



## Working with dynamic orienting tension in Deep Brain Reorienting (DBR) using insights from the Alexander Technique (AT)

### **An online workshop on the synergistic use of DBR and AT with Frank Corrigan and Martin Warner**

Friday 17 March 2023, 12:00 pm to 7:30 pm UK Time

The static orienting tension at the beginning of a DBR session functions as an anchor and as a marker for the information file that is opened for processing. Sometimes there is a dynamic quality to the orienting tension and there are slow movements of the head during the processing of body memories. On other occasions, the dynamic orienting movement associated with the selected traumatic memory has a momentary rigidity which appears to represent a block to full orienting, perhaps a bracing against that reality. Attending to the position of that momentary increase in tension can release the obstruction, and the associated affects, and allows full orienting.

In this workshop, Frank Corrigan and Martin Warner will demonstrate how to identify the markers of bracing against awareness, especially during shock, and they will explore how movements can release blocks and promote new awareness. The movements are derived from Martin's extensive experience in the application of the Alexander Technique and his unique abilities to identify subtle changes in muscle tension.

Martin will teach skills for direct observation and for putting into language what is being seen. He will also demonstrate how to give simple verbal requests that facilitate processing in a way that is respectful of people's thoughts and their internal thinking processes.

#### **Aims:**

1. To give participants opportunities to explore the possibilities of DBR/AT synergy in the processing of trauma memories.
2. To develop skills in observing subtle tension changes.
3. To understand the facilitation of movements that promote healing resolution.
4. To identify how head movements based in the work of F M Alexander can promote resolution of conflicts expressed through subtle tension changes.
5. To recognise how the release of historic obstructions in head movements can create a freedom in the relationship of the head to the body which alters the perception of the Self in relation to others.
6. To identify how an orienting head movement in a trauma memory was blocked at a particular point in space and can represent bracing against shock awareness and affect.
7. To understand consistency of body shape with emotional expression.
8. To avoid the formulaic application of movements learned through this workshop.

#### **About the presenters**

**Frank Corrigan MD FRCPsych** was an NHS Consultant Psychiatrist who latterly specialised in the treatment of post-traumatic and dissociative disorders. He is now in private practice and retains a specialisation in complex trauma disorders.

He is co-author of Neurobiology and Treatment of Traumatic Dissociation: Toward an Embodied Self (Lanius et al., 2014), along with numerous scientific papers. His most recent book is The Comprehensive Resource Model: Effective Techniques for Healing Complex Trauma co-written with Lisa Schwarz, Dr Rajiv Raju and Dr Alastair M Hull was published in 2016. He is currently involved in preparations for a clinical and neuroimaging study of DBR with Professor Ruth Lanius, University of Western Ontario, Canada.

**Martin Warner** has 35 years of experience working with people in an educational and therapeutic capacity. In 1999, he trained as an Alexander Teacher with Don Weed in the tradition of Master Teacher Marjorie Barstow who trained with F.M. Alexander. Martin has been teaching Alexander's work for 17 years throughout the UK and abroad.

Martin offers an expanded, fun and innovative approach to Alexander's work based on his own current and evolving understanding. He also designs specialist workshops for Psychiatrists, Medical Doctors, Psychotherapists and Health Care Practitioners, which incorporate central principles and ideas in Alexander's work combined with Depth Psychology. <https://martinwarner.org/>

### **Who should attend?**

This workshop is for therapists trained in DBR.

### **Booking information**

Please complete the registration form, providing the dates of your DBR training, and email a copy to [silvia@deepbrainreorienting.com](mailto:silvia@deepbrainreorienting.com). The fee for the workshop is £185 GBP.

Once the registration form and fee have been received, we will send a confirmation email.

A Zoom link will be emailed ahead of the workshop. Please contact [silvia@deepbrainreorienting.com](mailto:silvia@deepbrainreorienting.com) if you have not received the joining instructions at least 24 hours before the start of the workshop.

### **Cancellation policy**

A refund will be issued for cancellations received 14 days or more before the workshop. An alternative date will be offered for cancellations received less than 14 days before. No credit or refund will be issued if no notice of cancellation is received in advance. There is no refund for partial hours if a participant can only attend a portion of the day. Where a workshop is cancelled due to trainer illness or other unforeseen circumstances, a full refund will be issued.

### **Further information**

If you have any questions, please email [silvia@deepbrainreorienting.com](mailto:silvia@deepbrainreorienting.com)