

Emotional Sobriety Retreats

Emotional sobriety retreats are 2-week programs that include a family reconstruction retreat. A small, intimate group begins their process in Memphis, they are transported to and attend a weekend intensive in northern Mississippi, and then they return to Memphis to further their process and healing. These are the most intensive workshops we offer and are reserved for more experienced clients who have adequate sobriety and recovery skills.

Clients must be familiar with therapy and have attained some level of stability in their lives. If you're ready to go deeper, if you've come to realize that you're stuck or you're just not emotionally content, if you're willing to let go completely and trust the process then this might be your program. Maybe you are struggling with a substance such as nicotine, caffeine or sugar. Maybe you need help finding a balance in a behavior such as work, sex or relationship. We have a wealth of holistic practitioners and can treat a variety of issues.

All participants will be screened as to their appropriateness for this program, and an individualized healing plan developed to meet their needs. This program is designed for anyone looking to improve the quality of his or her life, and willing to invest the time effort and energy to do so.