



Centre for Trauma and Stress

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

Deepening Into DBR: Practicum Series 2025 Cohort

A 10-month workshop series focusing on developing DBR clinical skills through personal growth.

This small group series will include monthly case consultation and demonstrations of DBR by one of the workshop leads. The rest of the day will be reserved for practicum. Therapists will be paired up and have an opportunity to be therapist and client as well as benefit from time to process the practicum experience.

We hope that with the same practicum pairings, there can be established trust in the relationship and meaningful personal work and professional growth can be achieved.

The workshop series will be led by DBR Trainers, Cindy Shrigley, MSW, RSW and Dr. Tina Shrigley, C. Psych. We also plan to have Frank Corrigan with us for group consultation a few times.

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, 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. 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.

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Minimum group size: 12 | Maximum group size: 16

Dates: All dates occur on Tuesdays from 9:00 am to 4:30 pm Eastern Time

1. September 16
2. October 14
3. November 11
4. December 16
5. January 13
6. February 10
7. March 10
8. April 14
9. May 12
10. June 9

Cost: \$4500 CAD (\$450 CAD per session)

Agenda:

(all times in Eastern Time) ([time zone converter here](#))

9:00 am -10:30 am - Group Consultation

10:30 am - 10:45 am - Break

10:45 am - 11:45 am - Demonstration #1 (one of the participants acts as client and Cindy or Tina will be therapist)

11:45 pm - 12:45 pm - Practicum

12:45 - 1:45 - Lunch

1:45 - 2:45 - Demonstration #2

2:45 - 3:45 - Practicum (same partnership, roles reversed)

3:45 - 4:00 - Break

4:00 - 4:30 - Q&A, wrap up



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Frequently Asked Questions:

Do I have to commit to all of the dates?

Yes. We are hoping that everyone benefits from ongoing practicum experiences to build skills and deepen personal growth.

Will any parts of these workshops be recorded? No.

There's one date I can't make. Can I still attend? Yes. We give a grace period of one missed session where you do not have to pay. But any missed sessions beyond that will be without reimbursement.

Are there payment plans available?

Yes. When you register, there will be three options: to pay in full, to pay in two installments, and to pay in four installments.

Will I be paired with the same practicum partner each month? Yes. We see value in working with the same partnership over time to develop rapport and to possibly work on the similar issue over multiple sessions. There are times, if a member is absent, when partnerships may need to change temporarily.

How do I register?

Please contact Tina at: drtinashrigley@gmail.com