



# **Neuropsychodrama in the Treatment of Relational Trauma: A Model Using Experiential Group Processes for Healing PTSD**

*Tian Ph.D.*

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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.

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