



Sarnia Institute for Trauma and Stress

Deep Brain Reorienting (DBR) Basic Training & Advanced Attachment Workshop

Presented by: Frank Corrigan MD FRCPsych

A two-day online workshop presenting the basic training for Deep Brain Reorienting (DBR) and an advanced workshop on attachment.

Saturday, October 23, 2021 and Saturday, November 6, 2021
10:00 am to 6:00 pm Eastern Time

Day 1: DBR Basic Training | Day 2: Advanced Training in Attachment

This workshop offers participants an opportunity to understand the key role of deep midbrain systems in traumatic experiences which have clinical consequences. There is an emphasis on attachment shock, which may be historic or recent, and early life adversity. A distinction between circuits for shock and circuits for affective and defensive responding underlies the clinical approach of Deep Brain Reorienting (DBR).

DBR is a trauma memory processing modality that has developed from an understanding of stimulus-response sequences in the upper brainstem and uses these in a way that diminishes the risk of overwhelm or dissociation. Tracking the sequences, informed by the knowledge of how they occur physiologically, activates a healing process and, optimally, complete resolution of the clinical consequences of the traumatic experiences.

DBR can also be useful when attachment urges are conflicted because of adverse experiences. For example, when the capacity to orient toward connection simultaneously triggers the impulse to move away, often with negative affects emerging, there can be a deeply conflicted urge to connect with significant others.

Key learning outcomes:

- To develop an understanding of the neuroanatomy and neurophysiology of threat and adversity response systems in the midbrain, the upper part of the brainstem.
- To be able to track deep sequences that have occurred so quickly that only their late effects have been recognized – and to wait with these sequences until full processing has occurred.
- To identify and differentiate the main components of physiological sequences underpinning conflicted orienting patterns in relational connections.



Sarnia Institute for Trauma and Stress

Who should attend? This workshop is for regulated mental health professionals with at least a Master's degree in the mental health field (e.g. psychiatrists, psychologists, psychotherapists, and registered social workers) who have experience with providing trauma treatment psychotherapies to adult clients.

Cost: \$415 CAD

About the Presenter:

Frank Corrigan MD FRCPsych was an NHS Consultant Psychiatrist who latterly specialized in the treatment of post-traumatic and dissociative disorders. He is now in private practice and retains a specialization in complex trauma disorders.

He is co-author of *Neurobiology and Treatment of Traumatic Dissociation: Towards an Embodied Self* (Lanius et al., 2014) and co-author of *The Comprehensive Resource Model: Effective Techniques for Healing Complex Trauma* (Lisa Schwarz et al 2016). He is currently involved in a clinical and neuroimaging study of online DBR with Professor Ruth Lanius, University of Western Ontario, Canada.

More information on Frank's published work about deep brain reorienting, please visit his website: <https://deepbrainreorienting.com/>

About the Facilitators:

Sarnia Institute for Trauma and Stress is pleased to host this training by Frank Corrigan.

Cindy Shrigley, MSW, RSW is the founder of Sarnia Institute for Trauma and Stress in Sarnia, Ontario, Canada. She has been providing trauma therapy for 33 years and specializes in the treatment of trauma, traumatic loss, complex trauma, and dissociation. Cindy is a certified EMDR therapist and EMDRIA approved consultant. She has presented on topics of complex trauma and dissociation at conferences in Canada and the US. She started using DBR with clients in 2020 and has been impressed with its ability to help her clients on their healing journeys.

Dr. Tina Shrigley, C. Psych. (Supervised Practice) has been treating trauma for 12 years. In addition to using DBR with clients, Dr. Tina is an EMDR certified therapist and an EMDRIA approved consultant.

To learn more about Cindy and Dr. Tina, please visit: www.sarniatraumaandstress.com