

Emotional Sobriety From Relationship Trauma To Resilience And Balance By Dr Tian Dayton Phd Tep

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"Synopsis A compassionate guide helps individuals gain back emotional stability after growing up with the trauma of addiction, abuse, and dysfunction, revealing ways to undo the neuropsychological damage of trauma to reverse the negative effects it will have on future relationships and behaviors. Original. Über den Autor und weitere Mitwirkende Tian Dayton, Ph.D.,TEP, holds a doctorate in clinical psychology, a master's in educational psychology and is a certified trainer and practitioner of psychodrama, sociometry and group psychotherapy. A fellow of the American Society of Psychodrama, Sociometry and Group Psychotherapy, she is in private practice in New York City. She speaks nationwide at conferences and has appeared on MSNBC, CNN, The John Walsh Show, Montel, Rikki Lake, Geraldo, America's Health Network, Gary Null, NPR and many more. She is the author of thirteen books."

Growing up in a home where there is addiction or relationship trauma puts a child at great risk for long term post traumatic stress effects that adversely promise adult relationships best selling author psychologist and psychodramatist tian dayton examines this trauma through an exploration of the way the brain and b

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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 percei

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