



Basic Deep Brain Reorienting (DBR) Two-day Online Workshop with Dr Frank Corrigan

Friday 24th and Saturday 25th March 2023
12:30pm to 8pm UK Time – 8:30am to 4pm Eastern Time

This two-day workshop offers participants an opportunity to understand the key role of midbrain systems in traumatic experiences which have clinical consequences. There is an emphasis on attachment shock, which may be historic or recent, and on early life adversity. A distinction between brain circuits for shock and circuits for affective and defensive responding underlies the clinical approach of Deep Brain Reorienting.

DBR is a trauma memory processing modality that has developed from an understanding of stimulus-response sequences in the upper brainstem and uses these in a way that diminishes the risk of overwhelm or dissociation. Tracking the sequences, informed by the knowledge of how they occur physiologically, activates a healing process which, optimally, promotes a complete resolution of the clinical consequences of the traumatic experiences.

DBR can also be useful when attachment urges are conflicted because of adverse experiences. For example, when the capacity to orient toward connection simultaneously triggers the impulse to move away, often with negative affects emerging, the urge to connect with significant others is conflicted at a level not readily accessible in talk therapy.

Key learning outcomes

- To develop an understanding of the neuroanatomy and neurophysiology of threat and adversity response systems in the midbrain, the upper part of the brainstem
- To be able to track deep sequences that have occurred so quickly that only their late effects have been recognized – and to wait with these sequences until full processing of them has occurred
- To identify and differentiate the main components of physiological sequences underpinning conflicted orienting patterns in relational connections.

About the presenter

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 was a co-author of *Neurobiology and Treatment of Traumatic Dissociation: Toward an Embodied Self* (Lanius, Paulsen & Corrigan, 2014, Springer, New York) and was a co-author of Lisa Schwarz's book on *The Comprehensive Resource Model: Effective Techniques for Healing Complex Trauma* (Schwarz, Corrigan, Hull & Raju, Routledge, 2016). He is currently involved in 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: psychiatrists, psychologists, psychotherapists, and other health practitioners who have experience of working with early adversity and trauma.

Booking information

You will be asked to complete a brief registration form to confirm you are a practising mental health professional with experience of working with trauma.

The fee for the two-day workshop is £370 GBP. Once payment has been received, you will receive a confirmation email.

Can I book the first or second day only?

No. This is a two-day workshop so there is an expectation that you attend the two days to complete the Basic DBR 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.

What to expect

A Zoom link will be emailed a few days before the training. If you have not received this at least 24 hours before the start of the workshop, please contact silvia@deepbrainreorienting.com

The theory part of the workshop will be recorded and available to view for one year. An attendance certificate will be issued on receipt of a completed feedback form.

Programme

Both days include theory, demonstrations and practicums.

The practicums take place in Zoom breakout rooms. Each room is visited by Frank or a facilitator who observe unobtrusively and offer support if needed.

It would be useful if you could let us know in advance of the workshop if you'd like to volunteer for a demonstration of the application of DBR with Frank.

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 you 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 choose to explore in practicum work and to arrange any follow-up as felt necessary.

For further information, please email silvia@deepbrainreorienting.com

Thank you for your interest