



Rio Retreat Center

AT THE MEADOWS

INTENSIVE WORKSHOPS

SELF-DISCOVERY | HEALING | PERSONAL GROWTH





MAKE A CHANGE

Since the 1980s, The Meadows has been the forerunner in providing intensive workshops that transform lives. Workshops at Rio Retreat Center at The Meadows are led by world-class Meadows clinicians and developed by industry thought leaders from around the country who specialize in specific areas of professional growth.

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.

Whether you're struggling with the impact of an emotional childhood trauma, grieving a loss, wanting to repair relationship dynamics, or simply looking to develop more self-awareness, our experienced, passionate staff delivers a powerful, life-changing intensive. Our innovative programming has been created with participants' healing and empowerment in mind. Additionally, the center is situated on a historic dude ranch, which offers a serene, restorative desert setting conducive to personal development. Guests may choose to stay in our campus lodging designed to be free of the distractions that often accompany hotel stays.

Workshop dates and registration information are available on our website at rioretreatcenter.com. Or contact us at 833.749.4891 and a representative will be happy to provide you more information.



SURVIVORS I: Healing Childhood Relational Trauma

This workshop delves into childhood relational trauma that impacts present-day life. Based on Meadows 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 Behavioral Healthcare inpatient treatment programs and is also open to interested individuals as a stand-alone workshop. In a safe, supportive environment, Survivors I explores the origins of trauma that fuel self-defeating behaviors such as addictions, mood disorders, and troubled relationships. Wounds experienced in childhood up to age 18 are approached with compassion, as skills are taught to re-parent those parts of 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 you the freedom to embody your authentic self.



SURVIVORS II: Alumni Continuing the Healing Journey

Survivors II is an advanced intensive workshop customized to meet the needs of our Alumni. Whether you are an Alumni of a Meadows inpatient program or our Survivors I 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)

EMOTIONAL TRAUMA



THE BETRAYAL BOND: Breaking Free of Abusive and Exploitive Relationships

The Betrayal Bond workshop is designed to help participants free themselves from and recover from exploitive relationships, processes, and situations. We tend to think of all bonds as being positive, but they are actually neutral and can become positive or negative. A betrayal bond is a type of negative bond that occurs when someone develops a strong and intense attachment to a person or an addictive process that is destructive to them.

This workshop was developed under the guidance of Dr. Patrick Carnes, internationally known sex addiction and trauma expert and a Meadows Senior Fellow, and is based on his groundbreaking book of the same name. It addresses exploitation of all kinds: marital, familial, relational, professional, religious, litigious, child abuse, domestic violence, cults, addictions, and trauma.



MENDING HEARTWOUNDS: Bringing Closure and Healing to Ungrieved, Forgotten, or Hidden Loss

Designed by Tian Dayton, PhD, world-renowned psychodramatist and Meadows Senior Fellow, Mending Heartwounds serves to assist participants in furthering resolution surrounding loss. Some losses are clear, society recognizes them as significant, and we have rituals of mourning them. We feel free to ask for support, and, more often, support comes our way without our even having to ask.

The kinds of losses that are a part of addiction and dysfunction all too often remain disenfranchised. These losses can lack visibility and clarity; they are hidden and often unseen or misread by others. There can be confusion about who or what exactly was lost or whether there is a loss at all. However, not only do they hurt as much, the very fact that they remain buried, unrecognized, and unsupported can complicate mourning and block our process of grieving. These kinds of losses deserve respect; they need our compassion and care.

Grieving these kinds of losses can bring about change on the inside that leads to change on the outside. Mourning a loss of a connection to self, someone significant, or to a period of life, to addiction and/or dysfunction can be freeing and restoring. It can let us feel whole again, having processed our splintered or buried inner experience and bringing it to comfortable closure. It helps us move on in life, let go of the past, and live in the present.



SPIRIT:

Self-Discovery Through Horses

This unique equine workshop blends the wisdom of our skillful therapist trained in Somatic Experiencing® (SE) with an uncommon horseman and highly skilled trainer. We combine The Meadows Model, SE, mindfulness, and natural horsemanship for a distinct healing experience. The program consists of experiential activities with horses and addresses self-esteem, boundaries, honoring reality, wants and needs, emotional regulation, and spontaneity.

This workshop is an outdoor experience facilitated by two gifted professionals and created exclusively for a small group of no more than five participants.



The Rio Retreat Center at The Meadows is a state-of-the-art facility designed with participants' healing and empowerment in mind. Rio Retreat Center offers workshop participants many amenities and optional activities that can help them focus and unwind in ways that enhance healing and recovery, including:

- Nutritious meals
- Yoga
- Tai chi
- Auricular acupuncture
- Pool (seasonal)
- Live music
- Trail rides
- Challenge course
- Expressive arts
- Equine experiential
- Labyrinth
- 12-Step meetings
- Firepit
- Movement therapy



COUPLES REPAIR & RESET

This workshop serves to help couples explore their relational difficulties in a safe environment while healing their relationship through a holistic approach. In a small group of couples, participants discover the enjoyment of working together, combining Pia Mellody's groundbreaking work on family of origin relational trauma and Stan Tatkin's mix of neuroscience, human biology of arousal, and attachment theory.

Participants practice how to address painful issues utilizing boundaries, nervous system regulation techniques, and improved communication, building on existing strengths within the coupleship. New rules of engagement are introduced. Vulnerability is encouraged. Exploration of embroiled patterns stemming from family of origin are examined, reducing shame and aiding in the release of those behaviors. Couples Repair & Reset is designed by therapists trained in both Post-Induction Therapy (PIT) and Psychobiological Approach to Couples Therapy (PACT).



FAMILY MATTERS

This workshop is designed for privacy and tailored to meet the unique needs of one single family. We establish a supportive and safe environment by encouraging authenticity, productive communication, and healthy boundaries while working through difficult issues. During this workshop, family members learn how co-dependent behaviors, trauma, mood disorders, and/or addictions can impact a family system. Family members develop tools to successfully enhance recovery and a relational family system. The primary goal of the workshop is to help members bridge the gaps that have developed between them and plagued the family system.

The Family Matters workshop is scheduled upon request. There is a minimum of two participants required for this workshop.



HEALING INTIMATE TREASON: For Partners of Sex Addicts

This workshop was developed in collaboration with Claudia Black, PhD, Meadows Senior Fellow, and author of *Deceived: Facing Sexual Betrayal, Lies, and Secrets* and *Intimate Treason*. Working from a clinical model based on trauma and addiction, partners impacted by the destruction of sexual compulsion have the opportunity to begin healing from intimate betrayal. Participants learn about the biology and the behavior of sex and love addiction and explore their own relational templates. This is an experientially based workshop that assists partners in moving through their grief and loss, breaking free from the attachment to fantasy, and enhancing emotional self-regulation. Developing internal, external, and sexual boundaries, participants learn how to move from a position of victimization to personal empowerment.

This workshop creates a safe and compassionate environment that provides a path to healing that gives voice to the partners' truth as they travel on their own journey in recovery.



LOVE ADDICTION/ LOVE AVOIDANCE

This workshop is based on Pia Mellody's groundbreaking work conveyed in her book *Facing Love Addiction*. Love addicts assign too much value, time, and attention to another person, while neglecting to care for or value themselves. Focus on the partner is obsessive, and fear of abandonment drives the obsession. Love addicts can be addicted to anyone: lover, spouse, friend, parent, or child. It is a painful, obsessive, and addictive process that negatively impacts not only the love addict, but also the individuals with whom he or she is in relationships. In this workshop, self-love and self-care are enhanced, as is tolerance for difficult feelings.

The love avoidant systematically uses relational walls during intimate contact in order to prevent feeling overwhelmed by the other person, associating "love" with duty or work. The love avoidant's greatest fear is that of vulnerability, which is explored throughout the workshop. During this process, authenticity is encouraged, and an overdeveloped sense of responsibility is released. This workshop intervenes on the destructive cycles of both the love addict and the love avoidant, offering them intimacy with healthy boundaries.



COMING HOME: Reaching True Identity and Orientation Empowerment {For The LGBTQ+ Community}

Coming Home is an experiential workshop specifically designed for the LGBTQ+ community. These individuals — wherever they are on their journey and however they identify, as a gender or sexual minority — have lived unique experiences. Coming together in a safe space with others who have also walked that path brings a sense of belonging and deep acceptance that is longed for.

This workshop was created to help individuals embrace their true identity and orientation, gain empowerment, and overcome past hardship and isolation. Led by staff who are well-versed in the LGBTQ+ community, Coming Home will help participants step into resilience as the powerful individuals they are meant to be, with their identity and orientation being a part of that.

Participants will learn that empowerment is about feeling comfortable in their skin, feeling liberated from others' constructs about who and how they "should" be, and giving themselves unshakable permission to be themselves. Empowerment in identity and orientation is truly about coming home to yourself.

In this workshop, we will explore therapeutic healing without the burden of heteronormative assumptions and perspectives, and fear of discrimination. Instead, participants will process the intersectionality of sexual orientation, gender identity, race, age, and other factors that make them who they are.





MEN'S SEXUAL RECOVERY

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 their values, and avoid the harmful patterns of the past.



THRIVE: Going to the Next Level

Designed by Tian Dayton, PhD, world-renowned psychodramatist and Meadows Senior Fellow, THRIVE is an experiential intensive that takes you to the next level of recovery. Hanging onto old pain keeps us preoccupied with our past and anxious about our future rather than living in the present. Releasing dysfunctional roles and embracing new ones empowers us to experience our full potential. But before we're able to release worn out roles, we need to give voice and shape to them. This action-oriented process will provide a unique opportunity to engage in an exploration that will lead you to a greater sense of aliveness and purpose: a life changing new experience carved out of time to energize and revitalize — to live your actualized life!

The workshop will emphasize:

- Forgiveness
- Resilience training
- Post-traumatic growth
- Consolidating recovery gains



PARTS: Personal Awareness & Recovery Through Self

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 Richard Schwartz, PhD, 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 is allowed to lead. The system returns to a state of being self-assured, relaxed and 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



PRIVATE INTENSIVES

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 individual 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.

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

While confidentiality is always important to us, Private Intensives take place in a secluded building on our ranch to enhance confidentiality.

PROFESSIONAL DEVELOPMENT

The Rio Retreat Center offers specialized opportunities for behavioral health professionals to gain a deeper understanding of cutting-edge treatment modalities and how they can be applied to their practice, while also doing their own personal healing work alongside their peers. They are not, however, trainings on how to conduct the workshops themselves, but rather are an opportunity for professionals to enrich their clinical expertise.

We are committed to offering the most up-to-date research and are continually evolving our professional development trainings to fit the needs of our valued colleagues. As we roll out these course, they will be announced on the Rio Retreat website. So check online at RioRetreatCenter.com and stay tuned!

AMENITIES

LODGING

On-site lodging is provided at Rio Retreat Center on a first-come, first-served basis. All rooms are designed to be conducive to the process of healing and recovery and free of the distractions that often accompany hotel lodging, such as TVs and phones. Rooms are simply appointed with two full beds or one queen bed. Each has storage space, an alarm clock, a safe, and a luggage stand. There is a private or shared room option, and all rooms have their own private bathroom.

A light dinner is provided Sunday evening, along with all meals from Monday morning through noon on Friday.



BRAIN SPA

At Rio Retreat Center, we believe in the brain-heart-body connection. To promote this, workshop participants have access to Rio Retreat Center's Brain Spa while attending any of our specialized workshops. In our Brain Spa, individuals can utilize state-of-the-art equipment designed to promote self-regulation skills and allow for calm focus. These devices allow you to pay special attention to the "tone" of your vagus nerve; vagal tone is the internal biological process that represents the activity of the vagus nerve. Having a higher vagal tone means that the body can relax faster after stress.

Research shows that spending 20 minutes on each machine in our Brain Spa three times during your workshop experience supports a positive feedback loop between high vagal tone, positive emotions, and good physical health. The more you increase your vagal tone, the more your physical and mental health will improve, and vice versa.



SAMPLE SCHEDULE

The daily schedule at Rio Retreat Center at The Meadows is designed to maximize the learning experience while allowing workshop participants opportunities to relax and socialize with peers. All activities take place on the center's campus. The schedule is flexible to accommodate the size of the group and group process, but might look like this:

MONDAY

7:00-8:30 am	Breakfast
8:30 am	Workshop orientation and introductions
10:00 am	Psychoeducational presentation
11:30 am	Lunch and a stroll around campus on your own
1:00-3:30 pm	Additional psychoeducation
4:00 pm	Auricular acupuncture
5:00-6:00 pm	Dinner
7:00 pm	Therapeutic yoga

TUESDAY

7:00-8:30 am	Breakfast
8:30 am	Small group process
11:30 am	Lunch and a stroll around campus on your own
1:00 pm	Small group process
5:00-6:00 pm	Dinner
6:00-7:00 pm	Tai chi
7:00 pm	Recovery movie

WEDNESDAY

7:00-8:30 am	Breakfast
8:30 am	Small group process
11:30 am	Lunch and a stroll around campus on your own
1:00 pm	Small group process
5:00-6:00 pm	Dinner
6:00-7:00 pm	Goat yoga
7:00-8:00 pm	Live entertainment

THURSDAY

7:00-8:30 am	Breakfast
8:30 am	Small group process
11:30 am	Lunch and a stroll around campus on your own
1:00 pm	Small group process
5:00-6:00 pm	Dinner
6:00-7:00 pm	Tai chi
7:00-8:00 pm	All Addicts Anonymous (AAA) 12-Step meeting

FRIDAY

7:00-8:30 am	Breakfast
7:30-8:15 am	Trail ride and equine experiential
8:30 am	Small group process
11:30 am	Lunch
1:00-3:00 pm	Small group closure

REGISTRATION INFORMATION

REGISTRATION

Since workshops fill up quickly, we encourage making reservations three to four weeks in advance. Register by contacting our Workshop Coordinator at 833-749-4891.

WORKSHOP DATES

Workshop dates are available on our website at rioretreatcenter.com. Or contact us at 833-749-4891 and a representative will be happy to provide you more information.

COST

Cost varies. All-inclusive are meals and evening activities: yoga, tai chi, auricular acupuncture, live music, 12-Step meeting, and equine therapy. Access to the Brain Spa and gym are also included in the cost of the workshop. Please call our Admissions Department at 833-749-4891 for pricing.

LOCATION

Rio Retreat Center at The Meadows
1245 Jack Burden Road, Wickenburg, Arizona 85390

TRANSPORTATION

Ground transportation is available from and to the Phoenix airport with three convenient shuttle service 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 am to 4:00 pm. 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 Admissions Department at 833-749-4891 as soon as possible — we often have a waiting list of people who want to attend.



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A Meadows Behavioral Healthcare Program

