



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



SURVIVORS I: Healing Childhood Relational Trauma

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

Conducted weekly with the exception of Thanksgiving, Christmas, and New Year's.

ABOUT THE WORKSHOP

This workshop delves into childhood relational trauma that impacts present-day life. Based on Senior Fellow Pia Mellody's pioneering work in her book, *Facing Codependence*, Survivors I is our signature workshop. It is an essential component of The Meadows inpatient treatment program and is also open to interested individuals as a stand alone workshop. In a safe, supportive environment, Survivors I explores the origins that fuel self-defeating behaviors such as addictions, trauma, mood disorders, and troubling relationships. Childhood wounding up to age 18 is approached with compassion, and skills are taught in order to re-parent yourself. The primary focus of this workshop is processing and releasing the negative messages and emotions that were rooted in painful experiences from the past, allowing the freedom to embody your authentic self. We do this in three phases:

Informational Phase: Through psychoeducation, participants are introduced to the concept of developmental immaturity and the impact of the profound relationship between the child and the major caregivers. As perceived through the eyes of the child, the wounding is highlighted, without placing blame on parents. Participants discover the impact their childhood experiences have had on their self-esteem, boundary system, level of dependency, and ability to be moderate in all things.

Debriefing Phase: Participants explore the less-than-nurturing and/or abusive recollected childhood experiences with a focus on the accompanying associated feelings and imprinted messages, and consequent self-defeating patterns.

Experiential Phase: Participants re-examine their childhood relationships in a safe and nurturing environment through the application of Pia Mellody's techniques for addressing childhood relational trauma. This phase typically serves to release painful emotions, with participants beginning the process of reparenting the parts of themselves that have been shamed, neglected, or abandoned, and reclaiming their rights and personal power.

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.