

# COUPLES BOOTCAMP



The Rio Retreat Center at The Meadows one-of-a-kind workshops offer healing and empowerment to individuals, couples, and families 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.

## 2021 WORKSHOP DATES

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|----------------|--------------|-------------------|
| • January 4-8  | • May 3-7    | • September 13-17 |
| • February 1-5 | • June 7-11  | • October 18-22   |
| • March 1-5    | • July 5-9   | • November 15-19  |
| • April 5-9    | • August 2-6 | • December 13-17  |

## ABOUT THE WORKSHOP

This workshop serves to help couples explore their relational difficulties in a safe environment, while learning how to work together to heal their relationship. In a small group of couples, combining Pia Mellody's ground-breaking work on Family of Origin Childhood Relational Trauma and Stan Tatkin's mix of neuroscience, human biology of arousal, and attachment theory, this workshop allows a holistic approach to healing. Couples practice how to address painful issues utilizing boundaries, nervous system regulation techniques, and improved communication, building on existing strengths within the coupleship. New rules of engagement are introduced. Vulnerability is encouraged. Exploration of embroiled patterns stemming from family of origin are examined, reducing shame and aiding in the release of those behaviors. Couples Bootcamp is designed by PIT (Post Induction Therapy) and PACT (Psychobiological Approach to Couples Therapy) trained therapists.

## 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

\$5,500 per couple – All-inclusive are meals and evening activities: yoga, Tai Chi, auricular acupuncture, live music, 12-Step meeting, challenge course, 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, and all workshop guests stay on campus to preserve a safe, supportive container. 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. 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.