



“Maintaining Proper Boundaries” Course Faculty

H. Alan LaGrone, MD, PhD – Psychiatrist

Course Director

Dr. LaGrone is a board certified adult psychiatrist with over 25 years of experience in a large variety of health care settings. Dr. LaGrone earned a Bachelor’s Degree in electrical engineering at the University of Texas at Austin and his MD at the University of Texas Medical Branch in Galveston, Texas where he also completed his psychiatry residency. While there he was trained by NOAA in hyperbaric/dive medicine and helped man the hyperbaric facility at UTMB. He later served in the Air National Guard and was rated as a flight surgeon after being trained at Brooks Air Force Base in aviation medicine. He received his PhD in atmospheric chemistry at the State University of New York at Stony Brook. He has been on the faculty of several medical schools including SUNY at Stony Brook, Mercer University, Texas Tech HSC in Amarillo, UT Southwestern, and the University of North Texas HSC in Fort Worth where he was Vice-Chair of the Department of Psychiatry. In addition he has also been the Medical Director of several organizations and ran the mental health Katrina response in Dallas. His professional interests include aviation medicine, the human psychological response to extreme environments, and Frankl psychotherapy.

David Mitchell, MD – Psychiatrist

David Mitchell, MD is a psychiatrist in private practice since 1988. He received an MD degree from the University Of Oklahoma College Of Medicine and then completed his residency and fellowship training at Thomas Jefferson University Hospital in Philadelphia, PA. Dr. Mitchell’s eclectic approach to medical practice comes from his training and background and he has incorporated these principles of psychotherapy and psychopharmacology into his practice. Dr. Mitchell has extensive experience in the field of addiction; he has worked in both acute and residential settings in Philadelphia and Tulsa. Dr. Mitchell has areas of interest that include the integration of spirituality into healthcare and mind-body studies.

Rick Gordon, LCSW

Director of Outpatient Services, Santé Center for Healing

Rick is a Licensed Clinical Social Worker and Certified Addictions Counselor who has been working in the field since 1992. Graduating from Bryn Mawr College School of Social Work and Social Science, in Bryn Mawr, Pennsylvania, Rick completed a one year program in Structural Family Therapy at the Philadelphia Child and Family Therapy Institute. He has extensive training in sexual addiction treatment from CSAT and multiple years of experience working with families recovering from addictive disorders. Rick is trained in and incorporates unique family therapy techniques such as Imago and PAIRs in his therapy sessions at Santé. He also has been trained in EMDR trauma therapy.

R. Dean White, DDS, MS

Medical Staff Advisor, Texas Health Harris Methodist Hospital

Dr. White did his residency in oral surgery at the University of Texas Dental Branch at Houston. He has a Masters of Sciences degree from the University of Texas School of Biomedical Sciences. Dr. White was in private practice from 1974-2002. He has held many positions at Harris Methodist Hospital including Chief of Medical Staff. He was awarded Honorary Medical Staff Membership in 2003 and was the first recipient of the Dr. Newton C. Galusha Jr. Award for Excellence in 2007. He is currently employed as the Medical Staff Advisor for Administration.

Kate Goodell, MS, LMFT

Family Therapist

Kate received her Bachelor’s of Arts Degree in Sociology from Texas Christian University and graduated from Texas Women’s University with a Masters of Science in Marriage and Family Therapy. She is currently a Licensed Marriage and Family Therapist and has experience in the mental health field. Kate works at Santé Center for Healing as a therapist for the Intensive Outpatient Program and as a Family Therapist for the Residential Program. She also has her private practice in Flower Mound.

Bridget Jaecks, MS, LPC, LCDC

Case Manager

Bridget has 13 years of experience in the field of psychology and counseling. She received her Bachelors in psychology from Saint Louis University and a Master of Science in Community Counseling from Texas A&M University-Commerce. Bridget is a Licensed Chemical Dependency Counselor, is trained in EMDR and has served 8 years in the United States Army Reserve.