



Heartwounds: The Impact of Unresolved Trauma and Grief on Relationships

Tian Dayton Ph.D.

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Trauma has been defined as an interruption of an affiliative or relationship bond. If left unsettled, past grief and psychological trauma can continue to impact our adult relationships and cause us pain in our entire lives. It's possible we may not even realize what is happening to us because usually relationships fail in parts rather than in total. Early childhood losses or traumas can create pain that is relived in adult intimate relationships. Intimacy can provide both an arena for re-enacting old pain and/or healing it. In this fascinating work, noted psychodramatist Tian Dayton shows readers how relationships can be used as a vehicle for healing, personal growth and spiritual transformation. Through fascinating case studies and probing exercises, Dayton helps readers get in touch with the deepest parts of themselves and heal the wounds that plague them.

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