



www.santecenter.com

800.258.4250

July 2018



FREE TO BE ME AND YOU

Chimes of Freedom (Bob Dylan)? Freedom (Pharrell Williams)? Philadelphia Freedom (Elton John)? Freedom (Beyoncé)? Whether it is on your playlist or the hits list, freedom often resonates as a recurring theme in music. All of these songs speak to the power of freedom, the new found joy in freedom, and how life has been positively transformed through freedom. Yet my favorite choruses of freedom are from Santé's alumni, patients, and their loved ones as they attest to the freedom they've found in recovery. It is a humbling honor to be with you in this life-changing work... freedom from addiction!

Sam Slaton, M.Ed., LPC-S, MBA, MHSM
Chief Operating Officer
14 years at [Santé Center of Healing](#)



For Your Calendar

August 8-10

"Maintaining Proper Boundaries" Course

[Learn More!](#)

September 17-20

Intensive Workshop

Mindful Transformation: Redefining Your Trauma

[Learn More!](#)

October 12

CPT (Cognitive Processing Therapy) Training with CEUs

October 19-20

IITAP Collaborative event at Santé Center for Healing

October 22-25

Intensive Workshop

Free To Be Me: Rescuing Yourself from Codependency

#EveryDayIsAGift...



LIVING AN UNBELIEVABLE LIFE

Addiction, Freedom & Recovery

"Today, Choose You." - Lisa King



Lisa King, MS, NCC, LPC-Intern
Intensive Workshop Therapist
2 years at Santé

FREE TO BE ME: RESCUING YOURSELF FROM CODEPENDENCY

5 Reasons to attend the Intensive Workshop:

- Learn to create healthy interdependent (rather than dependent) relationships
- Establish boundaries and enforce them in a healthy and respectful way
- Improve [click here for more!](#)



Brian Simpson, LCDC Intern
Aftercare & Alumni Coordinator
4 years at Santé

In July, we as Americans, celebrate our Independence and Freedom from Tyranny. For those suffering from addictions, freedom is still yet unattained. Freedom, as defined, is the power or right to act, speak or think as one wants without hindrance or restraint. At Santé we work tirelessly to help addicts find true and lasting freedom through Recovery - impacting generations to come.

Because Santé Center for Healing was founded nearly 22 years ago as a Professionals' Program, we have alumni all across the United States, Canada and other international locations whose recovery has positively impacted their personal lives as well as enhanced their professional impact - as physicians, as nurses, as lawyers, as therapists, as pharmacists, as executives, as clergy.

For our alumni who are receiving this newsletter because of your mental and behavioral health work, mark your calendar for the Alumni Retreat, October 26 & 27. Formal invitation to follow or contact Brian now at alumni@santecenter.com for more details.

From Our Community



"Freedom"
[Chris Groff](#), MA, JD, LPC, ASAT, EFT

Reflections for You

- What does freedom mean to you?
- Name some shackles keeping your clients and patients from being free.
- If you could give up one thing today and walk away from it free, what would it be?

Reflect on your own, or share your insights with us. We'd love to hear from you.

Santé Connections

To reach our goal of providing individuals and

As a Counselor specializing in addictions, I am confronted daily with men and women who resemble prisoners. Some hide behind hunched shoulders, averted eyes, and mumbled or evasive answers, while others vigorously defend, deny, rationalize and excuse the behavior that landed them in my office. Whether they are engaging in flight or fight it soon becomes obvious their addictions imprison them. They believe admitting the truth will ostracize them from those that mean the most to them. They think, "If others saw the real me, I would be unacceptable and unlovable."

The addicts sentence themselves to a prison of lies, half-truths, and separation from those who love them. Sometimes they sentence themselves to solitary confinement by isolating while acting out. As the addiction snowballs into more and more acting out, isolation deepens and the addicts become more shame-filled, depressed or frantic to proclaim their innocence.

Virtually no addict wants to remain an addict. Most admit they hate the addiction that imprisons them but believes there is no escape. One of the great privileges of my job is to point them to the open prison door and the freedom that lies beyond.

Confession is the first step to freedom. Hiding and denying the truth are actually locks on the prison door. Confessing the addiction to trusted others begins the process of release. Rigorous honesty is next. Lying becomes a habit and most addicts are amazed at the freedom they feel when the truth is out. The final step is to fully embrace recovery. Often inpatient residential treatment kick-starts recovery, and it takes a village to keep it going. A community of like-minded people who accept addicts unconditionally gives them the freedom to be transparent and authentic. 12-step programs are a good place to find this kind of community. Confession, honesty and dedicated effort truly do set the addict free.

Chris Groff, Counselor
<http://fwcai.com/chris-groff/>

their families reach long-term recovery, we partner with mental and behavioral health professionals all across the United States for aftercare referrals, to encourage family members to do their own work, and so much more.

When you complete and submit the attached "Santé Connections" form, your information (level of care, specialties and the like) populates a searchable database utilized by our Intake/Admissions counselors, our Aftercare Coordinator and our family therapists.

Complete and submit the [Santé Connections](#) form today!

Continuum of Care: Supporting Family and Friends

Addiction does not just impact your loved one. It profoundly impacts the entire family. That's why at Santé, we believe recovery is a family process. We offer a Family and Friends Support Group led by a therapist.

[Family and Friends Support Group](#)

For more information, please contact Santé's Family Communications Coordinator:
Ashley Fowler, MS, LMFT-A
Ashleyf@santecenter.com





Come Visit Us

- Tours Available by Appointment, Santé Center for Healing, 914 Country Club Rd., Argyle, TX
- July 29-August 1, 2018 - LASACT Conference, Baton Rouge, LA
- August 25-26, 2018 - Florida Professionals Recovery Network Conference, Amelia Island, FL



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STAY CONNECTED

