



# Relational Trauma Repair(RTR) THERAPIST'S GUIDE Revised Edition

*Dr. Tian Dayton*

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## **Relational Trauma Repair(RTR) THERAPIST'S GUIDE Revised Edition** Dr. Tian Dayton

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.

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