



Rio Retreat Center
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



LOVE ADDICTION/ LOVE AVOIDANCE

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 16-20	May 8-12	September 11-15
February 13-17	June 12-16	October 16-20
March 13-17	July 10-14	November 13-17
April 10-14	August 14-18	December 11-15

ABOUT THE WORKSHOP

This workshop is based on Pia Mellody's ground-breaking work conveyed in her book, *Facing Love Addiction*. Love addicts assign too much value, time, and attention to another person, while neglecting to care for or value themselves. Focus on the partner is obsessive, and fear of abandonment drives the obsession. Love addicts can be addicted to anyone: lover, spouse, friend, parent, or child. It is a painful, obsessive, and addictive process that negatively impacts not only the love addict, but also the individuals with whom he or she is in relationships. In this workshop, self-love and self-care are enhanced, as is tolerance for difficult feelings.

The love avoidant systematically uses relational walls during intimate contact in order to prevent feeling overwhelmed by the other person, associating "love" with duty or work. The love avoidant's greatest fear is that of vulnerability, which is explored throughout the workshop. During this process, authenticity is encouraged, and an overdeveloped sense of responsibility is released. This workshop intervenes on the destructive cycles of both the love addict and the love avoidant, offering them intimacy with healthy boundaries.

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

\$3,950, which includes meals, evening activities, Brain Center, and gym access (NOTE: Most workshops are now eligible for reimbursement through most insurance plans.)

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 three 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.