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Hope & Recovery  
since 1996

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Celebrating Hope & Recovery for since 1996

2011 Alumni Fall Newsletter

**Santé**  
CENTER FOR HEALING

www.santecenter.com

## 'Recovery Rocks' at the 14th Annual Alumni Recovery Retreat

To register or for more information about Santé's first ever 'Recovery Rocks' or the Alumni Weekend contact Erica Sheley at 800.258.4250 ext 267 or ericas@santecenter.com

**Step 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.**

Dear Santé Alumni,

Are you a musician? Do you experience encouragement and joy from the music you perform? Would you like to share that experience with other Santé alums, staff and patients? If so, we hope you will consider participating in the first ever **Santé Alumni 12th Step Song Share**. We are calling it:

### "RECOVERY ROCKS!"

RECOVERY ROCKS is an opportunity for our community to experience creative expressions that embody important aspects of *your* personal recovery journeys. Music helps you connect to yourself, gives you hope, addresses the struggle of change and helps you laugh at yourself and not to take things too seriously. In other words, we would like to hear what helps, inspires and encourages YOU. We would also like to invite participation in RECOVERY ROCKS from alumni whose *original poetry* has been instrumental in their recovery.

Music for the Song Share can be of any genre (rock, jazz, blues, country, classical, hip-hop, pop, folk, etc.). Of special interest are *original songs* written as part of your recovery process. Music selections should be standard length (3- 5 min). Poetry selections should be short, requiring 60 seconds or less to recite. This concert will require a considerable amount of commitment and preparation for all involved, and we hope it will provide us all with a rousing, spirit-lifting finale to this year's alumni reunion.

### WHAT YOU NEED TO KNOW TO PARTICIPATE IN "RECOVERY ROCKS":

A professional 88 key electronic keyboard will be provided along with a professional sound system, mics and a variety of mic stands. You must provide any other instruments you plan to use. If you prefer your own mic, feel free to bring it.

### Requirements for participation:

1. ALL participants must fill out the Song Share Survey and return it by October 7 (will be included with retreat registration form in mail).
2. ALL participants must make an appointment with Santé music therapist (MT) upon arrival at the reunion to share/discuss your performance. This is NOT an audition! It is simply to help the MT maximize the entertainment value and "flow" of the concert.
3. ALL music participants must provide an **ALTERNATE SONG** in case of duplication (unless it is an original song) – you may be asked to perform twice if time allows!
4. Self-contained performers (instrumental only, self-accompanied singers or poems read without musical accompaniment) – please follow instructions for 1 & 2 above.
5. Singers who require accompaniment have two options:  
A) Bring an accompaniment sound track on CD, MP3 player or iPod.  
B) Submit sheet music by October 7 and rehearse on Saturday, October 22 with Santé piano accompanist. Poets who wish to have improvised musical background for their reading can plan this in your meeting with the MT, Kathryn Kalahan Arrington, MS, MA, LPC, MT-BC on Saturday, October 22.
6. ALL participants are encouraged to rehearse and participate in a group "finale."

The 12th Step Song Share: "RECOVERY ROCKS" will take place on Sunday, October 22 at 3:00 PM, most likely in an outdoor venue as a closing to the 14th Annual Alumni Recovery Retreat. We hope that you can visualize yourself enjoying and participating in this Santé Alumni concert experience while feeling good about helping to provide a memorable, expressive experience. Thank you in advance!

A BIG THANK YOU to Kathryn Kalahan Arrington, MS, MA, LPC, MT-BC for putting 'Recovery Rocks' together! Kathryn is one of Santé's IOP and Family Therapists, who is also an extremely talented musician and music therapist!

www.santecenter.com | 800.258.4250



## 14th Annual Alumni Recovery Retreat 'True Transformation' October 21-23, 2011 in Argyle, TX

Cost: \$100 for alumni  
\$50 for guests  
(no one under 18 please)

*Festivities will kick off with a Welcome Reception and Dinner on Friday, October 21st around 4:30 pm across the street from the Santé Campus at the Denton Country Club, and will wrap up around 4:30 pm on Sunday, October 23rd!*

### Activities include:

- Catered reconnection reception with alumni and current staff
- Lectures and discussions with staff including Santé Owner and Co-founder, M. Deborah Corley, PhD, LMFT, LCDC, LSOTP, CSAT and Clinical Director, Ron Arrington, MS, LCDC on 'Reestablishing Trust in Recovery'
- Experiential therapies (ropes, art, equine, music)
- Texas style BBQ and S'mores around the circle of hope
- 12-step meetings and opportunities to connect with the current community

**Please register by October 7, 2011– Look for your registration form in the mail!**

Contact Erica Sheley with questions, for accommodations information or to register at 800.258.4250 ext 267 or ericas@santecenter.com

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## Dogs at the Door

By Michael Johnson, PhD

Sometime in the last twenty thousand years or so, wolves decided to become dogs so they could hang around with people. No one knows which wolf did that first, and it didn't happen all at once. Of course, some wolves preferred to remain wolves. The people weren't offended. It wasn't personal.

There were lots of reasons that it was a good deal for people and dogs to hang out with each other. People were getting pretty good at finding food and sometimes that let the dogs off the hook when it came to finding their own. The first free lunch. On the other hand, dogs can smell and hear better than people and so they could help people find and catch food. Dogs were also faster and fiercer than people so dogs helped to keep people safe. Dogs are better than guns because guns won't kiss you with big wet tongues.

Over the centuries dogs and people learned to cooperate in lots of ways. In the long run the deal has gone in the dogs' favor. As people got better at getting food and building things, dogs didn't have to work so much. Nowadays, most dogs are born into retirement. They have easy jobs like hanging around, eating, sleeping and taste testing slippers. But they like us and we like them so we keep the old arrangement. And the dogs have not forgotten their old jobs altogether. They still protect us.

When someone comes to my door or walks by my house, my dogs go and yell at them. They say, "Don't come here or try to be in my yard or hurt my humans or I will eat your face." It doesn't matter to my dogs if the intruder is my five-year-old neighbor or a vicious axe murderer coming to visit. They treat all the same. They defend first and always. It's not personal. It's their job and no amount of reasoning or hollering on my part will have any effect at all.

If someone comes inside my house the picture changes completely. One of my dogs immediately welcomes the guest with wags and enthusiastic sniffs of the person's best smelling parts. My other dog is more skeptical of strangers. She lurks at a safe distance and growls a bit, but soon sniffs carefully and almost always accepts the outsider.

I am tempted to think that I am a higher order of animal than my dogs. After all, I can drive, run a computer, make puns,

and do lots of other stuff my dogs can't do. But on this point - reacting with defense - I confess I am just the same. I have the same emotional reaction they do, especially when I make a mistake. No matter how gently someone points out my error, my first reaction is to go into defense. The harsher the confrontation, the stronger the defense. I have a bigger cortex and more complicated vocal apparatus than my dogs so instead of just yelling, I explain, blame, minimize, justify, and even lie in order to avoid being seen as wrong. Of course, no one ever believes any of that. Sometimes I think I should give up the wordiness of my defenses and just bark - I should just make incomprehensible sounds so that my words don't mask my feelings. I feel shame and fear of being seen as an imperfect human being.

I don't think that will ever go away altogether. I think the best I can do is to realize that I have slipped over into defensiveness, decide to get out of it, and listen carefully to what the other is saying or review what has happened so that I can get reconnected to the truth. That is exactly the nature of being defensive. We sacrifice truth for safety. That can run so deep that the truth we sacrifice is reality. A few years ago I interviewed a man a few weeks after his involvement in a serious car crash. He was intoxicated and driving about 40 miles over the speed limit when he lost control of his car. A friend of his was in the car with him and was killed in the crash. The wreck happened on a clear, dry night and on a good stretch of highway. No other cars were involved. Needless to say, he was in a bunch of trouble. The insurance companies and lawyers and police all thought he might have made a big mistake. He was numb and not thinking clearly. He was changing reality to keep his mind safe. I told him that I thought that some people might think that he was responsible for his friend's death. I asked if he thought he was responsible. He said he thought that he might be a little bit responsible.

Killing another person is huge. Even when it is an accident or in the line of duty or in self defense - it is huge. Avoid it if you can. (Avoid law suits too, but that's another story.) Some people who have killed others can't take it all in at once. They have to take it in a little bit at a time, the way you sip water when you have a bad sore throat. It hurts too much to gulp. I think we all sacrifice the truth and bend reality sometimes. I know that I do. I think its part of who we are. We bend reality to protect our wee, little egos. That just seems to be true.



Knowing that, we each have to figure out how to cope with our ability to distort reality. The best I can do is to know that I sacrifice the truth and bend reality sometimes. I have learned what the feeling of being defensive feel like and so I can remind myself that I may not be thinking clearly when I feel that feeling. I am enough of an idealist to like the idea that I try to live in reality and in the truth. So I have to remind myself that if I stay outside of the truth and allow defects in my reality to widen then I am straying from the path I've chosen.

When I notice that I am defensive it may take me a few minutes or longer to let that subside. I think that it takes time because my old, crazy, irrational belief that I must never be wrong or make a mistake runs very deep. But when I let myself become quiet and gradually open myself again to reality, my defenses quiet and I can get back to the truth.

So, I envy my dogs. They make the transition from defense to open acceptance easily, naturally, and rather quickly. Still, I can take a lesson from them. A good whiff of the real truth - that I can make mistakes and still be a worthy man - is often enough to put my mind at ease and restore my reality.

*Michael Johnson, PhD has been treating people for more than 20 years. He specializes in hypnotherapy, the treatment of sexual addiction, as well as life and executive coaching. His client's issues include addiction, depression, anxiety, infidelity, and relationship problems. He also conducts a variety of workshops in life development.*  
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Austin, Texas 78701 Phone: (512) 540-5042  
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## Just for Today Alumni Facebook Group

Don't forget to check out the Santé Alumni Facebook group, 'Just for Today.' Look for the picture of Anthony the Orange Tabby Cat!



Contact Erica Sheley at 800.258.4250 ext 267 or [ericas@santecenter.com](mailto:ericas@santecenter.com) should you need assistance.



## A Love Story of Trust

By Jenni Hubby, Regional Marketing Coordinator at Santé Center for Healing

**'Trust has to be earned, and should come only after the passage of time.'** - Arthur Ashe

On the day that I hit "bottom" I was very close to the edge, the edge of losing everything: my daughter, my business, my home, my freedom...but they were not lost yet. What was lost during my days of drinking was the trust of my husband. In a few short years my behavior had given him many reasons to doubt me and to give up on our marriage. I would hide the amount that I was drinking, come home later than promised, and I continued to drive under the influence, even after his pleading and warnings from the law.

This particular day was the worst day of my life. It was the day that my husband said to me: "Jenni you may go down, but you are not taking me with you. I'm done." They say that 'misery loves company,' and I sure didn't want to go down alone in my miserable and hopeless state. I was terrified of being alone. And as hard as I tried, I could not control or moderate my drinking, something that seemed to be easy for others. I didn't even trust myself to make good choices, my husband didn't trust me, really no one that depended on me trusted me at this point in my life.

On the day that I hit "bottom," I finally surrendered. I was willing to do whatever I had to do to get help, which for me meant treatment and AA. One day during my treatment, our therapist made a statement that I will never forget: "You **can** make someone trust you." "No you can't," we said. "You can't make anyone do anything." "Ah, but you can." He said. "If you do what you say you're going to do and you go where you say you're going to be, people will trust you." He continued to say, "What you can't control is **when** they will trust you again."

I took this concept to heart and one day at a time, I followed the suggestions of my sponsor, took the steps with her and set about to right my wrongs. In my experience, this has been the "easier, softer way" of dealing with life.

On my 1st Sobriety Birthday, I asked my husband if he trusted me. Without hesitation he said: "**No**. There are times that you are running late getting home and I worry that you have

stopped off to have drinks with friends... and that it has started all over again."

On my 2nd Sobriety Birthday, I asked my husband; "Do you trust me?" After hesitating for a moment, he said... "**No**."

On my 3rd Sobriety Birthday I asked my husband: "Do you trust me?" Without hesitation he said: "Yes."

And this is my story. The worst day of my life had in fact been the turning point. This was the day that I chose to surrender and get help. Then, I learned how to do the next right thing and trust in my Higher Power for the outcome; and I learned to help others. While I was busy with this new way of living, I rebuilt the trust of the people I loved. I am ever grateful that my husband, and my other loved ones gave me this opportunity.

## As alumni we hope you or someone you know may be interested in participating in a Research Survey about Relapse of Sex Addiction!

This research project, 'Disclosure of relapse after a period of recovery,' is looking for self-identified sex addicts and partners of sex addicts to complete a survey about their experiences with disclosure, especially of relapse of sexual addiction. The survey will also ask about the experience with and impact of disclosure of relapse. The survey takes approximately 30 minutes to complete and has been approved by the Duquesne University Institutional Review Board for the Protection of Human Subjects and Santé Center for Healing.

Santé co-founder and owner, M. Deb Corley, PhD, LMFT, LCDC, LSOTP, CSAT and Jennifer Schneider, MD, PhD, a long-time friend of Santé, are working towards completing a new book on disclosure for addicts and one for partners. The results from this research will be included in the books. The only criteria to participate are that you must be at least 18 years old and be a self-identified sex addict or partner of a sex addict. All surveys are completely anonymous.

*For Sex Addicts, in order to voluntarily participate, please visit the following link: <http://surveymonkey.com/s/addictdisclosure>*

*For Partners, in order to voluntarily participate, please visit the following link: <http://surveymonkey.com/s/partnerdisclosure>*

## Growth with Gumption

By Erica Sheley, Aftercare and Alumni Coordinator

**'Have patience. All things are difficult before they become easy.'** - Saadi

Santé broke ground in July 2011, and with that the long awaited expansion process finally began to become a reality. As our beautiful campus slowly loses trees, and gains construction workers and debris, it is still hard to be anything but hopeful and excited for our future here in Argyle, TX. The new additions are going to add so much to our campus! It is going to be truly beautiful. The first day was probably the hardest, yet somehow, in true Santé fashion, we made the best of the situation. Staff watched as the crew cut down all of the trees in and around the lower parking lot and IOP building. Later that afternoon, one of our neighbors drove over in his big, bobcat, tree-carrier contraption. He took all of the trees back to his home where he chopped them up and donated the wood to different families who are in need; they will use it to heat their homes in the colder months (though, right now it seems those may never come). Those that attend the Alumni Retreat this year in October will get to witness the growth and expansion of Santé as we will be knee-deep in the project. They will also get to view the building plans to get an idea of what the finished project will look like! Although the process may cause some slight inconveniences to our community and staff, it is easy to see the good that will come. As we all know, most good things do not come easy.

## Feeling the Texas heat with the Texas Rangers

This year, on June 25th Santé hosted the first ever Alumni Ranger Event. Just fewer than forty Santé alumni gathered at a Texas Ranger game at the Ranger Ballpark in Arlington, TX. Despite the heat, the sweat and the brutal Rangers' loss to the New York Mets we had a great time! It was beyond awesome to see all of our alumni that could make it, who came from near and far. We hope to hold more alumni events like this in the coming years. I truly hope to see everyone very soon at the 14th Annual Alumni Recovery Retreat on October 21- 23 in Argyle, TX. It is guaranteed to be unlike any other! Contact Erica Sheley at 800.258.4250 ext 267 or [ericas@santecenter.com](mailto:ericas@santecenter.com) for information about alumni events.