



Long-Term Recovery Newsbites

www.santecenter.com

October 2019

800.258.4250



Avery Rowles, MA, LPC, CSAT

Clinical Director

5 years at [Santé Center for Healing](http://www.santecenter.com)

Knowing When to Speak

"Good judgement, a careful sense of timing, courage, and prudence - these are the qualities we shall need when we take Step Nine. After we have made the list of people we have harmed, have reflected carefully upon each instance, and have tried to possess ourselves of the right attitude in which to proceed, we will see that the making of direct amends divides those

we should approach into several classes. There will be those who ought to be dealt with just as soon as we become reasonably confident that we can maintain our sobriety. There will be those to whom we can make only partial restitution, lest complete disclosures do them or others more harm than good. There will be other cases where action ought to be deferred, and still others in which by the very nature of the situation we shall never be able to make direct personal contact at all."

-Twelve Steps and Twelve Traditions, p. 83

"Step Nine is about an addict making amends to those they have hurt. It is difficult to know when or how to right our wrongs from those we love and whether it will benefit or hurt them. It takes discipline and guidance from a sponsor to know when to make these amends, to whom you should make amends with, and how much you should disclose when doing so. This step can cause anxiety and stress for many addicts. The one you are making amends with may not always be receptive or ready to have the wrong corrected. Reaching out to a sponsor or mentor is a must in these situations. It takes courage to open yourself up to others."

-Avery Rowles, MA, LPC, CSAT



For more than 20 years, Santé has had the privilege to walk alongside thousands of individuals and families experiencing miracles – a result of our consistent cornerstone:

integrity. Santé is synonymous with individualized, expert care in an intimate environment with the goal of long-term recovery. Santé celebrates the number of staff who have been here for many of those years.

20 years: John Hart and Dennis Wade, Chief Executive Officer

18 years: Prentis Wiles

16 years: Sarah Cosgrove

15 years: Luis Ordonez, Max Rodriguez, and Sam Slaton

14 years: Connie Ordonez

13 years: Kelly Rose, Renee Stone

12 years: Alan Wing

9 years: Dolores Amos and Misty Douglas

7 years: Susana Hernandez, Hollie Higgins, Melissa Morrow, and Brenda Thornton

6 years: Debbie Hilton, Mark Dawson, and Michelle Luttrell

5 years: Ana Castro, Arianna Orozco, Brian Simpson, and Avery Rowles



Co-Dependency Intensive Workshop October 21-24, 2019*

Free To Be Me: Rescuing Yourself From Co-dependency is a 4-Day Therapy Intensive Workshop that works with individuals who are struggling in their personal and/or professional relationships. Co-dependence is often associating with investing and focusing one's time and energy into everything and everyone else. However, simply defined, co-dependence is a lack of a relationship with oneself.

Quotes from recent Co-Dependency Intensive Workshop attendees:

"Bless you Lisa, this workshop has changed my life. Spread this to as many as you can!!!!"

"This workshop is life changing. It opened my eyes and gave me tools to see my dysfunctional habits and behaviors in a new way plus steps for creating new behaviors."

"If you feel you have any degree of co-dependency in your life take this course. Very informative. Very eye opening. Very helpful."

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

Phone: 940.293.7117

Email: lisak@santecenter.com

***Space is limited**



Maintaining Proper Boundaries

Next Course Offered: November 6-8, 2019*

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.

***Space is limited**

[Register Now](#)

College Scholarships

Three Collegiate Scholarships Offered by Santé Center for Healing

Part of Santé's legacy includes providing therapeutic expertise for those in need of addiction treatment by: serving as a teaching facility for masters level student clinicians pursuing the mental and behavioral health field; and providing established and tenured clinicians throughout the community with education, awareness, tools and CEUs towards their credentials and important work.

Due to the importance Santé places on therapeutic expertise and in recognition of three of Santé's legacy makers – co-founder Rip Corley, co-founder/co-owner Deb Corley and CEO Dennis Wade, we extend three financial collegiate scholarships to students wishing to further and advance their education.

Submission and Award Details

Submission period: October 1, 2019 – December 31, 2019

Award Announcement: January 20, 2020

Award Date: January 30, 2020

Scholarship Insights and Eligibility Requirements



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

October 18, 2019

Basic Principles of Somatic Experiencing

Learn about Somatic Experiencing and the SE Professional Training.

[Learn More](#)

October 21-24, 2019

Intensive Therapy Workshop

Free to be Me: Rescuing Yourself from Codependency

[Learn More](#)

October 25-26, 2019

2019 Annual Alumni Retreat

[Learn More](#)

November 6-8, 2019

Maintaining Proper Boundaries Course

[Learn More](#)

[See More](#)



Connecting with Us

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



Share Your Experience

Santé provides quality care and programs for long-term recovery. If there is anything we can do to improve, please [*reach out to us*](#). 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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