

Relationship Trauma Recovery Tian Dayton

Trauma and Addiction - Tian Dayton 2010-01-01

For the past decade, author Tian Dayton has been researching trauma and addiction, and how psychodrama (or sociometry group psychotherapy) can be used in their treatment. Since trauma responses are stored in the body, a method of therapy that engages the body through role play can be more effective in accessing the full complement of trauma-related memories. This latest book identifies the interconnection of trauma and addictive behavior, and shows why they can become an unending cycle. Emotional and psychological pain so often lead to self-medicating, which leads to more pain, and inevitably more self-medicating, and so on--ad infinitum. This groundbreaking book offers readers effective ways to work through their traumas in order to heal their addictions and their predilection toward what clinicians call self-medicating (the abuse of substances [alcohol, drugs, food], activities [work, sex, gambling, etc.] and/or possessions [money, material things].) Readers caught up in the endless cycle of trauma and addiction will permanently transform their lives by reading this book. Therapists treating patients for whom no other avenue of therapy has proved effective will find that this book offers practical, lasting solutions. Case studies and examples of this behavioral phenomenon will illustrate the connection, helping readers understand its dynamics, recognize their own situations and realize that they are not alone in experiencing this syndrome. The author deftly combines the longstanding trauma theories of Van der Kolk, Herman, Bowlby, Krystal and others with her own experiential methods using psychodrama, sociometry and group therapy in the treatment of addiction and posttraumatic stress disorder. While designed to be useful to therapists, this book will also be accessible to trade readers. It includes comprehensive references, as well as a complete index.

One Foot in Front of the Other - Tian Dayton, Ph.D. 2013-12-10

365 days of inspiration for the recovery journey, filled with wisdom to ground, guide, and renew the spirit. Recovery—whether from addictive or compulsive behaviors, codependency, childhood trauma, dysfunction or loss—is not an event to be conquered, but an ongoing process of healing and self-discovery. It requires patience, perseverance, and self-awareness. Putting one foot in front of the other, moment-by-moment and day-by-day, builds courage, self-esteem, and resilience. A key component of staying on the right path is guidance from those who have walked it before. *One Foot in Front of the Other* gives readers a hand to hold as they face the challenges of living and provides a wellspring of knowledge from which to draw inspiration, and hope. Nationally renowned trauma and recovery expert Dr. Tian Dayton gives readers all the tools they will need on their journey of recovery, just as she has for countless of her own patients. Written in the 'I' format, each page speaks intimately to readers, offering straightforward and user-friendly wisdom through inspired readings. This powerful little book will help readers examine their lives and recapture feelings of gratitude and positivity opening to the grace of self-renewal.

Emotional Sobriety - Tian Dayton 2010-01-01
Picking up right at the point where Janet Woititz's 1990 hit book *Adult Children of Alcoholics* left off, clinical psychologist Tian Dayton's latest contribution contains fresh perspectives and new analysis on how to gain back emotional stability after growing up with the trauma of addiction, abuse, and dysfunction. Dr. Dayton accomplishes this by presenting and explaining the latest research in neuropsychology and the role trauma plays on chemically altering the brain. With compassion and clear explanations and her own personal journey, Dayton teaches readers how to undo the neuropsychological damage of trauma to rewire the brain and reverse the negative effects trauma has on our future relationships and behaviors to gain emotional sobriety. In

Emotional Sobriety, Dr. Dayton teaches readers: How to understand the mind/body relationship of addiction and relationship trauma How to rewire your brain to undo the negative effects trauma has on personal, career, and romantic relationships How changing the way one lives and perceives adult relationships can change the way one thinks and feels and vice versa

[Relational Trauma Repair\(RTR\) THERAPIST's GUIDE Revised Edition](#) - Tian Dayton 2014-09-24

This user friendly Therapists Guide contains step by step, experiential group exercises designed to teach clients about the impact of PTSD and relationship trauma while offering therapeutic, reparative experiences both on a personal and group level. The exercises also offer many structured moments for group members to connect in meaningful and supportive ways that develop group cohesion and teach intimacy skills. It is designed to make leading groups safe, is simple and effective for the therapist and to facilitate healing and group cohesion through an interpersonal, interactive process.

The Magic of Forgiveness - Tian Dayton 2010-01-01

Forgiveness is not an event, it is a process. Forgiveness is most powerful when a woman reaches midlife: a natural time for reflection when she stands at a biological and emotional crossroads. In this groundbreaking book—the first of its kind for women—acclaimed therapist Tian Dayton shows women how assessing their lives and forgiving old wounds is as essential to their well-being as proper nutrition and retirement planning. In forgiving, we must work through layers of issues, pain and resentment. Because of this, the process is of great psychological, emotional and spiritual benefit. Left unresolved, past hurts wield their power from within and can contribute to depression and anxiety, undermining the immune system and ultimately opening the door to a multitude of diseases. And harboring resentment prevents us from engaging in deep, meaningful relationships. Through solid research, poignant case studies and personal examples, Dr. Dayton guides women through the sometimes painful but healing process to provide the comfort that may have eluded them for years. This beautifully written book will open women's eyes to the liberating power of forgiveness and provide the

ability to find true joy.

Relationship Trauma Repair - Tian Dayton 2013-03-24

This user friendly Therapists Guide contains step by step, experiential group exercises designed to teach clients about the impact of PTSD and relationship trauma while offering therapeutic, reparative experiences both on a personal and group level. The exercises also offer many structured moments for group members to connect in meaningful and supportive ways that develop group cohesion and teach intimacy skills. It is designed to make leading groups safe, is simple and effective for the therapist and to facilitate healing and group cohesion through an interpersonal, interactive process.

Relationship Trauma Repair - Tian Dayton 2013-03-24

This journal, designed to go with The Therapist's Guide and DVD, provides a safe space in which the user can pour out their feelings as and whenever they come up throughout the course of a day. Each experiential group exercise, whether done in group or viewed on the DVD, has guided journaling that goes with what is experienced or seen. These exercises aid the writer in processing their emotions and translating them into meaningful language. Each exercise is specifically designed to illuminate the long term effects that relationship trauma can have along a life span.

Relationship Trauma Repair Therapist Guide - Tian Dayton 2011-05

The Relationship Trauma Recovery (RTR) Therapists' Guide is intended to be used in conjunction with the following RTR items: 2 CD set of RTR Guided Imageries, the 3 DVD set of RTR Teaching and Training DVD with Personal Stories, and the RTR Personal Journal.

[Treating Adult Children of Relational Trauma: 85 Experiential Interventions to Heal the Inner Child and Create Authentic Connection in the Present](#) - Tian Dayton 2023-05-09

"Psychodrama is one of the most effective treatments of PTSD and developmental trauma that I am familiar with, and Tian Dayton has written a terrific manual to serve as our guide." - Bessel van der Kolk, MD, professor of psychiatry at Boston University School of Medicine, president of the Trauma Research Foundation, and author of the #1 New York Times bestseller

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The Body Keeps the Score "In this treatment guide, Tian Dayton has provided us with an unparalleled approach for treating relational trauma. I highly recommend this book to anyone who is treating the pain of unhealed attachment wounds." - Peter Levine, PhD, developer of Somatic Experiencing(R) and best-selling author of Waking the Tiger Help clients respond to stress as the adults they are today, not the wounded children they once were. Because early attachment ruptures undermine trust and fuel disconnection, adult children of relational trauma often resist the very vehicles that would help them heal - feeling, naming, and sharing the contents of their inner world with another human being. In Treating Adult Children of Relational Trauma, world-renowned psychologist, author, and psychodramatist Dr. Tian Dayton expertly weaves together the very best of what works in psychodrama, sociometrics, and addictions treatment to create her unique, experiential approach to treating the ever-nuanced impact of early relational trauma. Grounded in the principles of interpersonal neurobiology, polyvagal theory, and somatic experiencing, this treatment guide includes 85 structured interventions that innately "warm up" the limbic system and allow space for healing in real time. Using Dr. Dayton's easy-to-follow, step-by-step approach, clinicians can help clients: - Repair, rather than reenact, painful relational trauma dynamics in their lives - Experience the safety of healing through connection, movement, and engagement with others - Feel empowered to become active shareholders in their own recovery

The ACOA Trauma Syndrome - Tian Dayton
2012-09-03

Bestselling author, psychologist, and psychodramatist Dayton examines childhood trauma through an exploration of the way the brain and body process frightening or painful emotions and experiences.

Amazing Grace - Tian Dayton 2017-08-12

Bring the feeling of Amazing Grace into your day today! Be transported by your own color palate as you fill in designs that inspire, focus and bring you into the mindful moment. Read the inspiring and motivating words of best selling affirmations author Tian Dayton and be carried off into another world. Affirmations soothe and

enliven the spirit and make adult coloring book designs come alive with deeper meaning. Using affirmations with adult coloring pages enhances stress relief and brings out the artist in all of us. Forget about retail therapy! Kicking back with a coloring book for grown-ups is a form of art therapy that costs pennies and leaves you with a feeling of ease and inner comfort. Give yourself the gift of your own time, find grace in the now!
The Soulful Journey of Recovery - Tian Dayton
2019-11-05

Includes bibliographical references (pages 255-258)

Heartwounds - Tian Dayton 2023-01-24

Trauma has been defined as an interruption of an affiliative or relationship bond. If left unsettled, past grief and psychological trauma can continue to impact our adult relationships and cause us pain in our entire lives. It's possible we may not even realize what is happening to us because usually relationships fail in parts rather than in total. Early childhood losses or traumas can create pain that is relived in adult intimate relationships. Intimacy can provide both an arena for re-enacting old pain and/or healing it. In this fascinating work, noted psychodramatist Tian Dayton shows readers how relationships can be used as a vehicle for healing, personal growth and spiritual transformation. Through fascinating case studies and probing exercises, Dayton helps readers get in touch with the deepest parts of themselves and heal the wounds that plague them.

Neuropsychodrama in the Treatment of Relational Trauma - T. Dayton 2015-11-10

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 multi-sensory model used

in the treatment of relational trauma issues. Neuropsychodrama 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.

Emotional Sobriety Workbook - Tian Dayton 2013-03-24

This journal is a companion to the book Emotional Sobriety, From Relationship Trauma to Resilience and Balance which, along with The ACoA Trauma Syndrome, are companion books for The Relationship Trauma Repair Model. The journal can be used at home as a self exploration that illuminates the issues in each chapter of Emotional Sobriety. The simple act of journaling actually elevates the immune system as it brings forward disparate thoughts and feelings and allows them to organically weave themselves into a coherent picture of self and self in relation. The writer emerges feeling relaxed and more integrated and with greater emotional clarity and literacy.

One Foot in Front of the Other - Tian Dayton 2013-12-10

Recovery—whether from addictive or compulsive behaviors, codependency, childhood trauma, dysfunction or loss—is not an event to be conquered, but an ongoing process of healing and self-discovery. It requires patience, perseverance, and self-awareness. Putting one foot in front of the other, moment-by-moment and day-by-day, builds courage, self-esteem, and resilience. A key component of staying on the right path is guidance from those who have walked it before. One Foot in Front of the Other gives readers a hand to hold as they face the challenges of living and provides a wellspring of knowledge from which to draw inspiration, and hope. Nationally renowned trauma and recovery expert Dr. Tian Dayton gives readers all the tools they will need on their journey of recovery, just as she has for countless of her own patients. Written in the 'I' format, each page speaks intimately to readers, offering straightforward and user-friendly wisdom through inspired readings. This powerful little book will help readers examine their lives and recapture feelings of gratitude and positivity opening to

the grace of self-renewal.

Sociometrics - Tian Dayton 2022-08-30

Embodied, relational processes designed to add experiential therapy into addiction treatment centers, IOPs, and one-to-one or group therapy settings. Relational trauma can cause a loss of connection with the self and impact our ability to engage comfortably in intimate connection with others. Feeling misread, neglected, or abused by the people we want most to be loved by is a traumatizing experience that is cumulative.

When these relational wounds remain unseen and unresolved, they can become the pain pump fueling self-medicating and dysfunctional behaviors that silently pass down through generations. Sociometrics are embodied, research-based processes that educate clients about trauma, grief, and resilience as they offer in-the-moment, experiential relational trauma repair. Created by Dr. Tian Dayton to fit easily into outpatient programs, clinics, and one-to-one settings, sociometrics help to take the guesswork out of incorporating experiential therapy into treatment. They give therapists a clear process that builds momentum for deep change and personal growth. Harnessing the therapeutic power of the group, they teach skills of emotional literacy and self- and co-regulation. The combination of sociometrics and simple role plays allow the body, as well as the mind, to find a voice. They draw on the theory base of psychodrama and sociometry, the first forms of mind/body, experiential therapy created by the father of group therapy, Jacob Levy Moreno.

Drama Games - Tian Dayton, Ph.D. 1990-03-01

Experiential therapy is used to locate repressed feelings and re-experience them. Once we feel them in the present, we can come to terms with them and put them in their proper perspective. We can use our energies to truly enter into the moment with all our awareness. The quality of our happiness lies in our ability to experience what is around us. Feelings are often attached to roles. When we experiment with different roles we gain information about our personal history and play with new possibilities for change. Games help us to increase concentration, develop thinking skills and to coordinate thought, emotion and action. They are a way to allow humor and fun to enter into the therapeutic process. This book is designed to

help participants get in touch with and express buried feelings in a safe and structured way and to offer training in the ability to be creative and spontaneous.

Recovering from Trauma Workbook - Tian Dayton 2016-03-25

Recovering from Trauma Workbook is a guided journey through the tangled and often confusing emotional and psychological residue of trauma. It is not a substitute for therapy, but is designed to be used as a self help tool or as a part of a treatment program. Our greatest journey is the journey within, the voyage of self discovery. Getting to know what makes us tick is part of becoming more of who we are, working with and letting go of pain lightens the spirit and allows us to live more fully in the present. Trauma is all about leaving the moment because what's happening in that moment is overwhelming or frightening to us. Healing is all about becoming more present and mindful of the now.

Integrating up-to-date research into creative personal processes, Recovering from Trauma Workbook helps the user to wrap their mind around the issues involved in trauma and provides journaling exercises, self tests and creative processes that allow the inner being to find a voice so that what is held in silence can come forward and be felt, translated into words and expressed. It teaches the skills of emotional literacy and develops emotional intelligence and regulation. Recovering from Trauma Workbook can be used by:

- Adult children of alcoholics (ACoAs)
- Anyone who grew up with childhood trauma or adverse childhood experiences (ACEs)
- Recovering addicts/substance abusers
- Recovering sex, food or work addicts

As the accompanying journaling book for treatment centers that are using Dr. Dayton's model for Relational Trauma Repair (RTR) · As a part of the curriculum for treatment centers, sober living communities, self help or therapy groups · Trauma Survivors Recovering from Trauma

Workbook can be used alongside the ACoA Trauma Syndrome and as a follow up for the Emotional Sobriety Workbook which is designed to be used with Emotional Sobriety, books and workbooks by Tian Dayton PhD. RTR Guided Imagery can also be an accompaniment to the workbook offering soothing guided meditations for working through and regulating emotion. "Journaling helps us to sort through, process, and make sense of our hidden, feelings and impressions so we can better understand the workings of our inner worlds. As we write, emotions come pouring forth onto the page. Sense impressions, the way a scene looked, smelled, or felt, begin to emerge out of the haze of yesterday and take shape in front of our adult eyes of today. Feelings struggle to the surface of our minds and become "held" on the page; through words, these emotions can pour out and weave themselves into a coherent picture, a picture of us, familiar but still new. We begin to shake off old emotions, beliefs, and identities and experience a strengthened and more coherent sense of self."

Daily Affirmations for Forgiving and Moving On - Tian Dayton 2010-01-01

There is a point in our lives when we seem to stand in the center of our own decision about who we are and how we want to be. It comes after enough of the past pain, resentment and grief have been spent, enough deep holes and yearnings have been filled, enough baggage from the past has been dealt with. Now that we've restored ourselves to a "good enough" status, we're ready to meet life more or less as it is happening. At this point we need to recognize which attitudes and behavior patterns will serve us throughout the rest of our lives and which need to be let go. Can the lives we have envisioned for ourselves flourish under the weight of carried resentment from the past? What does it cost us in terms of happiness and well-being to hang on to the blame and hurt?

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