



PRIVATE INTENSIVES

Confidential | Customized | Designed for Healing

ABOUT INTENSIVES

For some, seeking help also comes with a need for anonymity. While confidentiality is always important to us, some clients require a higher level of privacy. For Private Intensives, our team of highly qualified experts utilizes cutting-edge modalities to tailor an intensive workshop experience to the specific needs of each client 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 most experienced clinical staff and targeted modalities.

WHO IS IT RIGHT FOR?

- Professional athletes
- Members of the entertainment industry: film, music, TV, modeling
- Politicians
- Corporate leaders
- Paparazzi-pursued individuals
- Partners and families of high-profile individuals
- Anyone who wouldn't feel comfortable in a group setting and prefers to do their work privately

WHAT WE DO

Private intensives are designed to help people dealing with anything from trauma and addiction to grief and other personal issues. Licensed professionals help individuals identify the root causes of negative behaviors and provide the tools necessary to make positive change. Our customizable short-term intensives can easily fit into their busy schedules and can also address issues between family members or spouses, allowing for whole family healing.

FEATURES & BENEFITS

- Secluded setting to provide confidentiality
- Highly customizable short-term programming
- Intensive workshop tailored to client's specific needs
- Change of location to allow freedom from daily distractions
- Team of highly qualified experts utilizing state-of-the-art modalities
- Flexible schedule in terms of length of stay and topics addressed
- Can accommodate individuals, couples, or families
- Ability to coordinate, collaborate, and confer with referents & other professionals on their team
- Sensitive to unique challenges of high-profile clients



RioRetreatCenter

AT THE MEADOWS

Rio Retreat Center's transformative intensive workshops and private intensives have been designed by mental health experts and are facilitated by licensed, master's-level therapists and certified professionals. 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.



HOW PRIVATE INTENSIVES CAN HELP

Our experts are equipped to handle a wide range of emotional, relational and addiction issues. Our intensives can:

- Jump-start a recovery process, prevent relapse, or heighten existing recovery
- Understand the impact childhood experiences have had on self-esteem and current functioning
- Explore self-defeating patterns affecting your life negatively
- Create an opportunity to heal from betrayal, whether from intimate partners or exploitation by marital, familial, relational, professional, or religious relationships
- Release painful emotions and reclaim personal power
- Provide psycho-education on anxiety, depression, and cyclic mood disorders as well as address issues that can exacerbate them
- Explore painful, obsessive, addictive relationships or processes that negatively influence individuals and relationships
- Explore unhealthy sexual patterns and behaviors that deeply impact the ability to connect relationally
- Identify current boundary challenges and develop healthy boundaries
- Improve communication to enhance relationships and connections
- Increase self-esteem and practice better self-care
- Influence future generations by breaking the cycle of unhealthy family relationships
- Acquire tools to support continued recovery

LOCATION

Rio Retreat Center at The Meadows is located on a vast restored historic ranch in Wickenburg, Arizona. While confidentiality is always important to us, Private Intensives take place in a secluded building on our ranch to enhance confidentiality. Lodging options include our private Rio Suite, off-site homes, and local hotels.

TRANSPORTATION

Private transportation from and to the airport included, including private airports in Scottsdale and Wickenburg. The Wickenburg Airport is 15 minutes from Rio Retreat Center; the runway is fully capable of handling both small and large aircraft such as the Gulfstream IV and offers full fuel service for jet customers.

REGISTRATION

For cost and to register, contact our Private Intensive Specialist at 833.749.4891.

MORE INFO

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

