

Level 2: DBR for Attachment Shock and Wounding

A Two-Day Online Training with Dr Frank Corrigan

This two-day training 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 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 has been involved in a clinical and neuroimaging study of DBR with Professor Ruth Lanius, University of Western Ontario, Canada.

Who should attend?

This training is for mental health professionals who have completed Level 1: DBR Introduction training; 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, and have completed DBR Level 1.

The fee for the training 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 training and there is an expectation that you attend the two days to complete Level 2: DBR for Attachment Shock and Wounding.

Cancellation and refund policy

A refund will be issued for cancellations received 14 days or more before the training.

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 training is cancelled due to trainer illness or other unforeseen circumstances, a full refund will be issued.

Training information

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

The training includes theory, demonstrations and practicums. The theory will be recorded and available to view for one year.

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.

You will receive an attendance certificate with a request to complete an evaluation form. We very much welcome your feedback.

Further information

If you need any more information, please see our [FAQs](#). If you cannot find the answer there, you can email us at enquiries@deepbrainreorienting.com.

Thank you for your continued interest in DBR.