



B.P.R. Therapy, Mediation & Coaching Services

Weekend Retreat Information Sheet

What is a weekend retreat?

A weekend retreat is therapy that takes place during one day of the weekend, the entire weekend or multiple weekends. It consists of agreed upon breaks, activities, topics, and dining options made between the therapist and client which makes for a fulfilling and productive weekend. The structure of the weekend is vital as it sets the stage for an invaluable and exceptional experience. A weekend retreat is specifically designed to help couples and/or families to achieve a considerable amount of progress in a relatively short amount of time.

Who are weekend retreats for?

Weekend retreats are for couples/families who are looking to address and work on their relationship. Many people participate in weekend retreats for various reasons. The most common reasons are that (1) the couple/family live in different States and a weekend retreat is a neutral location, (2) the couple/family has been feeling stuck for quite some time and things are getting worse and/or (3) the couple/family wants to make faster progress in a shorter period of time compared to the standard weekly sessions. Some families or couples simply find weekend retreats appealing or different and can use a change of scenery and approach toward their problem. Other couples/families may be on the brink of a divorce, experiencing separation, having blended family issues, infidelity in their marriage and/or constant fighting with little to no quality or enjoyable time together. Weekend retreats are for those who want to invest their resources (money, time and energy) into the experience that will loosen them out of the rut they have found themselves in.

Is a weekend retreat appropriate for me and my partner/family?

If you and your partner or any configuration of family members agree to participate in a weekend retreat, you are an appropriate candidate. When there is a lack of consensus, it is best to come to an agreement before proceeding with any plans to participate in a weekend retreat. Weekend retreats do not work well for people who are experiencing psychosis such as schizophrenia or individuals struggling with substance abuse, addiction or active suicidal individuals. It is important to note that weekend retreats are not interventions and maybe inappropriate for physically volatile relationships.

Benefits

There is a plethora of benefits to participating in a weekend retreat. It takes place during the weekend therefore does not interrupt your work week except for travel. It's flexible, meaning we stop and start as we see fit and are not restricted to the one hour a week format. The change of scenery is always nice. There is more continuity than traditional therapy meaning we don't wait a week to talk again. Finally, there is an increase in the quality enjoyable and productive time spent with loved ones.

Risks

There is the potential for emotional and/or psychological discomfort that exists in all therapy. To address this, a safety plan is created with everyone which includes people to call, places to go and personal techniques such as taking a time out to get some air or taking a solo walk can be used if stress levels are too high. These safety plans are established at the beginning of therapy with each participant.

Structure

Structure refers to three aspects of therapy; (1) meeting start and stop time throughout the day, (2) who is in session when (3) and paperwork. Prior to the retreat, paperwork such as basic background information is covered. A plan for the day is created with everyone which includes breaks, activities and lunch and dinner options as well. Some activities may include a walk in the park, going to the mall, Museum or locally landmarks which may or may not include the therapist. At some point throughout your weekend, everyone will have an individual session. Any configuration of who is in therapy is possible. This is largely determined by what is needed most given the circumstance. An example of how time is structured is below.

Cost

The cost for a weekend retreat is \$150 per hour or about \$600 - \$900 per day. Flat daily or weekend rates can be negotiated. The client is responsible for airfare, dinning, activities, and hotel costs. A list of hotels and dining options are available upon request.

Location

Iowa and Illinois

Example Itinerary: Matt & Molly

9:00 am - 10:00: Safety planning

10:00 am - 12:00 pm: Session - Parenting styles including assessments

12:00 am -1:30 pm: Lunch at Panera Bread

2:00 pm - 3:00 pm: Session - Addressing childhood trauma

3:00 pm - 4:00 pm: Individual Session with Matt - Breathe work to help manage anger

4:00 pm - 5:00 pm: Individual Session with Molly -

5:00 pm - 6:00 pm: Couple Session - Communication

7:00 pm - 8:30 pm: Dinner (Couple decides to dress up for dinner at Olive Garden)

8:30 pm – 9:00 pm: Wrap up

Please contact me directly for further questions.

I hope to hear from you soon.

**You can email me at bpr@bprtmcs.com or
call me at (319) 331-5950**