



RioRetreatCenter
AT THE MEADOWS

Call to Register: 833.749.4891
www.rioretreatcenter.com

SURVIVORS I: Healing Childhood Relational Trauma

Conducted weekly with the
exception of Thanksgiving,
Christmas, and New Year's

The Rio Retreat Center at The Meadows one-of-a-kind workshops offer healing and empowerment to individuals in various stages of their recovery. Our workshops address the needs of those who have just begun a recovery process, as well as those who have been on a recovery path and may have hit a plateau or want to deepen their experience. Workshops can also be a source of renewal for anyone who has undergone treatment. Participants work on sensitive issues in a concentrated format allowing them to jump-start and enhance their personal recovery journey by gaining insight into unhealthy patterns and practicing new relational skills within a safe environment.

ABOUT THE WORKSHOP

This workshop delves into childhood relational trauma that impacts present-day life. Based on Senior Fellow Pia Mellody's pioneering work in her book, *Facing Codependence*, *Survivors I* is our signature workshop. It is an essential component of The Meadows inpatient treatment program and is also open to interested individuals as a stand alone workshop. In a safe, supportive environment, *Survivors I* explores the origins that fuel self-defeating behaviors such as addictions, trauma, mood disorders, and troubling relationships. Childhood wounding up to age 18 is approached with compassion, and skills are taught in order to re-parent yourself. The primary focus of this workshop is processing and releasing the negative messages and emotions that were rooted in painful experiences from the past, allowing the freedom to embody your authentic self. We do this in three phases:

Informational Phase: Through psychoeducation, participants are introduced to the concept of developmental immaturity and the impact of the profound relationship between the child and the major caregivers. As perceived through the eyes of the child, the wounding is highlighted, without placing blame on parents. Participants discover the impact their childhood experiences have had on their self-esteem, boundary system, level of dependency, and ability to be moderate in all things.

Debriefing Phase: Participants explore the less-than-nurturing and/or abusive recollected childhood experiences with a focus on the accompanying associated feelings and imprinted messages, and consequent self-defeating patterns.

Experiential Phase: Participants re-examine their childhood relationships in a safe and nurturing environment through the application of Pia Mellody's techniques for addressing childhood relational trauma. This phase typically serves to release painful emotions, with participants beginning the process of reparenting the parts of themselves that have been shamed, neglected, or abandoned, and reclaiming their rights and personal power.

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

Lodging is available at the Rio Retreat Center on a first come, first served basis. Rooms are simply appointed and designed to be conducive to the process of healing and recovery. We offer both shared and private rooms. For those staying on campus, transportation will be available from and to the Phoenix airport with two convenient pickup times. Details will be sent with your confirmation email upon completion of the sign-up process.

Those who do not stay at the Rio Retreat Center will be responsible for arranging and paying for their own transportation and lodging in the Wickenburg area. A list of lodging and transportation options will be sent with your workshop confirmation email.

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.