THERAPY INTENSIVE:

Recovering from Trauma

Progressing from survivor to thriver…
You don’t ever have to live this way again.

www.santecenter.com • 940-464-7222
We are proud of our distinguished past and more than 20 years of life-changing work. And it is to the future we look for even greater achievements with you.
For more than 20 years, Santé Center for Healing’s medical and clinical staff has worked with patients, clients and their families to identify and address core, unresolved trauma resulting in substance abuse disorders, eating disorders, problematic sexual behavior and other process/behavioral addictions.

In addition to assessments, detox, residential programming, intensive outpatient, transitional living, family education and therapy, ongoing alumni support and professional education courses, Santé offers two highly concentrated and effective 4-day Therapy Intensives.

Santé’s Therapy Intensive: Recovering from Trauma offers a highly concentrated 4-day Therapy Intensive to identify and address each attendee’s stuck points preventing the necessary footing to move past trauma-related symptoms and conditions. This intensive therapy experience helps attendees face trauma (sexual, physical, emotional) in a safe, serene, supportive environment primarily using an innovative approach from Cognitive Processing Therapy (CPT by Resick, Chard, Monson). Intensives also integrate DBT (Dialectical Behavior Therapy), CBT (Cognitive Behavioral Therapy) and experiential therapy like Equine Therapy and Art Therapy.

Recovering from Trauma was developed by one of Santé’s renowned psychologists and is facilitated by a multidisciplinary team to create a high intensity therapeutic experience for those with unresolved trauma.

Attendees will depart their Therapy Intensive with the confidence and ability to understand and re-conceptualize their traumatic event(s) and use adaptive coping strategies in a way that reduce trauma’s ongoing negative effects on their life.

**WHAT PREVIOUS ATTENDEES HAVE SAID**

“The Trauma Intensive course helped me identify and understand the areas where I had been stuck in my life - and the false belief systems I had associated with those areas. I have discovered the roots of certain behaviors and ways of thinking in my life and have gained tools to deconstruct faulty perspectives regarding myself, others (relationships), and the world around me. I have rediscovered my true self with no shame or guilt! I have realized I need others, and I deserve a safe and healing place, such as this, to be real and grow, surrounded by knowledgeable and compassionate therapists and others, who in spite of differences, show me I am not alone in my search for wholeness. I highly recommend this course to anyone desiring assistance to navigate their lives and enrich all that they are and are to be.” – Kelly, October 2016

“After many years of inpatient and outpatient therapy, this is the first time I feel hope for the future, that I am finally treating the root problem. Thank you. Big smile! Thank you to the kind, compassionate, brilliant and insightful staff. I am truly blessed.”
Progressing from survivor to thriver... You don’t ever have to live this way again.

WHO SHOULD ATTEND

• New to recovery
• Outpatient therapy has stalled
• Past therapy did not meet goals
• Need more than outpatient sessions but do not need residential-level of care
• Believe individuals and families can regain vigor and vitality after experiencing hope, health and healing
• Desire a more immediate, intense concentration on trauma experience(s) and to see positive outcomes and results more quickly
• Looking for recovery renewal
• Recognize if left unaddressed, the trauma experience(s) will prevent experiencing needed relief and full-potential in life and relationships
• Completed residential treatment but recognize the need for additional work on core issues, like traumatic life experiences
• A Monday-Thursday therapy intensive aligns with your schedule
• Looking for ways to heal from past, current, and future traumas

GOALS FOR THE INTENSIVE

• Move past trauma without normal daily distractions.
• Identify, understand and address the impact trauma has on all aspects of one’s life.
• Identify beliefs about the causes and consequences of traumatic events which produce strong negative emotions, ultimately preventing accurate processing of the traumatic memory and the emotions resulting from the events.
• Explore potential blocks to the natural recovery process by using avoidance of traumatic triggers as a strategy to function in day-to-day living.
• More accurately appraise “stuck points” and progress toward recovery.
• Gain confidence and ability to understand and re-conceptualize traumatic event(s) and use adaptive coping strategies in a way that reduces trauma’s ongoing negative effects on your life.
2017 INTENSIVES DATES
January 23-26 (Codependency*)
March 27-30 (Trauma)
April 17-20 (Codependency*)
June 19-22 (Trauma)
July 17-20 (Codependency*)
September 11-14 (Trauma)
October 9-12 (Codependency*)
December 4-7 (Trauma)
*If you’d like more information about Recovering from Codependency, please email intensives@santecenter.com

TIMES
Monday–Thursday:
8 a.m. to 5 p.m., unless otherwise noted.

LOCATION
An idyllic setting at Santé Center for Healing in Argyle, Texas (just north of Dallas/Fort Worth)

FORMAT
30 hours of trauma-informed group therapy to identify, acquire and integrate vital and effective tools for healing and breakthroughs. Participants are supported with individual sessions as needed.

EFFECTIVENESS
Attendees reporting significant reduction in PTSD symptoms
100%

Attendees reporting significant reduction in symptoms of depression. (Most participants moving from Moderate-Severe depressive symptom category to Mild-to-None depressive symptom category)
85%

INVESTMENT
$2,500 ($1,250 deposit) includes: all Intensive materials, equine therapy, art therapy, group therapy and meals, snacks, and lodging for four days. The deposit is required prior to scheduling; payment is due in full 2 weeks before. Since Santé’s Intensives fill quickly, we encourage making reservations weeks in advance.

REGISTRATION
Space is limited to 8 participants.
Register by calling Kerrie Sanders at 940.464.7222 or email intensives@santecenter.com.

Participant guidelines are available upon registration.

Register today!