



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



PARTS: Personal Awareness & Recovery Through Self

Rio Retreat Center's transformative intensive workshops are custom designed by mental health experts and 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.

2023 WORKSHOP DATES

February 13-17 | May 15-19 | August 21-25 | October 23-27

ABOUT THE WORKSHOP

Internal Family Systems (IFS) is an evidence-based treatment modality which relates our internal world to a relational system similar to a family. IFS was developed by Dr. Richard Schwartz; the founder of the Center for Self-Leadership, an adjunct faculty of the Department of Psychology at Harvard, and a Meadows Senior Fellow.

PARTS: Personal Awareness & Recovery Through Self is a non-pathologizing and empowering IFS intensive that focuses on the internal relationship between parts of oneself which are adaptations from adverse experiences. IFS facilitates a deepening in the knowledge of oneself, building a balance and harmony within the internal system allowing all parts to exist and lend talents while allowing the SELF to be the lead in life.

As defined by Dr. Schwartz, SELF is the "innate presence in each of us. It is the seat of consciousness that brings balance and harmony equipped with qualities such as perspective, presence, patience, playfulness, and persistence."

Parts are like subpersonalities holding aspects of our identity that work to gain influence within the internal system and can be self-defeating. These parts develop a complexity of interactions among themselves. Once the parts are processed, the SELF allowed to lead. The system returns 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.

Our PARTS workshop is facilitated by an IFS certified therapist who will emphasize the following:

- Learn parts language
- Assess internal dialogue
- Identify and work with parts of oneself
- Develop direct access to parts
- Build trust in one's inner system
- Diagram – relationships among parts
- Shift parts into positive roles
- Nourish wellbeing, resilience, and self-leadership
- Create more space for the SELF to lead

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.