



## Emotional Trauma Workshop **SURVIVORS I**

### Healing Childhood Relational Trauma

#### WHO IS THIS WORKSHOP RIGHT FOR?

Anyone who is feeling “stuck” or needs help understanding and letting go of past trauma or hurts to experience freedom

#### ALL ABOUT THIS WORKSHOP

Based on Meadows Senior Fellow Pia Mellody’s pioneering work in her book *Facing Codependence*, *Survivors I* explores the origins that fuel self-defeating behaviors such as addictions, trauma, mood disorders, and troubling relationships. Childhood wounding up to age 18 is approached with compassion, and skills are taught in order to re-parent 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 the freedom to embody your authentic self. Participants will:

- Discover the impact their childhood experiences have had on their self-esteem, boundary system, level of dependency, and ability to be moderate in all things.
- Explore the less-than-nurturing and/or abusive recollected childhood experiences with a focus on the accompanying associated feelings and imprinted messages, and consequent self-defeating patterns.
- Re-examine their childhood relationships in a safe and nurturing environment to release painful emotions and begin the process of reparenting their parts that have been shamed, neglected, or abandoned, reclaiming their personal power.

#### LOCATION

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

#### DATES

Visit [RioRetreatCenter.com/Calendar](http://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](http://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](http://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.