



Centre for Trauma and Stress

Cindy Shrigley, MSW, RSW | Dr. Tina Shrigley, C. Psych.
Richard Shrigley, M.Ed., OCT, RSW
& Affiliates

Deepening Into DBR: Practicum Series (UK/Europe)

A 10-month workshop series focusing on developing DBR clinical skills through personal growth with an agenda to accommodate DBR therapists in the UK and European Time Zones.

This small group series will include case consultation and a demonstration of DBR by one of the DBR Trainers. The rest of the time 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 pairs working together over these months will allow for healing experiences as well as deepening DBR skill sets.

The workshop series will be led by DBR trainers and consultants, Cindy Shrigley, MSW, RSW and Dr. Tina Shrigley, C. Psych. We also hope to have Frank Corrigan make a special appearance during the consultation a time or two.

About the Trainers

Cindy Shrigley, MSW, RSW maintains a private practice providing training, consultation, and therapy based out of Sarnia, Ontario, Canada. She is the founder of the Centre for Trauma and Stress. She is a DBR trainer and DBR consultant.

Cindy has specialized in the treatment of complex trauma and dissociation for over 35 years. She trained in EMDR therapy in 1999 and is an EMDRIA-approved consultant. She has presented at national and international conferences on these topics for over 10 years. Mostly recently she presented with Frank Corrigan and Dr. Tina Shrigley at ISSTD about using DBR for clients with Dissociative Disorders.

Tina Shrigley, PhD., C. Psych. maintains a clinical and consulting practice in Sarnia, Ontario, Canada. She also provides DBR trainings and DBR advanced workshops with Cindy Shrigley. She serves as the Clinical Director of the Centre for Trauma and Stress.

She is a DBR trainer and consultant.

Tina trained in EMDR in 2009 and has been an EMDRIA-approved consultant for 10 years. She has worked with children, adolescents, and adults. She also has experience working with first responders and Indigenous clients.

Minimum group size: 10 | Maximum group size: 14

434 Christina Street, North, Sarnia, ON N7T 5W2

P: 519-336-1329 F: 519-336-5930

www.sarniatraumaandstress.com | traumastresscentre.sarnia@gmail.com



Centre for Trauma and Stress

Cindy Shrigley, MSW, RSW | Dr. Tina Shrigley, C. Psych.
Richard Shrigley, M.Ed., OCT, RSW
& Affiliates

Dates: All dates occur on Wednesdays from 7:00 am to 12:00 pm Eastern Time
([Time Zone conversion here](#)).

1200 to 1715 UK Time

1300 to 1815 European Time

****Please note there will be time changes that we will have to navigate in the fall and spring****

1. Wednesday, September 10, 2025
2. Wednesday, October 1, 2025
3. Wednesday, October 29, 2025
4. Wednesday, November 26, 2025
5. Wednesday, January 7, 2026
6. Wednesday, February 4, 2026
7. Wednesday, March 4, 2026
8. Wednesday, April 1, 2026
9. Wednesday, May 6, 2026
10. Wednesday, June 3, 2026

Cost: \$3500 CAD (\$350 CAD per session)

[Currency Converter Here](#)

Proposed Agenda (in Eastern time)

| | |
|---------------------|--|
| 6:55 am – 7:00 am | Registration |
| 7:00 am – 8:30 am | Didactic or Case Consultation |
| 8:30 am – 8:40 am | Break |
| 8:40 am – 9:40 am | Demonstration (with Cindy or Tina as therapist) |
| 9:40 am – 9:45 am | Stretch break |
| 9:45 am – 10:45 am | Practicum #1 (45 minutes) and process practicum (15 minutes) |
| 10:45 am – 10:50 am | Stretch Break |
| 10:50 am – 11:50 pm | Practicum #2 – switch roles |
| 11:50 am – 12:15 pm | Q&A – Wrap up |
| 12:15 | End |

434 Christina Street, North, Sarnia, ON N7T 5W2

P: 519-336-1329 F: 519-336-5930

www.sarniatraumaandstress.com | traumastresscentre.sarnia@gmail.com



Centre for Trauma and Stress

Cindy Shrigley, MSW, RSW | Dr. Tina Shrigley, C. Psych.
Richard Shrigley, M.Ed., OCT, RSW
& Affiliates

Frequently Asked Questions:

What are the prerequisites? All attendees must have all levels of DBR (Levels 1-3) to participate.

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

Do I have to pay for everything at once?

You can. You can also do a payment plan.

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.

What methods of payment do you accept?

e-transfer for Canadian attendees and credit card for Canadian and International attendees.

How do I register? Please email Tina at drtinashrigley@gmail.com and she will send you the link to register.