

Deepening into DBR Retreat 2025: A Personal and Professional Growth Opportunity for DBR Therapists



Join DBR Consultants and Trainers Cindy Shrigley, MSW, RSW and Dr. Tina Shrigley, C. Psych. in the beautiful Muskoka area in Ontario, Canada this October 7-9 to have an immersive learning and practical experience with DBR at peak “fall leaves” season!

In addition to practicum experience, Cindy and Tina will present workshops focusing on using DBR with dissociative disorders, specifically addressing the treatment of a deep shock state.

Enjoy some time away for both professional and personal development in the heart of Ontario's "cottage country". We have incorporated an extra long lunch break so you have an opportunity to explore the area in the daylight and hopefully see all the beautiful fall colours in the rolling hills of the Canadian Shield.

Located a 2.5 hour drive north of Toronto, this workshop will take place at the [Hidden Valley Resort](#) in Huntsville, Ontario ([click here for a Google map of the resort](#)). More information on the Huntsville area [here](#).

Who can attend?

This practicum workshop is for those already trained in all 3 levels of DBR from a live (in person or virtual) training. *The PESI training is not considered the full DBR training and, therefore, is not a pre-requisite for this workshop.*

How do I register?

In order for us to ensure a safe and welcoming learning environment, we invite interested DBR therapists to apply. **You can apply [using this form](#).** We will review it and once we determine fit, we will send you a link to register and pay.

Over the span of three days, participants will be able to review important theory, observe demonstrations, and practice DBR in dyads under supervision of Cindy and Tina.

Tuition Cost

Earlybird rate (Until June 15/25): \$1650 CAD

Regular rate: \$1850 CAD

For currency conversion, [this website](#) can help.

Proposed Agenda for Days 1&2:

8:45 - 9:00 am Registration

9:00 – 10:30 am DBR and Dissociative Disorders

10:30 – 10:45 am Break

10:45 – 11:45 am Demonstration

11:45 am – 12:15 pm Practicum – Skills Practice

12:15 pm – 1:00 pm Lunch (provided)

1:00 – 3:00 pm Time to Explore/Self-Care

3:00 – 3:45 pm Practicum #1

3:45 – 3:50 pm Stretch and Switch Roles

3:50 – 4:35 pm Practicum #2

4:35 – 4:50 pm Break (snacks provided)

4:50 – 5:30 pm Debrief Practicum and Q&A

5:30 pm End of Day

Proposed Agenda for Day 3

8:45 - 9:00 am Registration

9:00 – 10:30 am DBR and Dissociative Disorders

10:30 – 10:45 am Break

10:45 – 11:30 am Practicum #3

11:30 – 11:35 am Stretch and Switch Roles

11:35 am – 12:20 pm Practicum #4

12:20 – 12:30 pm Debrief Practicum

12:30 – 1:30 pm Lunch (provided)

1:30 – 3:00 pm Consolidation and Q&A

3:00 pm End of Retreat

We offered this event two years ago and received such positive feedback. We look forward to offering it again and inviting you all to partake in deep, healing work.

About the Presenters:



Cindy Shrigley, MSW, RSW is a DBR approved consultant and trainer. She 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, and DBR trainer, 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. is a DBR approved consultant and trainer. She 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. Tina is also a DBR trainer. She 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.

Additional Details:

The cost of workshop tuition includes lunch, and morning and afternoon breaks (coffee/tea + snacks). All prices listed, including the tuition, are in Canadian dollars (CAD).

If you need assistance with currency conversion, [this website](#) can help.

You are responsible for arranging your own travel, accommodations, and meals outside of what is offered during the training.

Transportation: For those flying in, the closest and largest airport would be Toronto Pearson International Airport (YYZ). From there you could rent a car and drive to Hidden Valley Resort (about a 2.5-hour drive from the airport).

There is a shuttle service from the Toronto Pearson airport to Huntsville called Northern Airport Service. It has limited service and reservations are required, but I thought I would pass along the link. They wouldn't drop you off at the Hidden Valley Resort, but at a hotel nearby. If you knew someone who was driving and could take you to the Hidden Valley Resort, it might be a good option. Or you could get a taxi/Uber/Lyft to take you to the Hidden Valley. The link is here: <https://northernairport.com/>. If you click on "Cities" and then "Huntsville" it will provide more information about cost and drop off location. Their schedule is also listed on the site.

For an extra unique way to get to the venue, you can look into securing a private charter flight on a float plane. The following companies offer this service: <https://cottageair.com/> and <https://www.cameronair.com/float-plane-services>

Accommodation:

Hotel – Hidden Valley Resort

We have a limited number of rooms set aside, so when you book the hotel be sure to tell them that you are part of the "DBR Practicum Workshop" Group. Rooms are available on a first come, first serve basis.

Room rates range between \$199 - \$229 Canadian (CAD) per night depending on the room you book. There is also a \$20/person/day resort fee in addition to the room fee. There are lakeside rooms and hillside rooms available.

Information about the Hidden Valley Resort is here:

<https://hvmuskoka.com/>

Note: The hotel does not have an elevator so if you have difficulty managing stairs, please ask for a room on the main floor, which is also on the same level as the bar/restaurant and the room where we will be having the event.

How to book a room:

Please book directly with the hotel by calling the Hidden Valley Resort at (705) 789-2301, toll free at 1-800-465-4171, or fax (705) 789-6586. Let the reservation agent know that you would like to book a room under DBR Practicum Workshop Room Block to ensure you receive the preferred guestroom rate.

Cottage Rentals

There are more popular apps/companies where you can rent cottages in the area that you can choose to look into.

We recommend www.cottagevacations.com

To apply to attend, [please complete this form](#). We will review it and once we determine fit, we will send you a link to register and pay.

Other Frequently Asked Questions:

What will the weather be like while I'm there?

Here is a website that show historical averages of weather in the area for October (note the temperature is reported in Celcius):

<https://www.accuweather.com/en/ca/huntsville/p1h/october-weather/54941?year=2025>

Will this workshop be recorded? No.

Will I receive a certificate of attendance? Yes. One will be emailed to you following the workshop.

Can I attend just one or two of the days? No. This workshop is inclusive and is meant for everyone to attend all three days.

Cancellation and Refund Policy:

Our cancellation and refund policy is only for the workshop tuition.

Please refer to the hotel and flight cancellation and/or refund policy should you need to cancel your reservation.

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.

A full refund will be issued minus a \$150 administrative fee if a cancellation request is given in writing to traumastresscentre.sarnia@gmail.com 30 days or more before the event. Due to our commitment to the event facility, we will not be able to provide a refund less than 30 days prior to the event dates. If we are able to fill your spot with someone of a waitlist, or you can find someone to fill your spot we will then issue a full refund minus the \$150 administrative fee.