



Deep Brain  
Reorienting

## Training in Deep Brain Reorienting®

### Level 1 – Healing of the shock at the core of traumatic experiences

26<sup>th</sup>, 27<sup>th</sup> and 28<sup>th</sup> September 2024

Come join the training delivered by Cindy Shrigley and Dr Tina Shrigley



Deep Brain Reorienting (DBR) is a transformational trauma psychotherapy developed by psychiatrist and author, Dr Frank Corrigan. DBR is based in an understanding of the key role of midbrain neuroanatomy in traumatic experiences which have clinical consequences.

#### Who Should Attend?

Deep Brain Reorienting (DBR) training is for qualified and experienced mental health professionals working with trauma. DBR trainings combine underlying theory, demonstrations and practicums, with ample opportunity for feedback and questions.

#### Level 1 DBR Training 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 brain stem.
- To be able to track and process deep sequences that have occurred so quickly that only their late effects have been recognized.
- To identify and differentiate the main components of physiological sequences underpinning conflicted orienting patterns in relational connections.



**Cindy Shrigley, MSW, RSW** has specialized in the treatment of complex trauma and dissociation for over 35 years. She has provided consultation and presented on treating complex trauma and dissociation with EMDR therapy nationally and internationally. She is an EMDRIA-approved consultant and trained in EMDR therapy in 1999. Cindy has used DBR since 2020. She is also a DBR consultant, offering a deep knowledge in the clinical application of DBR with dissociative disorders. She works with adult clients and has found DBR to be profoundly healing and well-tolerated. She founded the Centre for Trauma and Stress in 2022, where she works in private practice in Sarnia, Ontario, Canada.



**Dr. Tina Shrigley, C. Psych.** has worked with clients with trauma-related issues, complex trauma, and dissociation for the past 15 years. She had previous training in EMDR therapy and the structural theory of dissociation before learning DBR in 2020. She remains an EMDRIA-approved consultant and also provides DBR consultation. She primarily uses DBR in her clinical practice. Tina has a background in kinesiology, giving her a unique understanding of the brain-body connection. Tina works in private practice and is the Clinical Director of the Centre for Trauma and Stress in Sarnia, Ontario, Canada.

**When:** 26<sup>th</sup>, 27<sup>th</sup> and 28<sup>th</sup> September 2024

**Where:** ONLINE

**Times:** 08:00am – 12:30pm (Pacific Time)

**Fee:** GBP 490

(Payment will be made in GBP)

**Book early as places are limited!**

<https://deepbrainreorienting.com/training/26-27-28-september-2024-level-1/>

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Centre for  
Trauma and Stress