



2022 WORKSHOP SCHEDULE

Rio Retreat Center's transformative intensive workshops have been designed by mental health experts and are facilitated by licensed, master's-level therapists and certified professionals. Our workshops specifically address the needs of those who are new in recovery, are stable in recovery and want to deepen their experience, or are looking for a source of renewal. Participants work on sensitive issues in a concentrated format, allowing them to enhance their journey by gaining insight into unhealthy, embroiled patterns and practicing new relational skills within a safe environment.

NOTE: Dates are subject to change; please check our website for the most up-to-date schedule.

EMOTIONAL TRAUMA

Survivors I: Healing Childhood Relational Trauma

Delves into childhood trauma that impacts current day life. Conducted weekly with the exception of Thanksgiving, Christmas and New Year's.

Survivors II: Alumni Continuing the Healing Journey

Addresses unresolved trauma and self-defeating behaviors that are manifested in dysfunctional patterns. (Prerequisite: Survivors I)

Jan. 3-7	Mar. 28-Apr. 1	June 20-24	Sept. 19-23
Jan. 31-Feb. 4	Apr. 25-29	July 18-22	Oct. 24-28
Feb. 28-Mar. 4	May 23-27	Aug. 22-26	Nov. 28-Dec. 2

The Betrayal Bond: Breaking Free of Abusive and Exploitive Relationships

Designed to help participants free themselves from, and recover from, abusive and exploitive relationships, processes, and situations.

Jan. 24-28	May 16-20	Sept. 19-23
Mar. 7-11	July 4-8	Nov. 14-18

Mending Heartwounds: Bringing Closure and Healing to Ungrieved, Forgotten, or Hidden Loss

Serves to assist participants in furthering resolution surrounding loss.

Jan. 10-14	May 2-6	Sept. 12-16
Mar. 14-18	July 11-15	Dec. 12-16

Spirit Quest: Self-Discovery Through Horses

Combining The Meadows Model, Somatic Experiencing®, mindfulness, and natural horsemanship this unique, cutting edge workshop allows for a distinct healing experience.

Mar. 21-25	Oct. 24-28
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RELATIONSHIPS

Couples Repair and Reset

Examines and improves existing intimate relationships.

Jan. 24-28	May 2-6	Aug. 1-5	Nov. 7-11
Mar. 7-11	June 6-10	Sept. 5-9	Dec. 5-9
Apr. 4-8	July 4-8	Oct. 3-7	

Family Matters

Intervenes on dysfunction within the family system and builds family strengths. Scheduled upon request.

Healing Intimate Treason: For Partners of Sex Addicts

Designed to repair the trauma experienced by partners of sex addicts.

Jan. 10-14	Apr. 18-22	July 18-22	Oct. 17-21
Feb. 21-25	May 23-27	Aug. 15-19	Nov. 14-18
Mar. 21-25	June 20-24	Sept. 12-16	Dec. 12-16

Love Addiction/Love Avoidance

Explores the interactive cycle between relationship dependence and avoidance.

Jan. 17-21	Apr. 11-15	July 11-15	Oct. 10-14
Feb. 14-18	May 9-13	Aug. 8-12	Nov. 7-11
Mar. 14-18	June 13-17	Sept. 5-9	Dec. 5-9

PERSONAL GROWTH

Coming Home: Reaching True Identity and Orientation Empowerment; For the LGBTQ+ Community

Created to help individuals embrace their true identity and orientation, gain empowerment, and overcome past hardship and isolation.

Apr. 4-8	July 25-29	Oct. 31-Nov.4
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Men's Sexual Recovery

Offers men healthy alternatives to compulsive sexuality.

Jan. 3-7	Mar. 28-Apr. 1	June 27-July 1	Sept. 26-30
Jan. 31-Feb. 4	Apr. 25-29	July 25-29	Oct. 31-Nov. 4
Feb. 28-Mar. 4	May 30-June 3	Aug. 29-Sept. 2	Nov. 28-Dec. 2

Mind & Heart: A Mindful Path to Wholehearted Living

Cultivates greater awareness and compassion for the self-defeating patterns of thinking, feeling, and behaving—which are critical steps in making meaningful and lasting change.

Apr. 11-15	Oct. 10-14
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Thrive: Going to the Next Level

Releasing dysfunctional roles and embracing new ones empowers us to experience our full potential.

Feb. 21-25	May 9-13	Aug. 8-12	Oct. 17-21
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Woman's Intimacy Recovery

Addresses sensitive sexual concerns experienced by women.

June 6-10	Oct. 3-7
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PRIVATE INTENSIVES

Our team of highly qualified experts utilizes cutting-edge modalities to tailor an intensive workshop experience to the specific needs of each client or family and can accommodate a flexible schedule. Scheduled upon request.

The Rio Retreat Center provides lodging, and all workshop guests stay on campus to preserve a safe, supportive container. We offer private rooms and the option to share a room for guests who are fully Covid vaccinated. Ground transportation is available from and to the Phoenix airport with two convenient pickup times. Three healthy meals a day, prepared at our facility,

are included in the registration cost. Additional complimentary activities include:

Expressive Arts	Yoga	Challenge courses	Brain Center
Acupuncture	Tai Chi	Workout facility	Labyrinth
12-step meetings	Equine experiential	Pool (seasonal)	Live music