



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



MEN'S SEXUAL RECOVERY

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 9-13	May 1-5	September 4-8
February 6-10	June 5-9	October 2-6
March 6-10	July 3-7	November 6-10
April 3-7	August 7-11	December 4-8

ABOUT THE WORKSHOP

Grounded in Patrick Carnes' recovery model, Men's Sexual Recovery Workshop addresses sexual obsession and compulsive behaviors. Men are often hesitant to discuss sexual desires and experiences. Consequently, they carry burdens of shame and painful memories of unresolved sexual experiences or uncontrolled sexual behaviors. Shame, pain, and lack of resolution often lead to deception, engaging in behaviors that are incongruent with values, and difficulty understanding the meaning of healthy sexuality. When self-destructive behaviors are appropriately addressed, sexuality can be a positive and productive life force that inspires us to live better lives. This inner drive is explored with compassion, humor, and zest for life as participants are reminded that their sexuality can be enjoyable, fulfilling, and deeply meaningful.

This workshop is designed to alleviate toxic shame and resolve sexual dilemmas. It broadens many participants' views of intimacy and sexuality as they learn how to have rewarding experiences, maintain positive relationships, express intimacy in ways that align with one's values, and avoid the harmful patterns of the past.

The workshop is best for those who want to:

- Jump-start their recovery process
- Acquire tools to support continued recovery
- Prevent relapse
- Explore the roots of their unwanted sexual behaviors

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.