



# 2023 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.

## 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. 2-6	Apr. 24-28	Aug. 14-18	Nov. 6-10
Jan. 30-Feb. 3	May 22-26	Sept. 11-15	Dec. 4-8
Feb. 27-Mar. 3	June 19-23	Oct. 9-13	
Mar. 27-31	July 17-21		

### 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. 2-6	Apr. 17-21	July 17-21	Oct. 9-13
Feb. 20-24	May 22-26	Aug. 28-Sept. 1	Nov. 27-Dec. 1

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

Serves to assist participants in furthering resolution surrounding loss.

Jan. 23-27	May 8-12	Aug. 7-11	Oct. 30-Nov. 3
Mar. 13-17	June 26-30	Sept. 18-22	Dec. 18-22

### Spirit: 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. 20-24	Oct. 23-27
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## RELATIONSHIPS

### Couples Repair & Reset

Examines and improves existing intimate relationships.

Jan. 23-27	Apr. 17-21	July 24-28	Oct. 23-27
Feb. 20-24	May 15-19	Aug. 21-25	Nov. 13-17
Mar. 20-24	June 19-23	Sept. 18-22	Dec. 11-15

### 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. 30-Feb. 3	Apr. 24-28	July 31-Aug. 4	Oct. 30-Nov. 3
Feb. 27-Mar. 3	May 29-June 2	Aug. 28-Sept. 1	Nov. 27-Dec. 1
Mar. 27-31	June 26-30	Sept. 25-29	Dec. 18-22

### Love Addiction/Love Avoidance

Explores the interactive cycle between relationship dependence and avoidance.

Jan. 16-20	Apr. 10-14	July 10-14	Oct. 16-20
Feb. 13-17	May 8-12	Aug. 14-18	Nov. 13-17
Mar. 13-17	June 12-16	Sept. 11-15	Dec. 11-15

## 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. 3-7	July 3-7	Oct. 2-6
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### Men's Sexual Recovery

Offers men healthy alternatives to compulsive sexuality.

Jan. 9-13	Apr. 3-7	July 3-7	Oct. 2-6
Feb. 6-10	May 1-5	Aug. 7-11	Nov. 6-10
Mar. 6-10	June 5-9	Sept. 4-8	Dec. 4-8

### PARTS (Personal Awareness & Recovery Through Self)

Focuses on the internal relationship between parts of oneself which are adaptations from adverse experiences and returns them to a state of being self-assured, relaxed, able to listen, respond to feedback, establish healthy boundaries, and build self-competence for any future adverse experience.

Feb. 13-17	May 15-19	Aug. 21-25	Oct. 23-27
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### Thrive: Going to the Next Level

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

Jan. 16-20	April 10-14	July 10-14	Oct. 16-20
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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.

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

## SAMPLE SCHEDULE

The daily schedule at the Rio Retreat Center at The Meadows is designed to maximize the learning experience while allowing workshop participants opportunities to relax and socialize with peers. All activities take place on the center's campus. The schedule is flexible to accommodate the size of the group and group process, but might look like this:

### MONDAY

7:00–8:30 a.m.	Breakfast
8:30 a.m.	Workshop orientation and introductions
10:00 a.m.	Psychoeducational presentation
11:30 a.m.	Lunch and a stroll around campus on your own
1:00–3:30 p.m.	Additional psychoeducation
4:00 p.m.	Auricular acupuncture
5:00–6:00 p.m.	Dinner
7:00 p.m.	Therapeutic yoga

### TUESDAY

7:00–8:30 a.m.	Breakfast
8:30 a.m.	Small group process
11:30 a.m.	Lunch and a stroll around campus on your own
1:00 p.m.	Small group process
5:00–6:00 p.m.	Dinner
6:00–7:00 p.m.	Tai Chi
7:00 p.m.	Recovery movie

### WEDNESDAY

7:00–8:30 a.m.	Breakfast
8:30 a.m.	Small group process
11:30 a.m.	Lunch and a stroll around campus on your own
1:00 p.m.	Small group process
5:00–6:00 p.m.	Dinner
6:00–7:00 p.m.	Goat yoga
7:00–8:00 p.m.	Live entertainment

### THURSDAY

7:00–8:30 a.m.	Breakfast
8:30 a.m.	Small group process
11:30 a.m.	Lunch and a stroll around campus on your own
1:00 p.m.	Small group process
5:00–6:00 p.m.	Dinner
6:00–7:00 p.m.	Equine-assisted experiential
7:00–8:00 p.m.	All Addicts Anonymous (AAA), 12-step meeting

### FRIDAY

7:00–8:30 a.m.	Breakfast
8:30 a.m.	Small group process
11:30 a.m.	Lunch
1:00–3:00 p.m.	Small group closure

## BRAIN SPA

At the Rio Retreat Center, we believe in the brain-heart-body connection. To promote this, workshop participants have access to the Rio Retreat Center's Brain Spa while attending any of our specialized workshops. In our Brain Spa, individuals can utilize state-of-the-art equipment designed to promote self-regulation skills and allow for calm focus. These devices allow you to pay special attention to the "tone" of your vagus nerve; vagal tone is the internal biological process that represents the activity of the vagus nerve. Having a higher vagal tone means that the body can relax faster after stress.

Research shows that spending 20 minutes on each machine in our Brain Spa, three times during your workshop experience, supports a positive feedback loop between high vagal tone, positive emotions, and good physical health. The more you increase your vagal tone, the more your physical and mental health will improve, and vice versa.

## AMENITIES

Workshop participants enjoy three healthy meals a day prepared at our facility and are included in the registration cost. Additional complimentary activities include:

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

## REGISTRATION INFORMATION

### 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.

### WORKSHOP DATES

Workshop dates are available on our website at [www.rioretreatcenter.com](http://www.rioretreatcenter.com). Or contact us at 833.749.4891 and a representative will be happy to provide you more information.

### COST

Cost varies. 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. Please call our Intake Department at 833.749.4891 for pricing.

### 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 shuttle service 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.