



RioRetreatCenter  
AT THE MEADOWS

Call to Register: 833.749.4891  
www.rioretreatcenter.com

## 2021 WORKSHOP DATES

March 29-April 2

June 14-18

September 20-24

November 15-19

# THE BETRAYAL BOND: Breaking Free of Abusive and Exploitive Relationships

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

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

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.