



Deep Brain Reorienting (DBR) for Dissociative and other Complex Trauma Disorders

Two-Day Online Training with Dr Frank Corrigan

This two-day complex trauma training forms the third part of DBR training and offers participants an opportunity to understand how the deeper layers of the self can be affected by trauma. Unlike some other approaches, in DBR the focus is not on the upper-level parts of the self – but on the underlying emotional pain and the rage, fear, grief, and shame that this deep wounding generates.

Most therapists working with complex trauma disorders will have experience of working with trauma memory processing techniques and of attending to parts of the self that have become detached, to a greater or lesser extent, from everyday awareness.

As separated parts of the self probably involve circuitry through surface level loops – that can become detached from their traumatic origins in the brainstem affective and defensive loops – the focus in DBR is to work from the putative midbrain level. This means starting always from the Where Self when processing any of the traumatic experiences or working with young parts of self. This goes beyond basic grounding as it brings in a different perspective from the deeper level towards what is held in the surface-level circuitry.

Another difference with DBR is the focus on core attachment shock and pain and their associated affects. The hypothesis is that the clearing of the distress at its origin withdraws all distressing activation from episodic memories and stops them from having power to intrude through re-experiencing. DBR often starts with present-day activations as the aim is to provide treatment that is immediately relevant to the person's quality of life.

Some therapy approaches work primarily with traumatised parts of the self, getting to know them and increasing their communication and co-operation, as well as orienting them to the present. These methods are effective but don't always get to the underlying pain of aloneness and abandonment. In DBR the focus is, instead, not on the upper-level parts of the self – but on the underlying emotional pain and the rage, fear, grief, and shame that this deep wounding generates.

Working at this lower level of the brain is difficult because the brain has found it necessary in the past to turn away from the pain. However, the person is now in a different situation, at a different age, and may have the capacity to confront that pain in a way which allows healing at the core of the trauma and abuse history. The brain has gone on developing around that core pain in such a way that it might now be helpful to approach it from a different angle.

There are no clinical studies of DBR for core aloneness pain in complex trauma and dissociative disorders – and none that compare it with approaches that focus on the parts of the self that have become compartmentalised. Sometimes people move between the approaches – working with the parts when necessary, working with the pain when possible. This training is, however, focused on the core emotional pain and its associated affective and defensive responses rather than the separated parts of the self.

Key learning outcomes

After the training participants will be able to:

1. Understand the role of core aloneness pain in the long-term effects of early-life trauma.
2. Know how to elicit the sequences from shock and pain to affects and defences – even when these lead into dissociated parts of self.
3. Understand the use of the Protoself / Vitality Self in preparation for deep-level processing.
4. Know how to get beneath the overt symptoms in other disorders, such as obsessive compulsive disorders, to process the underlying conflicts.
5. Understand the role of the Orienting Tension as an opener of a specific file into an unconscious conflict.

What those attending will learn that will improve their DBR practice or clinical outcomes:

1. How to apply DBR in complex trauma disorders in which processing of trauma memories is difficult because of emotional dysregulation and / or dissociation.
2. How to differentiate different dissociative responses according to their putative pathophysiological or neuroscientific mechanisms.
3. How to use the Where Self / Protoself approaches to access unconscious conflicts.
4. How to assist the endogenous healing process when there is core aloneness pain from very early in life.

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 book *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 experienced in working with trauma and who have completed DBR Level 1 and Level 2.

Booking information

You are 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 Levels 1 and 2.

The fee for the two-day training is £370 GBP. Payment information is on the registration form. 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 3: DBR for Dissociative and other Complex Trauma Disorders.

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 link will be emailed ahead of the training. Please contact silvia@deepbrainreorienting.com if you have not received the joining instructions at least 24 hours before the start of the training.

The theory is recorded and available to view for 1 year. An attendance certificate is issued with a request to kindly complete a feedback form.

Practicums

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 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.