

CANADIAN EMDR TRAINING (January 2019)

Add joy, hope and optimism to your clinical practice. Exceptional treatment outcomes are not unusual. Look forward to going to work every day; reduce the possibility of compassion fatigue.

Offered by: Niagara Stress & Trauma Clinic

Director: Barbara Horne MASc, RP, RMFT

www.BarbaraHorne.ca Tel 905-687-6866

French Language Director: Philippe Gauvreau PsyD

www.PGauvreauPsy.com Tel 819-334-4884

WHAT IS EMDR?

EMDR is an evidence-based psychotherapy approved by international health and government regulatory bodies throughout the world. EMDR can effectively and efficiently eliminate the symptoms of stress and trauma. It is highly-rated for its efficacy with ASD & PTSD by (among many others):

- World Health Organization (2013)
- The American Psychiatric Association (2004 & 2009)
- The US Department of Defense/Veterans Affairs (2004)
- The International Society for Traumatic Stress Studies (2000 & 2008)

WHY INCLUDE EMDR IN YOUR REPERTOIRE?

FOR YOU, AS THE CLINICIAN:

- Reliance on a scientifically validated treatment modality for trauma symptoms/PTSD;
- The possibility of more optimism about your work;
- Enriched, respectful therapeutic relationships;
- The possibility of witnessing your clients' own healing, and
- EMDR is marketable – recoup training fees quickly.

FOR YOUR CLIENTS:

- Recognized and validated treatment of their trauma symptoms & PTSD;
- Comprehensive treatment plan, which addresses their past traumatic memories, current symptoms and triggers, as well as future concerns;
- Likelihood of increased confidence and adaptive daily living;
- More hope for the future, and clearer sense of their own healing power.

WHAT'S INVOLVED IN *Niagara Stress & Trauma Clinic's* EMDRIA-Approved EMDR Therapy COURSES?

EMDRIA-Approved Basic EMDR Therapy Training is open to clinicians holding at least a Masters-level education in a counselling field. Licensure or membership in a professional association with a Code of Ethics and sanctioning ability is also required.

The Provider maintains full responsibility for this Basic EMDR Training

There are three steps to completing NSTC's 60-hour Basic EMDR Therapy Training:

Part 1: 3½ days (15 didactic hours; 12 practicum hours)

Part 2: 3 days (15 didactic hours; 8 practicum hours)

Group Consultation: 10 hours with an EMDRIA-Approved Consultant (delivered via group teleconferences)

WHY CHOOSE an NSTC PROGRAM?

Originally established in 1999, this program has an excellent track record for producing confident EMDR clinicians. Under the direction of Barbara Horne MASc, RP, RMFT since 2007, NSTC programs are regularly-scheduled in Eastern and Central Canada and will travel to other city centres. On-site courses are also available. NSTC offers the only French-language training program in Canada, under the direction of Philippe Gauvreau PsyD.

- Small experiential courses (maximum 40);
- Low consultant/student ratio (1:10) for practicums;
- Individual attention & group cohesion;
- Complete course materials included;
- **All-inclusive** Basic Training fee (\$2,400 + HST);
- Required 10 consultation hours included;
- Payment plan available;
- Course content exceeds EMDRIA requirements;
- Course materials updated frequently;
- Trainings available in English or French (Formations en Français);
- Multiple courses available each year;
- NSTC also offers EMDRIA-Approved CE Credit workshops;
- Local venues in Eastern & Central Canada, and
- On-site courses available.

ENGLISH COURSES FOR 2019-21

TORONTO: May 23-26 & Sept. 26-28, 2019
Nov. 21-24, 2019 & Feb. 20-22, 2020
May 21-24 & Sept. 24-26, 2020
Nov. 19-22, 2020 & Feb. 25-27, 2021
May 20-23 & Sept. 23-25, 2021

OTTAWA : Oct. 24-27, 2019 & Jan. 30-Feb. 1, 2020

THUNDER BAY : Mar. 25-28 & June 17-19, 2021

For more information on English courses: www.BarbaraHorne.ca

Toronto venue: **Dixon Road Doubletree, 925 Dixon Rd., Toronto**

Niagara venue: **FACS- FCC, 30 Hanover St., St. Catharines**

Ottawa venue: **RA Centre, 4251 Riverside Dr., Ottawa**

Thunder Bay venue: **TBD**

FRENCH COURSES

Pour informations de formation offerte en Français:

www.pgauvreaupsy.com