

# THE THERAPY INTENSIVE: Recovering from Codependency



Progressing **from surviving**  
an overwhelmed state  
of rescuing and managing others  
**to thriving** in a true, fulfilling reflection  
of your unwavering, unique value  
and place in the world

[www.santecenter.com](http://www.santecenter.com) • 940-464-7222

We are proud of our distinguished past and more than 21 years of life-changing work.  
And it is to the future we look for even greater achievements with you.



# THERAPY INTENSIVE: Recovering from Codependency

For more than 20 years Santé Center for Healing's medical and clinical staff has worked with participants, 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:

***Recovering from Trauma*** and  
***Recovering from Codependency***.

***Recovering from Codependency*** offers new skills and ways of thinking to assist in their recovery in a safe, serene, supportive environment using an innovative theoretical approach that seamlessly and meaningfully integrates Relational Cultural Theory (RCT: Jordan), Bowen Family Systems (Bowen) and skills from Cognitive Processing Theory (CPT: Resick, Chard, Monson). This 4-day healing journey integrates Experiential Therapies throughout the Therapy Intensive and includes Equine Therapy, Art Therapy, and DBT (Dialectical Behavioral Therapy: Linehan) grounding mindfulness skills.

Developed by one of Santé's renowned psychologists and facilitated by a multidisciplinary team, ***Recovering from Codependency*** aims to bring rapid healing and change to those with unresolved codependent behavior that prevents them from fully living.



**"I have a clear realization now that I can only control myself. Through the Intensive course, I began learning how to let go of things outside of myself that I previously tried to control. I am free."**

Santé's Therapy Intensive: ***Recovering from Codependency*** offers an opportunity to identify and address each attendee's stuck points preventing the necessary footing to move past symptoms and conditions that maintain their codependency. Codependence is often misunderstood to be someone who chooses to assist individuals in their addictive behaviors. More accurately, codependence is a manner of learning the skills to survive in a chaotic environment. Spending a significant amount of time using these survival skills can take over healthier ways of living; hence, day-to-day ways of thinking lead to continual stress and anxiety and significantly interfere with our most important relationships.



**"I now have tools to feel confident setting and maintaining boundaries."**

**SANTÉ CENTER FOR HEALING**

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## PARTICIPANT OUTCOMES: *Codependency Intensives 2017*

PARTICIPANTS REDUCTION OF  
ANXIETY SYMPTOMS • 92%

PARTICIPANTS REDUCTION OF  
DEPRESSION SYMPTOMS • 90%

PARTICIPANTS THAT WOULD RECOMMEND  
THIS INTENSIVE TO OTHERS • 100%

PARTICIPANTS OVERALL SATISFACTION  
WITH INTENSIVE • 96%

PARTICIPANTS THAT ACQUIRED  
LIFELONG HEALING SKILLS • 96%

THERAPY TEAM CREATED SAFETY , GUIDANCE,  
AND RELEVANT FEEDBACK TO PARTICIPANTS • 95%

PARTICIPANTS PERSONAL BENEFIT  
FROM COURSE • 95%

## WHO SHOULD ATTEND

Adults who struggle with:

- Guilt and shame, often at core of codependency
- Creating and maintaining personal boundaries
- One-sided relationships
- Patterns of rescuing people, leading to constant thoughts of other person's needs
- Identifying, expressing and/or meeting their own needs and desires
- Perfectionism as a way of life; feeling as if any mistake is a major personal shortcoming
- Fear and insecurity in relationships
- Loving self as you are (self-worth)
- Understanding yourself independently of your relationships
- Accepting criticism or praise
- Taking on the responsibilities of those around you

## TESTIMONIALS FROM INTENSIVE ATTENDEES

"I learned to accept my shortcomings and understand I am not the only one who experiences them. The team helped me realize other people are not in charge of my happiness and I do not have to fix and try to change others."

...

"The facilitators taught us how to identify codependent thoughts and behaviors, recognize negative cognitions surrounding our perceptions of self, followed by learning how to disarm these messages. I was so impressed with the entire therapy team; how they encouraged us to help each other and become our own consultants. I have hope. Thanks y'all!"

...

"After identifying stuck points and seeing them written down, it was easier to see how maladaptive they were and work on deconstructing and counteracting them. It will help to not have these unhealthy messages playing constantly in my head."

...

"The codependency intensive helped me recognize the overarching effect my family of origin has had on my thinking and behavior. The instructors and coursework provide ways for us to move past the damaging messages from our past."

...

"The codependency intensive taught me practical ways to deconstruct unhealthy thoughts and behaviors. The intensive helped me let go of deep-seated shame, sadness, and grief I had been carrying for years. The feedback from Dr. Reimers and the therapy team was invaluable."



## GOALS FOR THE INTENSIVE

- Learning to create healthy interdependent (rather than dependent) relationships
- Establishing boundaries and enforcing them in a healthy and respectful way
- Improving self-perception and self-esteem
- Experiencing new ways of communicating with a partner, family and friends
- Changing patterns of thought to inspire new growth and deeper intimacy
- Exploring unspoken rules that continue to support codependent thinking
- Celebrating that attendees are worthy of love and connection



# THERAPY INTENSIVE: RECOVERING FROM CODEPENDENCY

## Register Now.

### 2018 INTENSIVES DATES

- January 22-25 (Codependency)
- March 26-29 (Trauma\*)
- April 23-26 (Codependency)
- June 18-21 (Trauma\*)
- July 23-26 (Codependency)
- September 17-20 (Trauma\*)
- October 22-25 (Codependency)
- December 3-6 (Trauma\*)

*\*If you'd like more information about Intensives for **Recovering from Trauma**, please email [intensives@santecenter.com](mailto: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

The format is primarily group therapy, including 30+ hours to identify, acquire, practice, and integrate vital and effective tools for healing and recovery. Participants receive supportive individual sessions as needed.

### INVESTMENT

\$2,500 (\$1,250 deposit) includes: all Intensive materials, equine therapy, art therapy, group therapy and meals, snacks, and area 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 or Kelly Briggs at 940.464.7222 or email [intensives@santecenter.com](mailto:intensives@santecenter.com).

Participant guidelines are available upon registration.

Register today!



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