CANADIAN EMDR THERAPY TRAININGS

Offered by:

Niagara Stress & Trauma Clinic

Trainer:
Barbara Horne MASc, RP, RMFT
EMDRIA-Approved Consultant & Trainer
stressandtraumarelief.com
Tel: 905-687-6866

NSTC: All-Canadian content developed & delivered by Canadian Trainers...

Virtual programs are done on a 6:1 ratio, in four 2-day blocks.
In-person programs are done on a 9:1 ratio, in two parts, of 4 & 3 days.

NSTC's EMDRIA-Approved Basic Training Programs

This program is longer and more extensive than EMDRIA requires (63 & 66 hours for in-person & virtual programs), to allow for better integration. It is unusual for its comprehensive focus on attachment-based developmental trauma, providing a scripted attachment & trauma history-taking and target/treatment planning process. It also incorporates the foundational theory of Structural Dissociation (TSDP) for work with Complex PTSD, with additional reference to Polyvagal Theory (PVT) and the principles of Anti-Racist Psychotherapy.

Upcoming EMDR Trainings

Location	Date	Location	Date
Toronto B 2026 (VIRTUAL)	P1: Nov 6 & 7, 2026 Nov 20 & 21, 2026 P2: Feb 5 & 6, 2027 Feb 26 & 27, 2027	Hamilton/ Niagara 2027 (IN-PERSON)	P1: May 18-21, 2027 P2: Sep. 21-23, 2027
Toronto B Overlap 2027 (VIRTUAL)	P1: Jan 29 & 30, 2027 Feb 19 & 20, 2027 P2: Apr 9 & 10, 2027 Apr 30 & May 1, 2027		

Hamilton/Niagara Venue: The Jordan Hotel, 2793 Beacon Blvd, Jordan Station, Ontario

The Provider maintains full responsibility for the Basic EMDR Training.

WHO CAN APPLY TO Niagara Stress & Trauma Clinic's EMDR Therapy Basic Trainings?

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 college or professional association with a Code of Ethics and sanctioning ability is also required, and proof of liability insurance.

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 since 2007, NSTC programs have been regularly-scheduled in Eastern and Central Canada. On-site courses are available.

- Small experiential courses (maximum 36);
- Low consultant/student ratio for practicums (1:9 for in-person and 1:6 for virtual);
- Individual attention & group cohesion;
- Complete course materials included;
- All-inclusive Basic Training fee ($2,900/EB $2800 + HST);
- Required 10 consultation hours included;
- Two-payment option and payment plan available, on request;
- Course materials and manuals updated frequently;
- Course content greatly exceeds EMDRIA requirements in length & content;
- Multiple courses available each year;

PROGRAM COMPLETION DEADLINE

EMDRIA requires that you complete any program within 12 months of the initial start date.
Completion requires both parts 1 & 2 plus the 10 consultation hours.

LOOKING FOR A FRENCH EMDR TRAINING?
VOUS CHERCHEZ UNE FORMATION EN FRANÇAIS?
Provided by Dr Philippe Gauvreau, psychologist – EMDRIA Approved Consultant & Trainer
Co-author of this EMDR Training Program Manual with Barbara Horne, MASc, RP, RMFT.
For information about Philippe's trainings, please visit: www.pgauvreaupsy.com