Emotional Trauma Workshop

MENDING HEARTWOUNDS

Bringing Closure and Healing to Ungrieved, Forgotten, or Hidden Loss

WHO IS THIS WORKSHOP RIGHT FOR?

Anyone struggling with the loss of a connection to self, to someone significant, to a period of life, to addiction, or to dysfunction that they're having trouble processing

ALL ABOUT THIS WORKSHOP

Some losses are clear: society recognizes them as significant, and we have rituals to mourn them. We feel free to ask for support and, more often, support comes our way without our even having to ask. But the kinds of losses that are a part of addiction and dysfunction all too often remain disenfranchised. Designed by world renowned psychodramatist and Meadows Senior Fellow Dr. Tian Dayton, Mending Heartwounds assists participants in furthering resolution surrounding loss, including:

- Loss of a connection to self due to trauma
- Loss of a significant person or relationship
- The loss of potential or period of life to addiction
- The loss of a sober parent during childhood
- The loss of a functional family or a dependable partner due to addiction
- Divorce abandonment/visitation changes
- Death of a pet
- Miscarriage, infertility
- Adoption
- Disabling conditions, health issues
- Loss of career (identity, retirement)

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