



The Drama Within: Psychodrama and Experiential Therapy

Ph.D., Tian Dayton

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Here is the first comprehensive book on psychodrama, the experiential therapy rapidly gaining popularity with clinicians and treatment centers worldwide. Psychodrama is a powerful action method with very specific techniques that can be effective in reducing trauma, releasing pent-up emotions and learning new behavior.

Tian Dayton, one of the field's most respected practitioners, brings together a complete examination of the theory and practice of psychodrama, directions for specific drama games and methods for applying the theory and games in the treatment of trauma and addiction.

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