

## **Lärandemål för de tre nivåerna i Deep Brain Reorienting utbildningen.**

### **Level 1**

- 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.

### **Level 2**

- 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.

### **Level 3**

After the training participants will be able to:

- Understand the role of core aloneness pain in the long-term effects of early-life trauma.
- Know how to elicit the sequences from shock and pain to affects and defences – even when these lead into dissociated parts of self.
- Understand the use of the Protoself access in preparation for deep-level processing.
- Know how to get beneath the overt symptoms in other disorders, such as obsessive-compulsive disorders, to process the underlying conflicts.
- 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.
- How to apply DBR in complex trauma disorders in which processing of trauma memories is difficult because of emotional dysregulation and/or dissociation.
- How to differentiate different dissociative responses according to their putative pathophysiological or neuroscientific mechanisms.
- How to use the Where Self / Protoself approaches to access unconscious conflicts.
- How to assist the endogenous healing process when there is core aloneness pain from very early in life.