

# CANADIAN EMDR TRAINING

(November 2023)

**PLEASE NOTE:** NSTC Trainers are approved by the EMDR International Association to offer Basic EMDR Therapy Trainings virtually and in person. All training dates are fixed in the format indicated. For virtual trainings, each participant will need a secure internet connection and 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.

## WHO CAN APPLY TO **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\*

## WHY CHOOSE AN NSTC PROGRAM?

This program has an excellent track record for producing confident EMDR clinicians. Under the direction of Barbara Horne MASc, RP, RMFT and Philippe Gauvreau, C.Psych, 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 North America.

- Small experiential courses (maximum 36);
- Low consultant/student ratio (1:9 for in-person and 1:6 for virtual) for practicum;
- 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, and
- On-site courses available.

| TORONTO   | Course Dates   | TORONTO   | Course Dates   |
|---|--|---|--|
| Toronto A<br>(In-person)                            | P1: May 24-27, 2024<br>P2: Sept. 20-22, 2024   | Toronto A<br>(In-person)                            | P1 : May 23-26, 2025<br>P2 : Sept. 19-21, 2025   |
| Toronto B<br>(Virtual)                              | P1: Nov. 17 & 18, 2023<br>Dec. 1 & 2, 2023<br>P2: Feb. 23 & 24, 2024<br>Mar. 8 & 9, 2024 | Toronto B<br>(Virtual)                              | P1 : Nov. 22 & 23, 2024<br>Dec. 6 & 7, 2024<br>P2 : Feb. 21 & 22, 2025<br>Mar. 7 & 8, 2025 |
| Toronto C<br><i>Shabbat-friendly</i><br>(In-person) | P1: Jan. 22-25, 2024<br>P2: Apr. 15-17, 2024   | Toronto C<br><i>Shabbat-friendly</i><br>(In-person) | P1 : Jan. 20-23, 2025<br>P2 : Apr. 14-16 2025  |

**Toronto A venue:** Doubletree by Hilton, 925 Dixon Rd., Toronto

**Toronto C venue:** George Hull Centre for Children & Families, 81 The East Mall, Toronto

## FRENCH COURSES

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

## PROGRAM COMPLETION DEADLINES

**EMDRIA requires that you complete any virtual program within 12 months of the initial start date. In-person programs must be completed within 24 months of the initial start date. Completion requires both parts 1 & 2 plus 10 consultation hours.**