



Ashe House

balance. heal. transform.

2 DAY TRAINING

DEEP BRAIN REORIENTING (DBR) Level 1

**Discover the Power of DBR in
work with trauma.**

Ashe House, Centre for MindBody Integration, is delighted to offer the first *Deep Brain Reorienting Training* in Ireland. Come join Dr Andrew Harkin, DBR Trainer, for this Inaugural Training!

Training OUTLINE

Join us for a transformative two-day training exploring the profound impact of deep midbrain systems on trauma and its clinical consequences. Unravel the distinction between circuits for shock, particularly attachment shock (past or present), and circuits for affective and defensive responses, the foundation of Deep Brain Reorienting (DBR) approach.

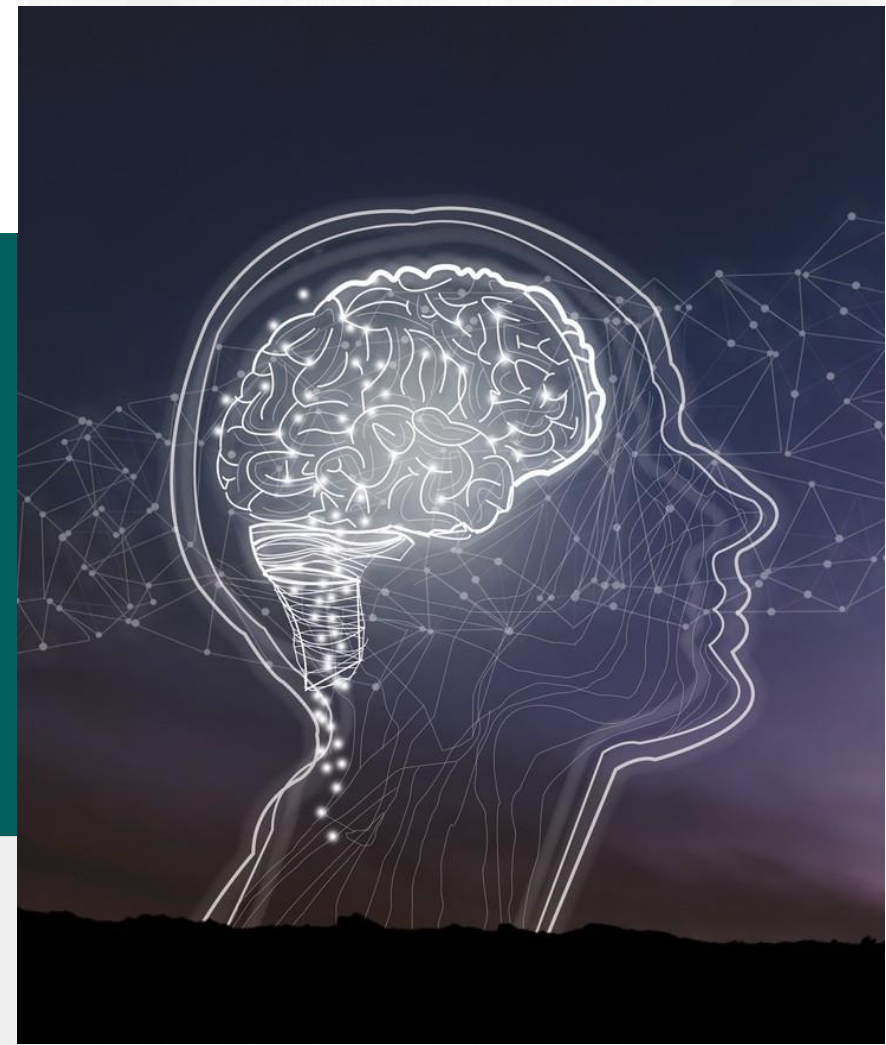
DBR is an evidence based trauma memory processing modality having been studied in the lab of Prof Ruth Lanius (https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10431732/pdf/ZEPT_14_2240691.pdf)

It has been developed from an understanding of stimulus-response sequences in the upper brainstem. Tracking these sequences, with the knowledge of how they occur physiologically, activates a healing process and, optimally, 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, there can be a deeply conflicted urge to connect with significant others.

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 has occurred.
- To identify and differentiate the main components of physiological sequences underpinning conflicted orienting patterns in relational connections.



WHO SHOULD ATTEND?

This workshop is for a range of professionals working in therapeutic and mental health fields; psychiatrists, psychologists, psychotherapists, and any other health practitioners working with early life adversity and trauma.



**TRAINING
DETAILS**

**LIMITED
PLACES!**

Date: TBC

Session: TBC

Venue: Ashe House, County Dublin

CPD: 6 contact hours

andrewjharkin@gmail.com



**DR. FRANK
CORRIGAN**

Frank Corrigan was an NHS Consultant Psychiatrist who specialized in the treatment of post-traumatic and dissociative disorders. He is now in private practice and retains a specialization in complex trauma disorders.

He is co-author of *Neurobiology and Treatment of Traumatic Dissociation: Towards an Embodied Self* (Lanius et al., 2014) and co-author of *The Comprehensive Resource Model: Effective Techniques for Healing Complex Trauma* (Lisa Schwarz et al 2016). The original paper on DBR was co-authored with Dr Jessica Christie-Sands

<https://www.sciencedirect.com/science/article/pii/S0306987719309673?via%3Dihub>

He is currently involved in further clinical and neuroimaging study of online DBR with Professor Ruth Lanius, University of Western Ontario, Canada.



**DR. ANDREW HARKIN
PRESENTER**

Andrew Harkin is a medical doctor (University College Dublin 1990) and Psychotherapist. From 1997 to 1998 he completed a two-year postgraduate training with the Sensorimotor Psychotherapy Institute in Colorado, U.S.A. For more than 5 years Andrew was a lead trainer with this organization, teaching Psychiatrists, Psychologists and Psychotherapists in the fields of trauma and attachment across the United Kingdom, Europe, North America, and Australia. This method is endorsed by world renowned specialists working in the field of trauma. (See sensorimotorpsychotherapy.org)

Andrew has also trained in other trauma related models such as EMDR. Additionally, he is a teacher in Mindfulness Based Cognitive Therapy (MBCT) having trained with the Centre for Mindfulness Research and Practice at the University of Bangor, North Wales.

In 2013, Andrew and his family emigrated to Western Australia to accept a Senior Therapist position in a psychiatric day hospital running a group therapy programme there for 5 years. Andrew now divides his time between providing training across Australia for Mental health clinicians in body-based approaches to Psychotherapy and a private practice in Bunbury.

He was honoured to be asked by Dr Corrigan to become a trainer in Deep Brain Reorienting a few years ago and is delighted to now be teaching DBR in person through Australasia and in Europe

You can view Andrew's TED talk 'Mind the gap: Moving from the brain to the body' at <https://youtube/yfcnRzcpTd4>

DBR Training Bookings and Registration: TBC
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