

# Long-Term Recovery Newsbites

www.santecenter.com

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800.258.4250



# Adam Karazuba, MSW, LMSW Director of Outpatient Programming 1 year at Santé Center for Healing

### Take Care of Today so You Can Handle Tomorrow

Step Ten of the Twelve Steps is "Continued to take personal inventory and when we were wrong promptly admitted it." This is an important task that can be done daily and should continue no matter how long you've been in recovery. The quicker you can determine a wrong was committed, admit to it and

apologize for it, the better things are for your recovery and the relationship with that individual. Taking a daily inventory will help keep you in check emotionally and on the right path. As we enter the holiday season, this is a vital step for those who feel increased stress and have strained family relationships.

# Intensive Therapy Workshops

### Trauma Intensive Workshop December 2-5, 2019\*

Mindful Transformation: Redefining Your Trauma is a 4-Day Therapy Intensive Workshop that helps participants identify and address stuck points - negative ways of thinking that stem from traumatic life events. Participants learn new skills and ways of thinking to assist in their recovery, by facing trauma (emotional, physical and sexual) in a safe, serene and supportive environment.

#### **Quotes from recent Trauma Intensive Workshop attendees:**

"Lisa is an awesome instructor and just the right therapists for this work because she doesn't present mere theories, but shares what has worked and continues to work in her own process and in the lives of many clients using CPT."

"I didn't even realize I was allowing negative stuck points affect me. I was able to recognize my trauma and work past years of fear from ONE worksheet. I truly believe I wasn't going to be a reliable source anymore and now I see how I really am... How I was false in my feelings. Very helpful!"

"CPT Process was very helpful in reducing my negative feelings related to my childhood trauma. Small group size, lots of individual attention. Highly recommend!"

For more information to see if trauma workshop is right for you, contact Lisa King, MS, NCC, LPC-Intern.

Phone: 940.293.7117

Email: lisak@santecenter.com

\*Space is limited

**Register Now** 



Scholarship Insights and Eligibility Requirements



2019 Alumni Retreat

# **Maintaining Proper Boundaries**

Next Course Offered: February 19-21, 2020\*

**Maintaining Proper Boundaries**, is a 3-day training course providing self-assessment, knowledge, awareness, skills, applicable tools and prevention strategies to healthcare professionals with difficulty maintaining proper boundaries with patients, colleagues and/or staff.

#### **Who Should Attend:**

This course is recommended to any licensed healthcare professionals in safety sensitive positions who experience difficulty establishing and maintaining proper boundaries. Hospitals, health systems, professional peer health programs may refer health care practitioners:

- as a preventative measure for continuing medical education specialized for healthcare professionals'
- as a behavior intervention
- or as an adjunct to a relapse prevention plan. Self-referrals are welcome.

**Register Now** 



Santé Center for Healing's Licensed Professional Assessment offers a fair, precise and objective investigation of a professional in crisis. Data collected during the assessment is used to gauge the professional's ability to return to work, provide monitoring recommendations and/or the necessity for him/her to seek further addiction treatment.

#### Some components of the assessment include:

- Psychiatric evaluation
- Biopsychosocial assessment
- General history and physical examination with screening laboratory studies
- Family systems assessment
- Clinical assessment and interviews
- Nursing assessment
- Collection of data from collateral sources
- History and examination by psychologist with psychological screening
- Additional testing, if necessary, including such tests as polygraphs and Abel
- Timely written report with any associated recommendations





# Continuing Education Events

Presented by:

SIPER Santé Institute for Professional

Education and Research

Join our growing Facebook group to stay in the know of all of our CE opportunities! Santé Institute for Professional Education and Research (SIPER)

Join SIPER for CEs

# **Upcoming Events**

#### December 2-5, 2019

**Intensive Therapy Workshop** Mindful Transformation: Redefining Your Trauma Learn More

#### January 27-30, 2020

Intensive Therapy Workshop Free To Be Me: Rescuing Yourself From Co-dependency Learn More

#### February 19-21, 2020

Maintaining Proper Boundaries Course Learn More

See More



When you submit the "Santé Connections" form, your information is accessible to Santé's intake counselors, aftercare coordinator, and family therapists for referral purposes.



Santé provides quality care and programs for long-term recovery. If there is anything we can do to improve, please <u>reach out to us</u>. When you reflect on our continued collaboration and/or our shared clients who are doing well, share the experience on Facebook or Google.

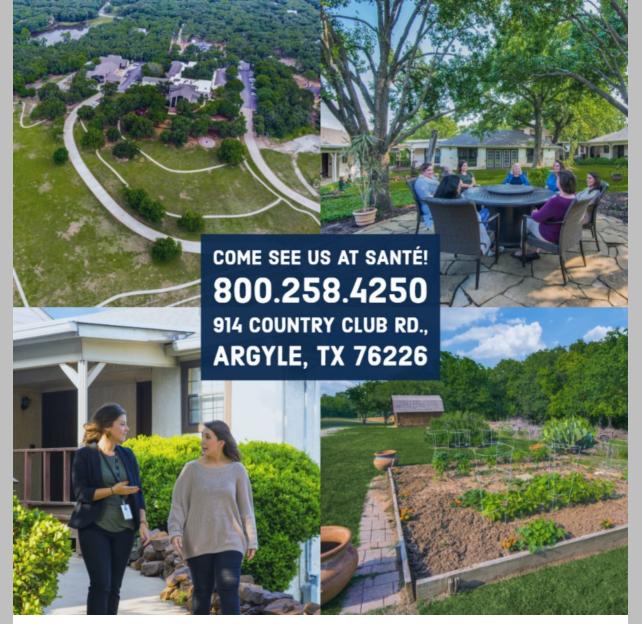














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