



RIO: recognition insight and openness

RIO Workshop A: Wednesdays 11-12:15

Session 1: Wednesday, October 6
Session 2: Wednesday, October 13
Session 3: Wednesday, October 20

RIO Workshop C: Wednesdays 11-12:15

Session 1: Wednesday, November 3
Session 2: Wednesday, November 10
Session 3: Wednesday, November 17

This date starting soon:

RIO Workshop E: Fridays 12:30-1:45

Session 1: Friday, September 24
Session 2: Friday, October 1
Session 3: Friday, October 8

RIO Workshop B: Thursdays 12-1:15

Session 1: Thursday, October 7
Session 1: Thursday, October 14
Session 1: Thursday, October 21

RIO Workshop D: Thursdays 12-1:15

Session 1: Thursday, November 4
Session 2: Thursday, November 11
Session 3: Thursday, November 18

RIO Workshop F: Fridays 12:30-1:45

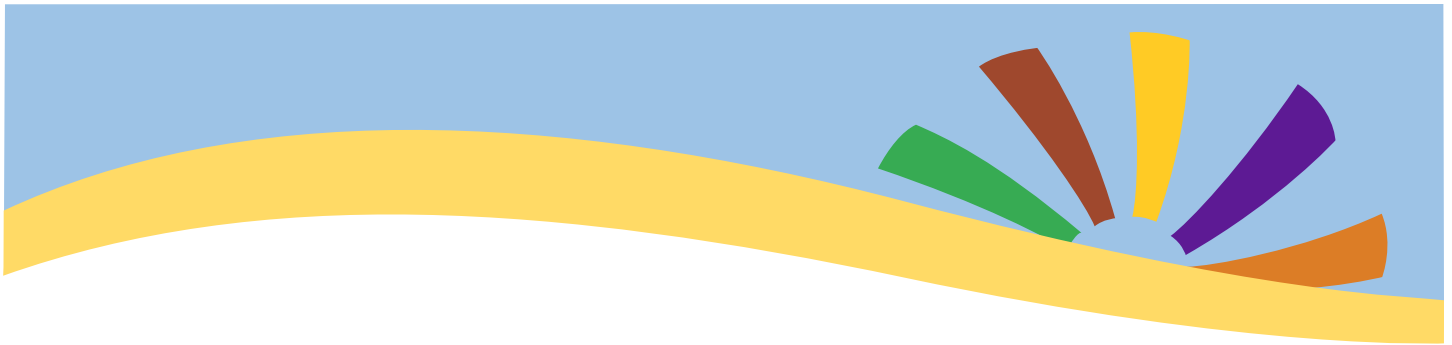
Session 1: Friday, October 22
Session 2: Friday, October 29
Session 3: Friday, November 5



Must attend all 3 sessions, can make up a session if it immediately comes before or

Call CSC to sign up at 312-4416 or email: jane.leblanc@oswego.edu

All sessions in 150 Mary Walker Health Services, Counseling Services Center



Let's talk about RIO. RIO stands for Recognition, Insight and Openness. This is a workshop that teaches skills to handle painful thoughts and feelings effectively, so they impact and influence us less. Many basic human emotions are painful, including sadness, anger, anxiety, guilt, fear, embarrassment, etc. Basically, **everyone experiences psychological pain**. Not only is pain a normal part of being human, but **pain communicates important information about our experiences**. Much like how the pain from a paper cut tells us that we have an injury, psychological pain serves a similar function.

Psychological pain is often what prompts people to seek counseling. RIO was not designed to get rid of or necessarily solve whatever it was that brought you into Counseling Services. No three-session workshop could do that. Instead, RIO focuses on **changing our relationship with our psychological pain** and **creating flexibility** in how we respond to it. We do not have to get stuck with avoiding pain as our only option for managing it. We can learn other strategies and tools to manage our distress.

RIO was designed to:

- help you gain a deeper understanding of the issue or issues that prompted you to seek counseling
- create flexibility in how you view and approach these issues
- help you become aware of your moment-to-moment experiences
- help you take the first steps towards living with a wide range of human emotions
- help you get a better sense of your personal values goals, and how you want to focus your energy.

The three seminars are divided into content that builds upon itself. Each topic in RIO gets its own week. This is why ***it is very important to commit and attend all three sessions.*** There may be an opportunity to make up the missed class on the day after your missed day, ***see schedule.***

