



# The Living Stage: A Step-by-Step Guide to Psychodrama, Sociometry and Group Psychotherapy

*Tian Dayton Ph.D.*

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An indispensable guide for all clinicians interested in experiential therapy, this book is a primer on psychodrama, sociometry and group psychotherapy with step-by-step exercises.

Destined to become a classic for any experiential therapy library, this is a basic primer on psychodrama, sociometry and group psychotherapy. With a foreword by Zerka Moreno, wife of the late J.L. Moreno, the father of experiential therapy, the book gives clinicians the tools to understand the theory and practice of experiential therapy.

Filled with client stories, Moreno's theories in his own words, plus step-by-step exercises they can use in their own practice, the book makes experiential work manageable for the clinician. It also includes specific exercises that integrate trauma, grief and addiction theory and a brand new model for understanding trauma and addictive relationships.

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