

## Deep Brain Reorienting (DBR) Two-day online workshop with Frank Corrigan

DBR Advanced: Healing Attachment Pain and Attachment Shock

Friday 21 and Saturday 22 April 2023

12:30pm to 8pm, UK Time

This two-day workshop forms the second part of DBR training and offers participants a more comprehensive understanding of the role of midbrain-based systems in attachment pain and attachment shock – and their healing. We further explore brainstem responses to the relational or interactional stimuli which underpin attachment patterns and consider how these can activate basic affective and defensive responses and, ultimately, modify the seeking of connection.

Early life adversity and trauma compromise the functional integrity and fluency of these brainstem-based networks, thereby setting a developmental trajectory that shapes attachment capabilities throughout life. This is reflected in the relational disturbances routinely encountered in therapeutic work with traumatised clients. Such relational disturbances are often embedded in conflicted orienting and response patterns linked to the seeking of attachment. There can then emerge relational conflicts and affective responses that have their explanation more in past events than in present circumstances.

Working with conflicted relational orienting patterns derived from prior experience of attachment pain and attachment shock offers access to the associated physiological residues using the O-T-A-S sequences mapped out in Deep Brain Reorienting. This promotes a liberation of the brain's healing mechanism so that blocked processing can be released and, optimally, allow resolution of the past attachment adversity.

### **Key learning outcomes**

- To deepen understanding of the neurobiology underpinning attachment and human connection
- To understand the key role a triad of midbrain neural circuits play in shaping conflicted orienting patterns potentially throughout life
- To refine our thinking on the dual implications of attachment pain and attachment shock on the innate connection system and the innate alarm system
- To identify and differentiate the O-T-A-S sequences that underpin attachment pain and attachment shock.

### **About the presenter**

Frank Corrigan MD FRCPsych was an NHS Consultant Psychiatrist who latterly specialized 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.

### **Who should attend?**

This workshop is for mental health professionals who have completed Basic DBR Training; psychiatrists, psychologists, psychotherapists, and other health practitioners who have experience of working with early adversity and trauma.

### **Booking information**

Please complete the registration form and email a copy to [silvia@deepbrainreorienting.com](mailto:silvia@deepbrainreorienting.com).

The fee for the workshop is £370 GBP. Once the registration form and fee have been received, we will send a confirmation email.

### **Can I book the first or second day only?**

No. This is a two-day workshop and there is an expectation that you attend the two days to complete the DBR Advanced Attachment module.

### **Cancellation and refund 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 is only able to 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.

### **Workshop information**

A Zoom link for the training 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.

The lecture will be recorded and available to view for one year, and a CPD attendance certificate will be issued on receipt of a completed feedback form.

Our hope is that all therapists attending will actively participate in practicum work to get direct experience of working in a 'deep brain' way on this training. This will also offer the opportunity for participants to learn DBR as both therapist and client. As these are training sessions rather than part of any ongoing treatment, each participant is responsible for choosing to work on something that is appropriate to their own therapeutic work and which will facilitate learning in a DBR way. It is equally important for all participants to remain mindful of the material they chose to explore in practicum work and to arrange any follow-up as felt necessary.

### **Further information**

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