

Register by calling 800.244.4949

www.rioretreatcenter.com

The **Rio Retreat Center at The Meadows** offers a variety of unique workshops available to all interested individuals. Many workshops specifically address the needs of those who have just begun a recovery process while others help those who are stable in recovery and ready for the next stage or want to deepen their experience. Workshops can also be a source of renewal for anyone who has undergone treatment. Participants work on sensitive issues in a concentrated format, allowing them to enhance their personal journey by gaining insight into unhealthy, embroiled patterns, and practicing new relational skills within a safe environment.

## EMOTIONAL TRAUMA

### SURVIVORS I: HEALING CHILDHOOD RELATIONAL TRAUMA

Delves into childhood trauma that impacts current day life. Conducted weekly with the exception of Thanksgiving, Christmas and New Year's.

### SURVIVORS II: ALUMNI CONTINUING THE HEALING JOURNEY

Addresses unresolved trauma and self-defeating behaviors that are manifested in dysfunctional patterns. (Prerequisite: Survivors I)

Jan. 28 - Feb. 1	May 6-10	Aug. 5-9	Oct. 28 - Nov. 1
Feb. 25 - Mar. 1	Jun. 3-7	Sept. 2-6	Nov. 18-22
Apr. 1-5	Jul. 1-5	Sept. 30 - Oct. 4	Dec. 16-20

### MENDING HEARTWOUNDS: BRINGING CLOSURE AND HEALING TO UNGRIEVED, FORGOTTEN, OR HIDDEN LOSS

Serves to assist participants in furthering resolution surrounding loss.

Apr. 15-19	Aug. 12-16	Dec. 2-6
------------	------------	----------

### THE BETRAYAL BOND: BREAKING FREE OF ABUSIVE AND EXPLOITIVE RELATIONSHIPS

Designed to help participants free themselves from, and recover from, abusive and exploitive relationships, processes, and situations.

Mar. 18-22	Jun. 24-28	Sept. 23-27	Dec. 2-6
------------	------------	-------------	----------

## RELATIONSHIPS

### COUPLES BOOTCAMP

Examines and improves existing intimate relationships.

Jan. 7-11	Apr. 22-26	Sept. 2-6	Dec. 9-13
Feb. 18-22	Jun. 3-7	Oct. 7-11	
Mar. 25-29	Jul. 15-19	Nov. 4-8	

### LOVE ADDICTION/LOVE AVOIDANCE

Explores the interactive cycle between relationship dependence and avoidance.

Jan. 14-18	Apr. 29 - May 3	Jul. 29 - Aug. 2	Oct. 28 - Nov. 1
Feb. 11-15	May 27-31	Aug. 19-23	Nov. 18-22
Mar. 4-8	Jun. 17-21	Sept. 16-20	Dec. 16-20
Apr. 1-5	Jul. 8-12	Oct. 7-11	

### HEALING INTIMATE TREASON: FOR PARTNERS OF SEX ADDICTION

Designed to repair the trauma experienced by partners of sex addicts.

Jan. 7-11	May 6-10	Aug. 26-30	Dec. 9-13
Feb. 11-15	Jun. 17-21	Sept. 30 - Oct. 4	
Mar. 25-29	Jul. 22-26	Nov. 11-15	

### DISCOVERY TO RECOVERY: AN INTENSIVE SERIES FOR COUPLES HEALING FROM SEX ADDICTION

Three individual intensives designed to help couples whose relationships have been shattered by sex addiction to begin to heal and recover.

**Part 1 - Therapeutic Disclosure:** Private and scheduled upon request.

**Part 2 - Impact:** Jan. 28 - Feb. 1 | Sept. 23-27

**Part 3 - Advanced Recovery:** Mar. 11-15 | Jul. 8-12 | Nov. 11-15

## FAMILY MATTERS

Intervenes on dysfunction within the family system and builds family strengths. Scheduled upon request.

## PERSONAL GROWTH

### MEN'S SEXUAL RECOVERY

Offers men healthy alternatives to compulsive sexuality.

Jan. 14-18	Apr. 8-12	Jul. 1-5	Oct. 14-18
Feb. 4-8	Apr. 29 - May 3	Jul. 29 - Aug. 2	Nov. 4-8
Feb. 25 - Mar. 1	May 20-24	Aug. 19-23	Dec. 2-6
Mar. 18-22	Jun. 10-14	Sept. 16-20	

### JOURNEY OF A WOMAN'S HEART: FINDING TRUE INTIMACY

Addresses sensitive sexual concerns experienced by women.

Feb. 18-22	May 13-17	Oct. 21-25
------------	-----------	------------

### SPIRIT QUEST: SELF-DISCOVERY THROUGH HORSES

Combining The Meadows Model, Somatic Experiencing®, mindfulness, and natural horsemanship this unique, cutting edge workshop allows for a distinct healing experience.

**5-Day:** Mar. 11-15 | Nov. 11-15 **3-Day:** Jan. 25-27 | Oct. 4-6 (For Professionals)

### THRIVE: GOING TO THE NEXT LEVEL

Releasing dysfunctional roles and embracing new ones empowers us to experience our full potential.

Apr. 22-26	Jul. 22-26	Oct. 21-25
------------	------------	------------

### MIND & HEART: A MINDFUL PATH TO WHOLEHEARTED LIVING

Cultivates greater awareness and compassion for the self-defeating patterns of thinking, feeling, and behaving—which are critical steps in making meaningful and lasting change.

May 13-17	Oct. 14-18	Nov. 15-17 (For Professionals)
-----------	------------	--------------------------------

### LIFE WITHOUT ED: TRANSFORM YOUR RELATIONSHIP WITH FOOD AND YOUR BODY

Based on the best-seller Life Without Ed® and co-facilitated by author Jenni Schaefer, this 3-day workshop will help participants to move beyond problems with eating and body image and to jump into their own life.

Jan. 31, 2020 - Feb. 2, 2020

### COMING HOME: REACHING TRUE IDENTITY AND ORIENTATION EMPOWERMENT; FOR THE LGBTQ+ COMMUNITY

This workshop was created to help individuals embrace their true identity and orientation, gain empowerment, and overcome past hardship and isolation.

Aug. 12	Nov. 11
---------	---------

### WELLNESS RESET: A NUTRITION AND YOGA RETREAT

Wellness Reset is a holistic workshop that integrates contemporary nutrition education and body based therapies with the ancient wisdom and philosophies of yoga and mindfulness.

Aug. 9-11	Oct. 11-13	Jan. 31, 2020 - Feb. 2, 2020
-----------	------------	------------------------------

### SUCCESS IS AN INSIDE JOB: A PROFESSIONAL GROWTH WORKSHOP

Based on the Inside Job approach developed by Dr. Judith F. Chusid, Ph.D. attendees are helped to identify and resolve behavior patterns and fear of success issues that interfere with success.

Sept. 23-27