



EPONA RETREATS<sup>LLC</sup>  
Adventures of the Heart and Soul



## Relational Trauma Repair 14 HR Training

A live, in-person training, including didactic instruction and experiential, applied learning.

### Training Description

Tian Dayton, PhD, TEP, developed her sociometric processes to fit easily into all modalities of treatment – residential and outpatient programs, clinics, and one-to-one settings. Sociometrics can be used as discreet processes that enhance any program that wishes to integrate experiential, psychoeducational, and embodied processes into their programming. During this training, participants will receive instruction and guidance on how to facilitate Dayton's core sociometric processes: floor checks, the trauma timeline, the resilience timeline, and experiential letter writing. In addition, participants will get the same guidance and instruction on JL Moreno's spectrogram and locogram as well as beginning exposure to the basic psychodrama techniques of doubling and role-reversal.

### Learning Objectives:

1. Participants will be able to understand and explain the steps of the sociometric processes – floor checks, resilience and trauma timelines, experiential letter writing, locograms and spectrograms.
2. Participants will be able to practice the sociometric processes – floor checks, resilience and trauma timelines, experiential letter writing, locograms and spectrograms.
3. Participants will be able to answer common questions regarding the facilitation of the sociometric processes.

**Content Level:** Beginning and Intermediate.

**Cost:** Retreat Tuition, plus an additional \$140.

### Earn 14 Continuing Education Hours (CEs)

To earn a NAADAC CE Certificate for attending this training, you must attend the full 14 hr training. Attendance will be accounted for by a sign-in sheet at the beginning and end of each day. This training will also count as hours towards the RTR Sociometrics Certificate requirement of 90 psychodrama hours. Contact NAADAC to confirm your CE state eligibility: [CE@NAADAC.org](mailto:CE@NAADAC.org)

### Who Should Attend

Addiction professionals, employee assistance professionals, social workers, mental health counselors, professional counselors, psychologists, and other helping professionals that are interested in RTR Sociometrics. This training can be applied towards completion of the RTR Sociometrics Certificate. If you're interested in taking a deeper dive into RTR Sociometrics, please join us!

### Facilitated by Jody Cross, LCSW

Jody Cross is a Licensed Clinical Social Worker in practice since 2006. She provides trauma-informed care focusing on attachment wounds, relationship trust and safety, addiction, codependency, and adult children. She is certified and extensively trained in Eye Movement Desensitization Reprocessing (EMDR), Experiential Therapy (CET II), Equine Assisted Psychotherapy (EAP), Trauma-Sensitive Yoga-RYT® 200, and Psychodrama. For 16 years she has partnered with Onsite Workshops, in Nashville, TN, the world's leader in therapeutic and personal growth workshops, as a contracted Clinical Supervisor, Couples Intensive Leader, and Group Facilitator.

