



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



PRIVATE INTENSIVES

CONFIDENTIAL | CUSTOMIZED |
DESIGNED FOR HEALING

Private Intensives at Rio Retreat Center at The Meadows are excellent for someone who may need a higher level of anonymity and find it difficult to get away from everyday life to spend the time needed to restore their emotional health. Our Private Intensives are conducive for people with busy schedules and public lives.

Our team of highly qualified experts will design a tailored intensive experience utilizing cutting-edge modalities to address the specific needs of each client and/or family. These are highly customizable, both in the number of days and the issues addressed. This specialized offering allows us the ability to utilize our finest key staff and targeted modalities.

Rio Retreat Center is located on a remote and vast, restored historic ranch in Wickenburg, Arizona. While confidentiality is always important to us, Private Intensives take place in a secluded building on our ranch to enhance confidentiality.

ABOUT PRIVATE INTENSIVES

Like our group workshops, Private Intensives are designed to help people dealing with anything from trauma and addiction to grief and other personal issues. Licensed professionals help individuals identify the root causes of negative behaviors and provide the tools necessary to make positive change.

Intensives can:

- Jump-start a recovery process, prevent relapse, or heighten existing recovery
- Understand the impact childhood experiences have had on self-esteem and current functioning
- Explore self-defeating patterns affecting your life negatively
- Create an opportunity to heal from betrayal, whether from intimate partners or exploitation by marital, familial, relational, professional, or religious relationships
- Release painful emotions and reclaim personal power
- Provide psycho-education on anxiety, depression, and cyclic mood disorders as well as address issues that can exacerbate them
- Increase self-esteem and practice better self-care

- Explore painful, obsessive, addictive relationships or processes that negatively influence individuals and relationships
- Explore unhealthy sexual patterns and behaviors that deeply impact the ability to connect relationally
- Identify current boundary challenges and develop healthy boundaries
- Improve communication to enhance relationships and connections
- Influence future generations by breaking the cycle of unhealthy family relationships
- Acquire tools to support continued recovery

This list is not exhaustive. Our experts are equipped to handle a wide range of emotional, relational, and addiction issues. We are committed to individualized care and will make every effort to help our clients to become the best version of themselves.

WHO USES THIS SERVICE?

Anyone who wouldn't feel comfortable in a group setting and prefers to do their work privately may feel more comfortable doing a Private Intensive. Additionally, they are a good choice for:

- Professional athletes
- Entertainment industry: film, music, TV, models
- Politicians and corporate leaders
- Paparazzi pursued individuals
- Partners and families of high profile individuals

REGISTRATION

For cost and to register, contact our Private Intensive Specialist at 833.749.4891.

NOTE: The Wickenburg Airport is fifteen minutes from the Rio Retreat Center; the runway is fully capable of handling both small and large aircraft such as the Gulfstream IV and offers full fuel service for jet customers. Lodging options include our private Rio Suite, off-site homes, and local hotels.