

## Frequently Asked Questions (FAQs)

### What is RIO?

RIO is a 3-week workshop that focuses on **R**ecognition, **I**nsight and **O**penness. It was specifically designed to help people with their emotional concerns.

### Why does RIO use a 3-session model?

Teaching RIO over the course of three sessions allows you sufficient time to understand the concepts with time to practice in between sessions. Keeping it to 3 weeks allows you to find time in your busy schedule to learn RIO. If you find that you want more time to build the skills in the model, you may complete the RIO workshop again.

### Why do I have to do homework?

The focus of this workshop is on building skills; in order to successfully build skills, regular practice is essential. The more you practice, the more you may find you get out of this workshop. You will not be required to provide your homework responses at any time during this workshop.

### What if I didn't do my homework?

We strongly recommend completing the homework. The students that report the most benefit from RIO are the ones that are able to practice between sessions and beyond. If you are unable to complete an assignment, we encourage you to come to your next scheduled RIO workshop anyway.

### What if I don't feel comfortable in groups?

This is a common concern. RIO is structured and curriculum-driven like a classroom. You may find that you feel comfortable enough to share some of your experiences in the seminars; this allows all the participants to learn and support one another. However, **you are not required to speak if you do not feel comfortable doing so.** You can still benefit from the information presented. **The RIO facilitators respect each participant's right to disclose or not and never require you to share sensitive or potentially embarrassing information about yourself.**

### What if I have an urgent need to see a counselor during RIO?

Simply let the RIO facilitator or Counseling Services' front desk staff know and they will help you get the help you need.

### **What if I have a problem that's hard to define?**

This is one of the ways RIO can be particularly helpful. Because it is designed to get you better in touch with your own experiences and goals, RIO may help you define what it is you are looking for.

### **What if I have a mood disorder that is probably the result of a biochemical irregularity?**

Even with an identified mood disorder, such as Major Depression or Bipolar Disorder, change-oriented approaches can be very helpful. Improving our ability to recognize our experiences will enhance our ability to identify mood episodes. The earlier someone with a mood disorder is able to accurately determine when a mood episode is happening, the more efficiently that person can be at managing that mood episode. Plus, research suggests that various psychotherapies change the brain in positive ways, even when there is a biochemical irregularity (e.g., Beaugregard, 2007; Kumari, 2006; Linden, 2006).

### **What if I am survivor of a traumatic event?**

While no one can change events that have already happened, we can learn to become more aware of how these experience impact us today. **We can learn to listen to the stories we tell ourselves about what happened, the evaluations that we might apply to ourselves or others, the feelings and bodily sensations associated with what happened, and how our behaviors and actions have been affected.** By staying true to our experiences instead of trying to control our thoughts, feelings, and sensations, we can often achieve a more fulfilling life, even in the face of traumatic events.

### **What if I want to get to the origin or "root" of my problem?**

Many people believe that if we only knew the root cause of our problems then we would have the solution to the problem. **Although it is true that our behaviors (including thoughts and feelings) are related to our experiences, it is not necessarily true that just identifying the root cause guarantees our current behaviors will change.** If you feel that getting to the origins of your concerns is essential for your change process, we can recommend a variety of alternative options, including referrals to mental health providers that specialize in this type of therapy.