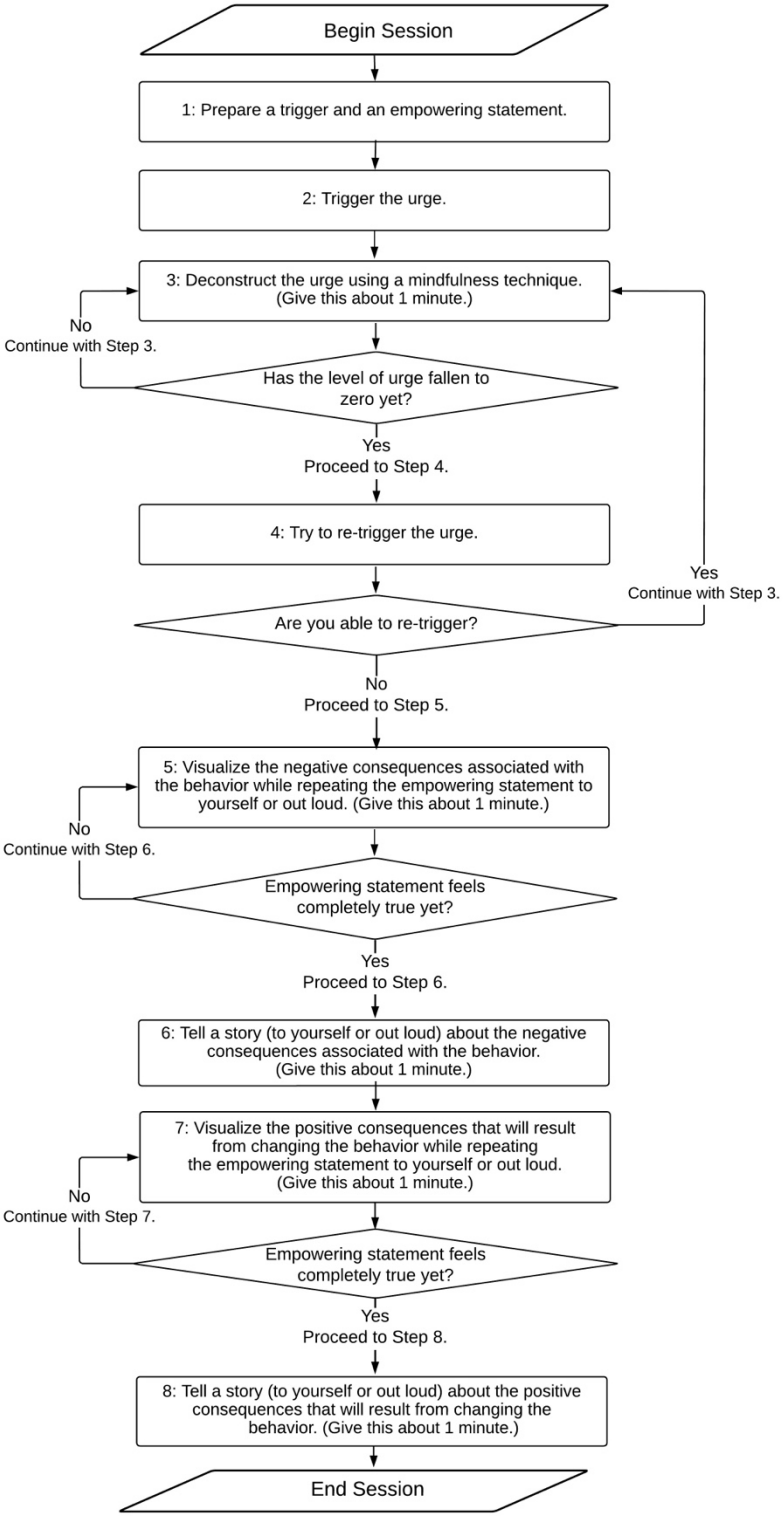# Shelly Young's Release and Empowerment Protocol for Overcoming Negative Behaviors