



January 18, 2021

**Cindy Shrigley, M.S.W., R.S.W.**  
*Certified EMDR Therapist, Approved Consultant in EMDR*  
**Sarnia Institute for Trauma and Stress**

Announcement: Sarnia Institute for Trauma and Stress

I am pleased to announce that after 28 years of private practice and 21 years as one of Canada's first EMDR therapists, I am expanding my practice into a collective focused on psychotherapy advances of the last several years. I am currently practicing with my daughter Dr. Tina Shrigley, a psychologist who is presently working under the supervision, and my husband Richard Shrigley M.Ed. RSW who is our Neurofeedback practitioner. Tina, Richard and I share a commitment to stay informed in the study of neuroscience-based findings that influence therapies that are results-oriented.

As many of you know I have had a long-standing interest in the impact of traumas small and large on ongoing symptoms related to mental health. We now know that unhealed or unprocessed experiences are responsible for many of the problems we face as human beings. EMDR Therapy (Eye-Movement Desensitization and Reprocessing therapy) as well as neurofeedback have come into the forefront as processing therapies and brain-based therapies that change our experience of old beliefs, feelings, and tendencies.

It is my hope to share my expertise with a select group of practitioners who wish to develop skills that allow therapy to become a life-changing and personality changing experience for their clients utilizing many protocols for EMDR therapy and adaptations for complex trauma. As one of Canada's most seasoned EMDR therapists, I am able to provide consultation to assist my consultees with their most difficult cases.

I have the capacity to provide supervision either full-time or part-time to those with a Masters degree in social work who are interested in embarking on a truly life altering learning experience for themselves and their clients. I am also a nationally recognized EMDRIA-approved EMDR consultant and have provided workshops at international conferences in Canada and the USA.

I have office space available in a newly renovated building at 110 Elgin St. adjacent to our main building at 434 Christina St. N.

I am also open to Registered Practitioners interested in body-oriented psychotherapy who are trained in trauma focused care to potentially become part of our collective in our Elgin St. office spaces. Practitioners with an interest in addiction treatment with EMDR would be an asset to our group. Those interested in utilizing skills with children from an EMDR focus would also be welcomed.

Both individual and group consultation for EMDR trained practitioners will continue to be available on site or online during the COVID-19 pandemic.

If you are interested in speaking further to me, please contact me by phone at 519- 336-1329 or by email at [cshrigley@hotmail.com](mailto:cshrigley@hotmail.com). I would be happy to share more of our vision with

434 Christina St., North, Sarnia, Ontario N7T 5W2  
(519) 336-1329 Fax: (519) 336-5930  
[www.sarniatraumaandstress.com](http://www.sarniatraumaandstress.com)



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you. To learn more about Sarnia Institute for Trauma and Stress, visit  
[www.sarniatraumaandstress.com](http://www.sarniatraumaandstress.com).

Sincerely,

Cindy Shrigley, MSW, RSW  
Founder, Sarnia Institute for Trauma and Stress  
Certified EMDR Therapist  
EMDRIA-Approved Consultant

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