



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

A 9-month workshop series focusing on developing DBR clinical skills through personal growth.

This small group series will include monthly didactic topics or case consultation and a demonstration 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 group working together over these months that we can tailor the didactic/consultation time to the group's needs.

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

Cindy Shrigley, MSW, RSW is the founder of Centre for Trauma and Stress located in Sarnia, Ontario, Canada. She has been providing trauma therapy for 33 years and specializes in the treatment of trauma, traumatic loss, complex trauma, and dissociation. Cindy is a certified EMDR therapist and EMDRIA approved consultant. She also was hand-picked to provide consultation to DBR therapists. Cindy has presented on topics of complex trauma and dissociation at conferences in Canada and the US. She started using DBR with clients in 2020 and has been impressed with its ability to help her clients on their healing journeys.

Dr. Tina Shrigley, C. Psych. has been in private practice for 12 years, first as a registered social worker and most recently as a psychologist. She works with children, adolescents, and adults specializing in trauma, complex trauma, and dissociation. She was trained in DBR in 2020 and has increasingly used DBR in her practice with success. In addition to using DBR in her practice and providing DBR consultation, Dr. Tina is also a certified EMDR therapist and an EMDRIA approved consultant.

Minimum group size: 10 | Maximum group size: 12

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

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

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



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

1. Wednesday, January 11, 2023
2. Wednesday, February 8, 2023
3. Wednesday, March 8, 2023
4. Wednesday, April 12, 2023
5. Wednesday, May 10, 2023
6. Wednesday, June 14, 2023
7. Wednesday, September 13, 2023
8. Wednesday, October 11, 2023
9. Wednesday, November 8, 2023

Cost: \$3600 CAD (\$400 CAD per session)

Proposed Agenda:

8:55 am – 9:00 am	Registration
9:00 am – 10:00 am	Didactic or Case Consultation
10:00 am – 11:00 am	Demonstration #1
11:00 am – 11:15 am	Break
11:15 – 12:15 pm	Practicum #1
12:15 – 12:30 pm	Process Practicum #1
12:30 pm – 1:30 pm	Lunch
1:30 pm – 2:30 pm	Demonstration #2
2:30 pm – 3:30 pm	Practicum #2
3:30 pm – 3:45 pm	Break
3:45 pm – 4:00 pm	Process Practicum #2
4:00 pm – 4:30 pm	Q&A Demonstration/Practicum of DBR Resource protocols to close down a session

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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

Do I have to pay for everything at once?

You can. You can also do a payment plan: Pay for the first 4 months up front (\$1600 CAD) and then pay for the final 5 sessions by April 30/23.

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 complete the [Google form here](#). We will reach out to you to confirm receipt of your registration form and we may also will ask a few screening questions before registration is complete.