

Call to register:  
833-749-4891

Dates are subject to change;  
please check our website for the  
most up-to-date schedule.

[RioRetreatCenter.com](http://RioRetreatCenter.com)



# SURVIVORS II: Alumni Continuing the Healing Journey

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 2-6	July 17-21
January 30 – February 3	August 14-18
February 27 – March 3	September 11-15
March 27-31	October 9-13
April 24-28	November 6-10
May 22-26	December 4-8
June 19-23	

## ABOUT THE WORKSHOP

Survivors II is an advanced intensive workshop customized to meet the needs of our Alumni. Whether you are an Alumni of The Meadows inpatient programs or our Survivors 1 workshop you can use your advanced insight and awareness to further your process. It is designed for those with unresolved childhood and/or adult relational trauma who are seeking healing and freedom from lingering emotional and behavioral struggles. This workshop builds on the work accomplished in Survivors I and also provides more completion of its previous healing work. Survivors II is an experiential workshop combining our Senior Fellows Models. We incorporate Pia Mellody's Codependence and Post Induction Therapy (PIT) model, Dr. Tian Dayton's Relational Trauma Repair (RTR) model and Dr. Richard Swartz's Internal Family Systems (IFS) model. Drawing from Gestalt and parts work, psychodrama, mindfulness, and other therapeutic techniques to meet the individual needs of each participant. (Prerequisite: Survivors I)

## 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.