



Centre for Trauma and Stress

Cindy Shrigley, MSW, RSW, Founder

Richard Shrigley, M.Ed., RSW | Dr. Tina Shrigley, C. Psych.

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.

Friday, January 20, 2023 and Saturday, January 21, 2023
9:00 am to 4:30 pm Eastern Time

Cost: \$415 CAD

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.

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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/>

FAQ:

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.

Will this workshop be recorded? No.

Will CEUs be awarded for this workshop? No, but we will provide you with a Certificate of Attendance for attending both days.

Can I attend one of the two days? No. This workshop is inclusive of both days. That being said, if you have attended the training before and this is a refresher, please contact us directly to discuss options.

Cancellation and Refund Policy:

An administrative fee of \$50 will be charged for all cancellations. Cancellation 14 or more days prior to the workshop date we will issue you a refund, less \$50 administration fee. If you notify us of cancellation less than 14 days prior to the workshop date we can transfer your fee to another workshop date should there be one available sponsored by Center for Trauma and Stress. No credit or refund will be issued if you do not notify us in advance of the workshop date. Also, refund of partial hours is not permitted if you are unable to attend a portion of the workshop.

The organizers reserve the right to cancel the event due to instructor illness, under-enrollment or other unforeseen circumstances. If a workshop is cancelled, any registration payment will be returned in full.

Refunds will not be issued in cases where a registrant did not receive the workshop login instruction email due to email issues. It is the registrant's responsibility to contact us if they don't receive the required login information at least 24 hours prior to the start time of the workshop.

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For more questions about the workshop, please email:

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To register, please complete the Google Form linked on our [website](#).

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