



RioRetreatCenter
AT THE MEADOWS

Call to register:
833.749.4891

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

RioRetreatCenter.com

THE BETRAYAL BOND: Breaking Free of Abusive and Exploitive Relationships

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.

2022 WORKSHOP DATES

January 24-28	May 16-20	September 19-23
March 7-11	July 4-8	November 14-18

ABOUT THE WORKSHOP

The Betrayal Bond workshop is designed to help participants free themselves from, and recover from, exploitive relationships, processes, and situations. We tend to think of all bonds as being positive, but they are actually neutral and can become positive or negative. A betrayal bond is a type of negative bond that occurs when someone develops a strong and intense attachment to a person or an addictive process that is destructive to them.

This workshop was developed under the guidance of Dr. Patrick Carnes, internationally known sex addiction expert and a Senior Fellow at The Meadows, and is based on his ground-breaking book of the same name. It addresses exploitation of all kinds: marital, familial, relational, professional, religious, litigious, child abuse, domestic violence, cults, and addictions. The goals of this workshop are to help participants:

- Recognize, acknowledge, and develop insights about situations, people, and processes that are exploitive in nature.
- Break through denial, identify signs that a betrayal bond exists, and grieve losses.
- Explore the root causes of one's involvement in relationships, situations, and processes that are destructive to them.
- Identify key elements that drive the cycle of abuse, betrayal of trust, and power
- Learn about the psychodynamic and neurobiological concepts behind exploitive situations and relationships.

REGISTRATION

Since workshops fill quickly, we encourage making reservations three to four weeks in advance. Register by contacting our Workshop Coordinator at 833.749.4891.

COST

\$3,450 – All-inclusive are meals and evening activities: yoga, Tai Chi, auricular acupuncture, live music, 12-Step meeting, and equine therapy. Access to the Brain Spa and gym are also included in the cost of the workshop.

LOCATION

Rio Retreat Center at The Meadows
1245 Jack Burden Road, Wickenburg, Arizona 85390

LODGING AND TRANSPORTATION

The Rio Retreat Center provides lodging. Rooms are simply appointed and designed to be conducive to the process of healing and recovery. 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 for those staying on campus. Airport transportation details are provided with your confirmation email upon completion of the enrollment process.

PLEASE NOTE

Workshop groups run Monday through Friday from approximately 8:30 a.m. to 4:00 p.m. The schedule is somewhat flexible to accommodate the size of the group and group process. Evening programming is provided after dinner. The Rio Retreat Center campus is strictly alcohol and drug free and has a dress code, cell phone, and smoking policy. Please consult our Workshop Coordinator for more information.

CANCELLATION/TRANSFER POLICY

We rely on an accurate attendance count to make important arrangements for your workshop. If a cancellation occurs more than 14 days prior to the start of the workshop, a full refund, less a \$600 administrative fee will be issued or an allowance is made for a one-time transfer to another workshop date. There is a \$100 transfer fee for this service. No cancellation or transfer within 14 days of the workshop date. If you have to cancel or transfer your workshop, please contact our Intake Department at 833.749.4891 as soon as possible — we often have a waiting list of people who want to attend.