

CANADIAN EMDR TRAINING

(January 2020)

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, &
- 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, EMDRIA-Approved Consultant & Training Provider.

- Small experiential courses (maximum 40);
- Low consultant/student ratio (1:10) for practicums;
- Five practicums included;
- Individual attention & group cohesion;
- Complete course materials included;
- **All-inclusive** Basic Training fee (\$2,550 + HST);
- Required 10 consultation hours included;
- Payment plan available;
- Course materials and manuals updated frequently;
- Course content exceeds EMDRIA requirements in length & content;
- 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.

TORONTO	Course Dates	TORONTO	Course Dates
Toronto B	P1: Nov. 21-24, 2019 P2: Feb. 20-22, 2020	Toronto A (New dates)	P1: May 28-31, 2021 P2: Sept. 24-26, 2021
Toronto C (New dates)	P1: Jan. 16-19, 2020 P2: Apr. 17-19, 2020	Toronto B (New dates)	P1: Nov. 19-22, 2021 P2: Feb. 25-27, 2022
Toronto A (New dates)	P1: May 22-25, 2020 P2: Sept. 25-27, 2020	Toronto C (New dates)	P1: Jan 28-31, 2022 P2: Apr. 22-24, 2022
Toronto B (New dates)	P1: Nov. 20-23, 2020 P2: Feb 26-28, 2021	Toronto A (New dates)	P1: May 27-30, 2022 P2: Sept. 23-25, 2022
Toronto C <i>(Shabbat friendly)</i>	P1: Jan. 25-28, 2021 P2: Apr. 19-21, 2021	Toronto B (New dates)	P1: Nov. 18-21, 2022 P2: Feb. 24-26, 2023

OTTAWA (New dates)	P1: Oct. 31-Nov. 3, 2019 P2: Mar. 12-14, 2020	NIAGARA (New dates)	P1 : Mar. 30-Apr. 2, 2020 P2 : June 1-3, 2020
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THUNDER BAY (New dates)	Intensive : P1 : Jun. 9-12, 2021 P2 : Jun. 14-16, 2021		
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For more information on English courses: www.BarbaraHorne.ca

Toronto venue: Sandman Signature Mississauga (Feb);
Doubletree by Hilton, 925 Dixon Rd., Toronto

Ottawa venue: RA Centre, 2451 Riverside Dr., Ottawa

Niagara venue: Centre de Santé Communautaire, 10 Rue East Main, Welland

Thunder Bay venue: TBD

FRENCH COURSES

Pour informations de formation offerte en Français: www.pgauvreaupsy.com