



RioRetreatCenter  
AT THE MEADOWS

Call to Register: 800.244.4949  
www.rioretreatcenter.com

2020 WORKSHOP DATES:  
January 20-22

# RELATIONAL TRAUMA REPAIR FOR PROFESSIONALS: An Experiential Model for Treating Childhood Trauma and PTSD

18.5 CONTINUING EDUCATION CREDITS OR NBCC CLOCK HOURS AVAILABLE

## ABOUT THE TRAINING

Research in neurobiology has made clear that our emotions are experienced and processed by the body, as well as the mind, and that healing from the kind of trauma that living with addiction engenders requires a mind/body approach. Psychodrama and sociometry allow the body to participate in the therapeutic milieu. In this experiential training, we'll look at how to use sociometry to explore issues related to trauma and addiction, as well as to "warm up" a group and connect them with each other and their personal "stories." Relational Trauma Repair (RTR) is designed to fit into any treatment program clinic or one-to-one practice; it is a multi-sensory model that uses psychodrama, sociometry, journaling, and guided imagery in the treatment of trauma related issues.

Sociometry allows for many small connections with self and others. Working in small and incremental moments of connection and repair can help clients to move in and out of their own freeze state without becoming overwhelmed and stuck. This process can also help clients to chunk down and regulate overwhelming emotions without becoming flooded.

*Repair within the relationship:* RTR is designed to facilitate moment after moment of connection and repair. There are many moments of sharing in dyads and clusters so that we strengthen skills of opening up, reaching out, sharing, and then listening to others do the same.

## DAILY SCHEDULE

8:30 a.m. - 12:00 p.m.: Training (with a 15-minute break)  
12:00 - 1:15 p.m.: Lunch  
1:15 - 4:00 p.m.: Training (with a 15-minute break)

## LEARNING OBJECTIVES

After completing this workshop, attendees will be able to:

1. Summarize Psychodrama and sociometry.
2. Demonstrate how to do an experiential, psychoeducational group process.
3. Describe The Trauma Vortex.
4. Define a Trauma Time Line.
5. Explain the specifics of The Feeling Floor Check and the Symptom Floor Check.
6. Demonstrate the difference of using a Trauma Time Line as a journaling one-to-one session vs. an experiential group process.
7. Apply a spectrogram to gauge and regulate levels of emotional intensity.
8. Explain how resilience and strength are built within the group process while engaging and motivating clients.
9. Demonstrate how to do a social atom in group role playing.
10. Discuss relational repair as part of healing from trauma.
11. Describe emotional literacy and emotional intelligence.
12. Demonstrate how to help clients learn to "tolerate" and talk about painful emotions, in addition to positive and self-affirming emotions, so that they are less likely to act them out and relapse over them.
13. Describe emotional regulation and the skill of self-regulation.
14. Describe how RTR provides practice in inter-connectivity and a template for intimacy.
15. Demonstrate emotional literacy and how putting emotions into words is critical for trauma recovery.
16. Discuss how to develop listening skills when clients share emotional laden material.
17. Demonstrate how to bring the body into the process of psychodrama.
18. Describe how trauma shuts down our connection with self.



## ABOUT THE PRESENTER

Tian Dayton, MA, PhD, TEP, has a master's degree in educational psychology and a doctorate in clinical psychology, and is a board certified trainer in psychodrama, in addition to being a Senior Fellow of The Meadows. She is a fellow of the American Society of Group Psychotherapy and Psychodrama (ASGPP), winner of their Scholar's Award and President's Award, editor in chief of the *Journal of Psychodrama, Sociometry & Group Psychotherapy*, and sits on the professional standards committee. Dr. Dayton was faculty at New York University for eight years teaching psychodrama, and has been awarded the Ackerman/Black Award and The Mona Mansell Award for contributions to the field of addiction. Dr. Dayton is author of 12 books, including *Neuropsychodrama in the Treatment of Relational Trauma*, *The ACoA Trauma Syndrome*, *Trauma and Addiction*, *Emotional Sobriety*, bestseller *Forgiving and Moving On*, and *The Living Stage*. She is the creator of Relational Trauma Repair and innerlook.com. Dr. Dayton has been a guest expert on NBC, CNN, MSNBC, Montel, Rikki Lake, John Walsh, and Geraldo, and blogs for The Huffington Post.

## COST

Cost is \$1,850 a person. Lodging is available at Rio for an additional cost; check availability when registering.

## LOCATION

Rio Retreat Center at The Meadows  
1245 Jack Burden Road, Wickenburg, AZ 85390

## CANCELLATION/TRANSFER POLICY

We rely on an accurate attendance count to make important arrangements for this training. If a cancellation occurs 14 or more days prior to the start of the training, a full refund, less a \$200 administrative fee, will be issued. Cancellations less than 14 days before the beginning date of the training are non-refundable. If you have to cancel your attendance, please contact our Intake Department at 800-244-4949 as soon as possible.

## CONTINUING EDUCATION INFORMATION

PLEASE NOTE: You must RSVP to receive a continuing education certificate. 18.5 continuing education credits or NBCC clock hours are available; no partial credit will be given.

- The Meadows is approved by the American Psychological Association to sponsor continuing education for psychologists. The Meadows maintains responsibility for this program and its content. Course meets criteria for 18.5 hours of continuing education credit hours for psychologists.
- The Meadows is an NBCC-Approved Continuing Education Provider (ACEP) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. Provider#5687.
- This course has been approved by The Meadows, as a NAADAC Approved Education Provider, for 18.5 CE. NAADAC Provider #62791, The Meadows is responsible for all aspects of their programming. Course addresses Counseling Services from NAADAC Counselor Skill Group.