Deep Brain Reorienting Training LHSC, London Ontario, Canada with Professor Frank Corrigan and Professor Ruth Lanius

Level 3 DBR for Dissociative and Other Complex Trauma Disorders

Saturday 9th and Sunday 10th November 2024 - 0830 to 1730

Programme Day 1 – Saturday 9th November

0830 – 0900	Registration and Welcome for 0900 start
0900 – 1000	Theory underlying the Protoself script and clinical applications (60 mins)
1000 – 1030	Comment on recent analyses of DBR study and a conversation with Stephanie Nevill on what we have learned about using DBR for complex dissociative disorders. (30mins)
1030 – 1045	Group exercise: Looking towards the Protoself (15 mins)
1045 – 1105	*Morning Break (20 mins)*
1105 – 1205	Demonstration 1 and Discussion (60 mins)
1205 – 1235	Practicum Directions and Meet the Assistants (30 mins)
1235 – 1335	*Lunch Break (60 mins)*
1335 – 1420	Practicum 1. Groups of 3: 1. Therapist 2. Observer 3. Client. (45 mins)
1420 – 1425	*Stretch and swap roles (5 mins)*
1425 – 1510	Practicum 2. Same groups of 3: 2. Therapist 3. Observer 1. Client. (45 mins)
1510 – 1530	*Afternoon Break (20 mins)*
1530 – 1615	Practicum 3. Same groups of 3: 3. Therapist 1. Observer 2. Client. (45 mins)
1615 – 1625	Stretch break and back to plenary (10 mins)
1625 – 1655	Feedback on Practicums (30 mins)
1655 – 1730	Q&A and Close (35 mins)

Our expectation is that all therapists will actively participate in all parts of the practicum work to get direct experience of working in a 'deep brain' way. This will offer the opportunity 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.

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Programme Day 2 – Sunday 10th November

0830 – 0900	Welcome for 0900 start
0900 – 1015	Theory underlying DBR for dissociative and other complex disorders (*including 5 minutes stretch break*)
1015 – 1045	Q&A (30 mins)
1045 – 1105	*Morning Break (20 mins)*
1105 – 1205	Demonstration 1 and Discussion (60 mins)
1205 – 1225	Review of Practicum Directions (20 mins)
1225 – 1315	*Lunch Break (50 mins)*
1315 – 1400	Practicum 1. Groups of 3: 1. Therapist 2. Observer 3. Client. (45 mins)
1400 – 1405	*Stretch and swap roles (5 mins)*
1405 – 1450	Practicum 2. Same groups of 3: 2. Therapist 3. Observer 1. Client. (45 mins)
1450 – 1510	*Afternoon Break (20 mins)*
1510 – 1555	Practicum 3. Same groups of 3: 3. Therapist 1. Observer 2. Client. (45 mins)
1555 – 1610	Group debrief and back to plenary (15 mins)
1610 – 1640	Feedback on Practicums (30 mins)
1640 – 1730	Q&A and Close (50 mins)

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