



Relationships Workshop

COUPLES REPAIR & RESET

Healing for Marriages, Families, and Friendships

WHO IS THIS WORKSHOP RIGHT FOR?

Couples looking to improve their relationship and gain new tools for healthy interaction and better communication

ALL ABOUT THIS WORKSHOP

Couples Repair & Reset was created to allow partners to explore their relational issues in a safe environment while learning how to work together to heal and improve their relationship. Combining Pia Mellody's groundbreaking work on family-of-origin childhood relational trauma and Stan Tatkin's mix of neuroscience, human biology of arousal, and attachment theory, couples work in small groups.

Using a holistic approach to healing, couples 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 Post-Induction Therapy (PIT) and Psychobiological Approach to Couples Therapy (PACT).

LOCATION

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

DATES

Visit RioRetreatCenter.com/Calendar for the most up-to-date workshop schedule.

COST

Workshop pricing includes meals, evening activities, and Brain Center and gym access. We also offer several on-site lodging options. (NOTE: Most workshops are eligible for reimbursement through most insurance plans.)

REGISTRATION

Workshops fill up quickly, so we encourage planning ahead. Register at RioRetreatCenter.com.

SCHEDULE

Workshop groups run Monday through Friday from approximately 8:30 am to 4 pm, with evening programming provided after dinner.

MORE INFO

For additional details,
scan the QR code or
visit us online at
RioRetreatCenter.com.





RioRetreatCenter

AT THE MEADOWS

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 are perfect for those who are new in recovery, are stable in recovery and want to deepen their experience, or simply anyone 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.



TRANSPORTATION

Ground transportation to Rio Retreat Center is available from and to the Phoenix airport with three convenient shuttle service pickup times for those staying on campus. Details will be sent with your confirmation email upon completion of the registration process.

AMENITIES

Workshop participants enjoy three healthy meals a day prepared at our facility and included in the registration cost. Additional complimentary activities may include:

- Expressive arts
- Challenge courses
- Acupuncture
- Workout facility
- 12-step meetings
- Pool (seasonal)
- Yoga
- Brain Center
- Tai Chi
- Labyrinth
- Equine experiential
- Live music

LODGING

Our on-site rooms are available on a first-come, first-served basis and are simply appointed and designed to be conducive to the healing and recovery process.



ESTANCIA:

Double occupancy with queen-size beds



BUNKHOUSE:

Double occupancy with full-size beds



HACIENDA:

Single occupancy with one queen-size bed for those who prefer a bit more space and privacy

CANCELLATION POLICY:

We rely on an accurate attendance count to make the necessary arrangements for this training. If a cancellation occurs 14 or more days prior to the start of the training, a full refund, less a \$200 administrative fee, will be issued. Cancellations less than 14 days before the beginning date of the training are non-refundable. If you need to cancel your registration, please contact our Admissions Department at 833-749-4891 as soon as possible.