

# LOCAL Niagara EMDR TRAINING! (August 2018)

Hosted by the Family Counselling Centre, FACS (Learning & Development Centre)  
30 Hanover Drive, St. Catharines. Tel: 905-937-7731 x3421

**Preferred Half-Price Rate!—Available to employees of a Niagara Non-Profit Agency: \$1200 + HST \$156 = \$1356**

Offered by: **Niagara Stress & Trauma Clinic**

Director: Barbara Horne MASc, RP, RMFT

[www.BarbaraHorne.ca](http://www.BarbaraHorne.ca) Tel 905-687-6866

French Language Director: Philippe Gauvreau PsyD

[www.PGauvreauPsy.com](http://www.PGauvreauPsy.com) Tel 819-712-0927

## 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)

2018-20 EMDR COURSES (May 2018)		
Location	Part One	Part Two
Toronto	Nov. 22-25, 2018	Feb. 21-23, 2019
Toronto	May 23-26, 2019	Sept. 26-28, 2019
Toronto	Nov. 21-24, 2019	Feb. 20-22, 2020
Toronto	May 21-24, 2020	Sept. 24-26, 2020
St. John's	Apr. 26-29, 2018	June 21-23, 2018
Niagara**	Jan. 22-25, 2019	Mar 20-22, 2019**

The Provider maintains full responsibility for the Basic EMDR Training.  
**Toronto Venue:** Doubletree by Hilton, 925 Dixon Rd, Toronto  
**St. John's Venue:** Admiral's Green Clubhouse, St. John's  
**Niagara Venue:** FACS-FCC, 30 Hanover Rd., St. Catharines  
\*\*\* NEW DATES \*\*

## 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);
- Consultant/student ratio (1:10) for practicums;
- Individual attention & group cohesion;
- Complete course materials included;
- **All-inclusive** Basic Training fee
- 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.