

KEYNOTE SPEAKER



The Power of Connection and Identification
Floor Checks: Teaching and Healing Experientially

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Tian Dayton has a masters in educational psychology, a PhD in clinical psychology, a board certified trainer in psychodrama and a licensed creative arts therapist. Dr. Tian Dayton is a Senior Fellow at The Meadows and author of fifteen books. She is a Fellow of the ASGPP, the winner of their Scholar's Award and the President's Award. She is also the winner of The Mona Mansell Award and The Ackermann Black Award.

Dr. Dayton has been a guest expert on NBC, CNN, MSNBC, Montel, Rikki Lake, John Walsh, Geraldo. She is a Huffington Post blogger. Dr. Dayton is the director of The New York Psychodrama Training Institute and was on the faculty at NYU for eight years. She is a nationally renowned speaker, expert, and consultant in psychodrama, trauma and addiction.

Socio Metrics are processes that both teach and heal.

Research in neurobiology has made clear that our emotions are experienced and processed by the body as well as the mind and that 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 workshop we'll look at how to use sociometry to explore issues related to trauma and addiction as well as to "warm up" a group, connect them with each other and their personal "stories".

RTR/Socio Metrics are an integration of sociometry and up to date research in trauma, attachment and grief. I have created Floor Checks to greatly extend the capacity of the locogram and by integrating research, a safe group container for teaching and healing. Sociometrics access the wisdom and ingenuity of the group. They promote engagement, bonding, connection and autonomy. Because there are more choice possibilities Socio Metrics can accommodate groups of virtually any size. And because there is the possibility of identifying with such criteria as symptoms or emotions the possibilities of healing through identification are increased.

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. 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.