



Neuro-Psychodrama in the Treatment of Relational Trauma: A Strength-Based, Experiential Model for Healing Ptsd

By Tian Dayton

Audible Studios on Brilliance, 2016. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. There is a growing awareness that the body, as well as the mind, needs to be involved in therapy. Neuroscience and attachment theories have clearly demonstrated that emotion is a physiological as well as a mental phenomenon. Dr. Dayton s approach to experiential work has been in the forefront of what is now so commonly in use in treatment centers that it has become mainstream. Used in treating relational trauma and PTSD, neuropsychodrama is designed to be easily incorporated into existing programs regardless of length of stay and can be used in outpatient settings, group, and one-to-one practices. Additionally, she has created a model of treatment called relational trauma repair, RTR, which is a multisensory model used in the treatment of relational trauma issues. Neuro-Psychodrama in the Treatment of Relational Trauma provides education woven into a healing, interactive experience. It will mobilize, engage, bond, and motivate groups through a process that is interactional and relational and progressively imparts skills of emotional literacy and emotional regulation.



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