

# CANADIAN EMDR TRAINING

(April 2021)

**PLEASE NOTE:** NSTC has been approved by the EMDR International Association to offer Basic EMDR Therapy Trainings virtually, until Dec. 31, 2021. All training dates are fixed as indicated. We will advise you whether your course will be conducted in person or virtually 30 days in advance, following the current government health requirements. If virtually, each participant will need to have a secure internet connection as well as a headset with microphone.

## 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:** Dr Philippe Gauvreau, C.Psych.

[www.PGauvreauPsy.com](http://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 PRACTICE?

### 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 2-hr group Zoom meetings).

## 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 36);
- Low consultant/student ratio (1:9) 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 A	P1: May 28-31, 2021 P2: Sept. 24-26, 2021	Toronto C <i>Shabbat-friendly</i>	P1: Jan. 23-26, 2023 P2: Apr. 17-19, 2023
Toronto B	P1: Nov. 19-22, 2021 P2: Feb. 25-27, 2022	Toronto A	P1: May 26-29, 2023 P2: Sept. 22-24, 2023
Toronto C <i>Shabbat-friendly</i>	P1: Jan 24-27, 2022 P2: Apr. 11-13, 2022	Toronto B	P1: Nov. 22-25, 2023 P2: Feb. 22-24, 2024
Toronto A	P1: May 27-30, 2022 P2: Sept. 23-25, 2022	Toronto C <i>Shabbat-friendly</i>	P1: Jan. 26-29, 2024 P2: Apr. 15-17, 2024
Toronto B	P1: Nov. 18-21, 2022 P2: Feb. 24-26, 2023	Toronto A	P1: May 24-27, 2024 P2: Sept. 27-29, 2024

THUNDER BAY (New dates)	P1: Jun. 9-12, 2021 P2: Jun. 28-30, 2021	Newfoundland & Labrador	P1: Jan. 25-28, 2021 P2: Apr. 19-21, 2021
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**Toronto venue:** Doubletree by Hilton, 925 Dixon Rd., Toronto

**Thunder Bay venue:** Prince Arthur Waterfront Hotel & Suites

## FRENCH COURSES

Pour informations de formation offerte en Français: [www.pgauvreaupsy.com](http://www.pgauvreaupsy.com)

