

Relationships Workshop

LOVE ADDICTION/LOVE AVOIDANCE

Based On Pia Mellody's Groundbreaking Book, *Facing Love Addiction*

WHO IS THIS WORKSHOP RIGHT FOR?

Those who assign too much value to relationships, fear abandonment, neglect their own needs, put up walls to avoid connection, and struggle with an overdeveloped sense of responsibility

ALL ABOUT THIS WORKSHOP

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 process that negatively impacts not only the love addict, but also the individuals with whom he or she is in relationships.

Conversely, 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.

In this workshop, based on Pia Mellody's groundbreaking book *Facing Love Addiction*, self-love and self-care are enhanced while a tolerance for feeling is instilled. The focus is on interrupting the destructive cycles of both the love addict and the love avoidant, helping them learn to find intimacy with healthy boundaries.

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.