



www.santecenter.com

800.258.4250

September 2018



Discipline



[Dr. Melissa Pennington, DO](#)

Medical Director

3 years at [Santé Center of Healing](#)

Self-discipline is one of the key components to a healthy recovery. At the beginning of treatment, Santé provides structure and stability that is so often lacking when one is in the midst of an addiction. Over time, patients are able to take back more personal responsibility and practice the self-care, self-love and self-regulation they may have been lacking. Recovery is about retraining your brain- breaking free from past negative coping skills and learning new automatic thoughts and behaviors. It is a learned process and takes practice and repetition. Like anything in life, you get out what you put in. The journey is difficult, but incredibly rewarding. Self-discipline leads to a life of health, sobriety and self-worth. Freeing yourself by making amends to those you have wronged allows you to resume focus on yourself and continue to move forward in healthier way of life using the discipline you have learned.

"Addiction was writing my story, but I took the pen."

-Anonymous

[For Your Calendar](#)

[A Word from Our Alumni](#)

[October 12](#)

"Felt so happy to see the same gate,

Cognitive Processing Therapy (CPT) Training
with CEUs
SOLD OUT

October 19-20

IITAP Collaborative event at Santé Center for
Healing

[Learn more](#)

October 22-25

Intensive Workshop

*Free To Be Me: Rescuing Yourself from
Codependency*

[Learn More](#)

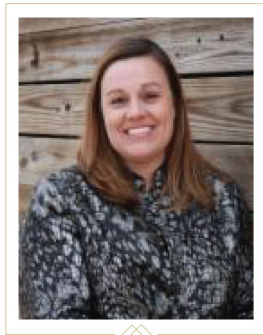
October 26-27

2018 Annual Alumni Retreat
Banquet Dinner and Workshops

[Learn More](#)

[More Upcoming Events](#)

"Today I Chose Me." - Lisa King



[Lisa King, MS, NCC, LPC-Intern](#)

Intensive Workshop Therapist

2 years at Santé Center for Healing

Free to be Me: Rescuing Yourself from Codependency

October 22-25

What happens in the 4-Day Intensives?

- Education on the dysfunctional family system
- Education on guilt versus shame
- Individuals learn to address patterns of problematic thinking and behaving
- Individuals learn new coping skills in order to challenge themselves when necessary
- Individuals learn the importance of loving and making themselves a priority
- Learning the importance of self-care through Interactive Clay Therapy
- Learning how to emotionally regulate through a session of Dialectical Behavior Therapy (DBT)
- Learning how to set boundaries and understand connection through a session

though I am in such a totally different place. Though it felt familiar, I found myself reflecting on all that has changed for me (recovery, marriage saved, practicing medicine again, having children, financially stable, etc.) since I was here."

-Santé Alumni, 2017 Retreat

Sacred Transformations



[Martha Graham, MA, LPC, CSAT-Candidate](#)

Primary Therapist/Case Manager

2 years at Santé Center for Healing

Santé Center for Healing is grateful to have Martha Graham, MA, LPC, CSAT-Candidate, on our team of clinicians. Martha has 20 years experience in mental health and addiction treatment. After running her private practice for 15 years and helped organize the SAID Program (Substance Abuse and Intimacy Disorder) at another treatment program, Martha chose Santé to be her new home. She and Santé share the same core value in that individuals should be treated as a whole and not just for addiction. Martha enjoys being an instrument that helps clients put their broken pieces back together so they can be proud and see themselves for who they truly are. She describes this transformation as "sacred," and we agree.

[Learn more about Santé's Clinicians](#)

1:6 RATIO OF
CLINICIANS TO CLIENTS

THE SANTÉ
ADVANTAGE

[Learn more](#)

Santé's Connection to You

To assist individuals and their families reach long-term recovery goals, we partner with mental and behavioral health professionals nationwide. Santé refers patients to these specialist in their area to continue care and counseling. Our team is always looking to expand our referral sources of qualified professionals.

When you complete and submit the attached "Santé Connections" form below, your information populates a searchable database utilized by the admissions department, aftercare coordinator and family therapists here at Santé!

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

Continuum of Care: Intensive Workshops

Santé's 22 years of experience in medical and clinical fields have come together in two highly concentrated and effective 4-day Intensive Workshops. These 30 hour workshops are offered to our clients, referrals and approved public. Groups are limited to 8 participants to ensure a safe and open atmosphere. Individual sessions are supported as needed.

- [Free to be Me: Rescuing Yourself from Codependency](#)
- [Mindful Transformation: Redefining Your Trauma](#)

For more information, please contact Santé's Intensive Workshop Therapist:
Lisa King, MS, NCC, LPC-I
940.293.7117
intensives@santecenter.com

Or, [see our upcoming events and workshops](#)

Meet our CEO, 18 Years and Counting



[Dennis Wade, MS, FACHE](#)

Chief Executive Officer

18 years at Santé Center for Healing

Dennis Wade, MS, FACHE, has been leading Santé Center for Healing since 1999... Yes, **18 years at Santé**. He came to Santé with over twenty years of experience in healthcare, eighteen of which have been in healthcare administration, including Chief Executive Officer experience in psychiatric and addictions hospitals. Mr. Wade is a Fellow with the American College of Healthcare Executives, has a B.A. from Hanover College, Hanover, Indiana, and has a M.S. from George Williams College, Downers Grove, Illinois. What many people don't know is that he was first a clinician, and it informs his executive decisions, too. His career began in healthcare at Mercy Center for Healthcare Services in Aurora, Illinois, where he was Program Coordinator of the Nelson Adolescent Program. From there, he moved to South Bend, Indiana, where he helped open Charter Hospital of South Bend; he was instrumental in designing, implementing, and administrating the clinical programming and eventually served as CEO of that hospital. After leaving Charter Hospital, he moved to Dallas where he became the Administrator of Green Oaks Hospital at Medical City Dallas and served on the Senior Management Team of Medical City Dallas Hospital. When asked what he loves about Santé, he replied: "To be able to deliver the highest quality of care to our patients for 20 plus years while maintaining the highest of standards through all of the ups and downs of the addiction treatment/mental health arena."

We are Honor by Your Confidence



Reflections for You

- How has practicing self-discipline affected your life?
- How has making amends improved your self-discipline?
- How has making amends and using self-discipline affected your relationship with others?

Reflect on your own, or [share your insights with us](#). We'd love to hear from you.

Come Visit Us

Tours Available by Appointment, Santé Center for Healing, 914 Country Club Rd., Argyle, TX

- September 14, 2018 Lone STAR Coalition Against Pornography Conference, Austin, TX
- September 15, 2018 Recovery in the Park (put on by FW TAAP), Ft. Worth, TX
- September 26, 2018 Fort Worth TAAP: CPT Presentation by Lisa King, Ft. Worth, TX
- September 26, 2018 OEDA (Oklahoma Eating Disorders Association) Conversations of Hope, Oklahoma City, OK



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STAY CONNECTED

