



Join Cindy Shrigley, MSW, RSW and Dr. Tina Shrigley, C. Psych.



An Advanced Workshop

## Beyond DBR Level 3: Clinical Application of DBR for Clients with Dissociative Disorders



Friday, February 7, 2025 from 9:00 am – 4:30 pm Eastern Time (GMT -5)  
Via Zoom

This is an advanced clinically focused workshop for clinicians who want to learn more about the clinical application of Deep Brain Reorienting ® (DBR) with clients with dissociative disorders. They have experience working with clients with dissociative disorders, learned the theory from Level 3 DBR and want to dive deeper.

This full-day workshop will briefly review the theory of dissociation as taught by Frank Corrigan in DBR Level 3 training. The remainder of the training will draw on the instructors' clinical experiences and clinical examples to illustrate how they have used DBR with highly dissociative clients.

From case conceptualization to processing, Cindy and Tina will discuss and demonstrate how they help clients develop the capacity to be in their Whereself and/or Protoself and ease into DBR processing. They will also discuss special considerations and clinical choices when working with this population using DBR. Case examples will be used as well as DBR theory to help participants apply this knowledge to their own clients.

Cindy and Tina will draw on their combined years of experience working with this clinical population and will speak to their transition to DBR from using EMDR therapy and a parts-work model.

**Who should attend?** For clinicians who have completed all three (3) levels of DBR training and have clinical experience working with clients with complex trauma and dissociation.

**When?** Friday, February 7 from 9:00 am to 4:30 pm Eastern time

**Where?** Via Zoom

**Cost?** \$520 CAD + HST (13%)\*

*\*With HST = \$587.60. HST applies to Canadians only  
Non-Canadian participants use Promo Code NOTAX*

**Payment:** via credit card

**To Register** click [here](#).

Or go to our website: <https://sarniatraumaandstress.com/professionals/>

For assistance with registration, please contact:

Kate Sowinski

(519) 336-1329

[traumastresscentre.sarnia@gmail.com](mailto:traumastresscentre.sarnia@gmail.com)

### Learning Objectives

1. Participants will learn how to conceptualize using a shock-informed model with clients with dissociative disorders.
2. Participants will be able to learn various strategies to assist clients in accessing the Whereself and/or Protoself when difficulties are encountered.
3. Participants will be able to recognize the four (4) types of dissociation based on the DBR model and learn how to respond to each type.
4. Participants will be able to compare DBR theory and relevant neurobiology versus more cortical approaches, including parts work.
5. Participants will learn how to pace DBR therapy, and how to adhere to the neurophysiological sequence instead of using a memory processing model.
6. Participants will be able to explain the advantage of staying with DBR therapy, rather than integrating it with other therapeutic interventions.
7. Participants will be able to recognize the signs of transformation from a DBR model.

### About the Presenters

**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.