



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](http://RioRetreatCenter.com)



# COUPLES REPAIR & RESET

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.

## 2023 WORKSHOP DATES

|                |              |                 |
|----------------|--------------|-----------------|
| January 23-27  | May 15-19    | September 18-22 |
| February 20-24 | June 19-23   | October 23-27   |
| March 20-24    | July 24-28   | November 13-17  |
| April 17-21    | August 21-25 | December 11-15  |

## 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 Repair & Reset 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, 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.