

# **VIRTUAL EMDR THERAPY** **BASIC TRAINING**

*EMDRIA Approved Program*

*OPQ Approved for 52 CE Credits*

**Space is limited to 8 participants.**  
**Avoid the disappointment of a last-minute attempt to register!**  
**Reserve your space early!**

Instructor

**Dr Philippe Gauvreau, psychologist**

EMDRIA Approved Consultant & Trainer

## **Winter – Spring 2024**

- **Block 1: March 14 & 15 2024**
- **Block 2: March 21 & 22 2024**
- **Bloc 3: May 16 & 17 2024**
- **Block 4: May 23 & 24 2024**

***The 10 hours of Group consultation are included in your tuition and will be:***

*Consultation #1: April 12, 2024: 10:00 to Noon ET*

*Consultation #2: April 26, 2024: 10:00 to Noon ET*

*Consultation #3 is during Block 4 on May 24, 2024*

*Consultation #4: June 14, 2024: 10:00 to Noon ET*

*Consultation #5 : June 28, 2024 : 100 :00 to Noon ET*

## **For more information**

[www.pgauvaupsy.com](http://www.pgauvaupsy.com)

Email: [pgauvreaupsy@gmail.com](mailto:pgauvreaupsy@gmail.com)

## **Why choose this program?**

- **We are Canadian based!**
- **It's OPQ Approved for 52 CE Credits**
- **Small group setting!**
- **62 hours of synchronous training in total** (Exceeds the 50 hours minimum required by EMDRIA)
- **Strong emphasis on history taking, case conceptualization and treatment planning!**
- Reduces online fatigue and promotes progressive integration by spreading the training over four 2-day sessions.
- **Ratio of 8:1 for practicums** for more individualized attention and feedback (EMDRIA requires 10:1)
- **Ratio of 8:1 for group consultation** (EMDRIA requires 10:1) OPQ attestation provided.
- You get the course binder & Shapiro's textbook mailed to you & access to all pdfs on the LMS.
- Access to recordings of portions of the didactic for review during and up to 6 months after the training.



# Virtual EMDR Therapy Basic Training

Approved by the EMDR International Association



## ABOUT OUR EMDR THERAPY TRAINING

Our EMDR Basic Training courses are held in small groups with a maximum of up to 30 participants, which allows us to offer a more individualized training environment. At the end of the full training program of 62 hours, you will have acquired the basic knowledge and skills allowing you to implement EMDR Therapy within your clinical practice.

**Part One (Blocks 1 & 2)** of the training focuses on teaching you the 8 phases of EMDR and its applications to Simple PTSD and simpler clinical issues.

**Part Two (Block 3 & 4)** of the training focuses on teaching your additional strategies and protocols in order to use EMDR with more complex clinical presentations. We also introduce the work with special populations (Complex PTSD, Phobias, Children)

During the course of parts one and two, **there will be 20 hours of applied practicums** where you will be able to apply the skills taught in the didactic portion. These practicums are done in groups of three under the guidance and support of our Facilitators (**ratio of 6:1**)

The mandatory **10 hours of consultation** will be offered by way of zoom conferences scheduled throughout the process. Participants will be required to attend five teleconferences lasting each 2 hour. Dates will be provided before the beginning of the training. (**ratio 8:1**) **OPQ attestation provided at the end of the training**

### Course Instructor

Dr Philippe Gauvreau, C.Psych.

Clinical Psychologist

EMDRIA Approved Consultant & Trainer

[www.pgauvreauopsy.com](http://www.pgauvreauopsy.com) [pgauvreauopsy@gmail.com](mailto:pgauvreauopsy@gmail.com)

## ABOUT EMDR THERAPY

Developed by Francine Shapiro, PhD, EMDR (Eye Movement Desensitization and Reprocessing) Therapy is a best-practice, evidence-based psychotherapy approved by international health and government regulatory bodies throughout the world. EMDR effectively and efficiently eliminates the symptoms of stress and trauma.

- The World Health Organization (2013)
- The American Psychiatric Association (2004 & 2009)
- The American Psychological Association
- The US Department of Defense/ V.A. (2004 & 2010)
- The IS TSS (2000 & 2008)

### Who can enroll / EMDRIA Registration requirements

(for more about registration criteria: [www.emdria.org](http://www.emdria.org))

- 1) A Master's or Doctoral Degree in the counselling/mental health field or a MD with a specialty in psychiatry or psychotherapy.
- 2) Membership with a professional college or association in the counselling or mental health field, with a Code of ethics.
- 3) If in private practice - proof of liability insurance.
- 4) If you are practicing in Québec or Ontario, you must be authorized to practice the reserved act of "psychotherapy" on top of the meeting the above-stated criteria.
- 5) For qualifying pre-licensed mental health clinicians or Graduate students in their internship portion of their degree (Some of these license types include associate, intern, limited, provisional, temporary and pre-license.): Please contact the instructor for more about "student – intern" admission requirements and required documents.

## ABOUT YOUR INSTRUCTOR:

Dr Philippe Gauvreau, psychologist worked for 15 years in hospital settings and since 2009 has been full-time in private practice. He is a licensed psychologist in Québec and Ontario. He holds a MAPs from Moncton University and a PsyD from Sherbrooke University.

An EMDRIA Approved Consultant since 2007, Philippe joined the Niagara Stress & Trauma Clinic EMDR Training Program as Facilitator, becoming an approved trainer in 2009. Since then, he's offered over 35 EMDR Therapy Basic Trainings in French or English in Québec, Ontario and the Maritimes. Philippe has also presented at past EMDR Canada Conferences, as keynote speaker in 2018 and 2020. He has offered advanced workshops on topics such as EMDR to treat Anxiety Disorders, Complex Trauma /Dissociation or Refining EMDR Clinical Skills, EMDR with Military, Police & First Responders. He has co-organized EMDR workshops and was EMDR Canada's 2014 Annual Conference Chair.

From 2004 to 2007 he did his Doctoral research on the efficacy of EMDR to treat Generalised anxiety disorder. The results of this study were published in the *Journal of EMDR Practice and Research* in 2008. He was awarded EMDR Canada's 2009 Research Award for this project. He joined the Council of Scholars on the Future of EMDR Therapy to work within the Training & Accreditation Group from 2020 to 2023.

## **REGISTRATION FEES**

### ***ALL you need to complete this 62 hour EMDR Therapy Basic Training***

**Part One: 28 hours** over 4 days  
16 Didactic Hours + 12 Practicum Hours

**Part Two: 24 hours** over 3.5 days  
16 Didactic Hours + 8 Practicum Hours

**10 hours of consultation** (EMDRIA Required)  
offered via group zoom conferences

**EMDR Basic Principles, Protocols & Procedures, 3<sup>rd</sup>  
Ed.** Francine Shapiro, PhD (2018)

**Course manual** containing all the handouts and  
Worksheets are mailed out to you.

Access to all documents & videos of the didactic material  
on the LMS Platform (Thinkific) – details will be provided.

**2350\$ + GST 117.50\$+ QST 234.41\$ = 2701.91\$**  
**All inclusive**

#### **How to reserve your spot:**

Given the limited number of participants for this EMDR  
Basic Training Program, a \$500.00 deposit is required  
to reserve a program spot. The deposit is directly  
applied to the course registration fee.

A deposit must accompany your registration by way of:

- 1) Cheque issued to Dr Philippe Gauvreau, psychologist  
dated at the time of sending in your registration.
- 2) E-transfer to [pgauvreaupsy@gmail.com](mailto:pgauvreaupsy@gmail.com) with  
**Password EMDR2024**

#### **Balance of payment:**

Full payment must be received in full 30 days before  
the beginning of the training. You can pay the remaining  
balance (2201.91\$) by way of:

- 1) E-transfer 30 days before the start of the course to,  
in this case **February 14<sup>th</sup>, 2024**, to  
[pgauvreaupsy@gmail.com](mailto:pgauvreaupsy@gmail.com)  
**With password EMDR2024**
- 2) Post-dated cheque to 30 days (**February 14<sup>th</sup>, 2024**)  
before the training made out to Dr Philippe  
Gauvreau, psychologist.

## **REQUIRED DOCUMENTS TO REGISTER:**

-- EMDRIA Requirements --

- 1) Copy of your Master or Doctoral Level Diploma:
- 2) Copy of your License as a mental health provider:
- 3) Copy of your Liability Insurance if in private practice:
- 4) Signed consent form
- 5) **For Québec & Ontario:** Copy of your license to practice  
the reserved act of psychotherapy, if applicable to your  
situation.

Please send these documents along with the registration form  
and your deposit to complete your registration.

You can send your registration by:

Mail: 33 Chemin de la Montagne, Messines, QC, J0X 2J0

Email: [pgauvreaupsy@gmail.com](mailto:pgauvreaupsy@gmail.com) – in pdf or jpeg

Text Message: 819-334-4884

#### **DAILY SCHEDULE : (Eastern Time)**

8:15am	Arrival on Zoom opens (meet & greet)
8:45am	Course begins
	Two 10 minutes breaks in the AM
Noon	Lunch hour
1:00pm	Course resumes
	Two 10 minutes breaks in the PM
5:00pm	End of the day

#### **For the Friday May 24, 2024 (Block 4)**

- The didactic course ends at 12:00pm
- From 1:00pm to 3:15pm we will have your group  
consultation #3.

### **Please Practice self-care!**

This training is intensive and requires energy. We  
strongly recommend you avoid scheduling clients  
during evenings while attending the training.

### **Full attendance required!**

Prepare and plan your schedule for the dates of  
the training in advance!  
EMDRIA requires full attendance to complete an  
EMDR Basic Training.

**Participants will have a maximum of one year to complete their EMDR Basic  
Training from the starting date of the training. (EMDRIA Policy & Requirements)**

## **Participant's Agreement**

### **EMDRIA Approved Basic EMDR Therapy Training (Virtual & In person)**

To protect your interests and those of the other participants in the course, we require that you review and agree to this participant's agreement. Please take some time to review and sign it. If you have any questions about this agreement, please contact the course instructor.

I, the undersigned,

1. Agree to maintain the confidentiality of 1) my fellow-participants, regarding any material that surfaces during the practicum portions of the course, 2) the clinical cases & videos presented by the instructor during the training.
2. Understand that the 20 hours of practicums are for the purpose of teaching EMDR therapy. The practicum portion is an EMDRIA mandatory requirement for completion of the Basic Training. This will not be role play, participants will work on real issues, taking into account that this is a training setting. These practicums are facilitated/coached by the instructor or facilitator in order to promote integration of the theoretical and practical notions taught in the didactic portions of the training.
  - a) While being a client, it is possible that distressing material and feelings may emerge. I undertake to seek out support and if needed, therapy, to address any such distress that may arise during the training. I understand that the instructor/facilitator will work with course participants during the training, to assist in managing the distress, but the long-term management is my responsibility.
  - b) -These practice experiences are for training purposes only and not for personal therapy. Attendees are invited to maintain an attitude of cooperation and mutual support during the course of the training.
  - c) -The trainer and facilitators will be providing direct & live feedback, assistance and guidance while your practicing 8 phases of the basic protocol. Attendees are expected to be open to feedback and learning. Disruptive or discriminatory attitude or refusal to participate will be addressed by the instructor in order to maintain a safe context.
  - d) I understand that during Practicums, client-welfare supersedes the training therapist's experience. In the rare event that my practicum-client can't maintain dual awareness, I may not be able to do a Standard Protocol with him/her/they. I would then do EMDR-related stabilization work for this practicum. If I felt that my training experience had been compromised, the Trainer and I will discuss options for helping me get the experience I need.
3. I do not have any medical condition that would put my health at risk in the course of EMDR reprocessing (eg. cardiopathology, seizure disorder, eye problems, asthma) or if I am pregnant. If this is the case, it is my responsibility to notify the instructor and facilitator.
4. I understand that if I meet criteria for Complex PTSD and/or a Dissociative disorder (DDNOS / DID), it is imperative that I notify the instructor/facilitator, so that the necessary care can be taken during practicums, which involve doing real personal work, especially during Part One (because my training therapist will have no experience with EMDR & dissociation).
5. I agree to not teach EMDR therapy to colleagues and friends. Participants are encouraged to share information about EMDR, including its efficacy and treatment outcomes. It is essential, however, that any training is done by an EMDRIA-Approved Instructor.
6. I agree to have my name and contact information given to the EMDR Canada, the EMDR International Association in order to confirm I have completed an EMDRIA Approved Training (EMDRIA requirements)
7. Agree and commit to practicing the 8 phases of EMDR with my client base, while doing my Basic Training - at least 2 clients – and to bring those cases into the consultation process for feedback and support with my integration of EMDR practice.
8. Agree to have a secure internet connection, a quiet & private location and a headset, as well as a backup system (e.g. cell phone, with data) if my internet connection fails. I agree not to record any part of the program.
9. I agree that during Practicums, I will maintain connection with the training group. If I need a moment of privacy, I will at least maintain auditory connection, and return visually as soon as I can. I understand that it is important that the training staff not lose connection with me. EMDRIA's regulations require attendees to have their webcams on during the training.
10. I understand that I must attend all 52 hours of the training (didactic and practicum portions) and the 10 hours of group consultation in order to complete this EMDRIA Approved Basic Training in EMDR. Any missed portion will require I complete at a later date and that a reasonable fee would be applicable.

\_\_\_\_\_  
Participant's Name (Print)

\_\_\_\_\_  
Participant's Signature

**Please sign and include with your registration**  
**We suggest you keep a copy for you records**

Date : \_\_\_\_\_

## Registration instruction

### You can mail your registration to

Dr Philippe Gauvreau, psychologist  
33 Ch. de la Montagne,  
Messines, QC, J0X 2J0

Or email to pgauvreau@psys@gmail.com

### Please join with your registration

-- EMDRIA Requirements--

1) Copy of your Master or Doctoral Level  
Diploma: \_\_\_\_\_

3) Copy of your License as a mental  
health provider: \_\_\_\_\_

3) Copy of your Liability Insurance if in  
private practice: \_\_\_\_\_

4) Signed participant's agreement: \_\_\_\_\_

5) Copy of Psychotherapist license if  
applicable: \_\_\_\_\_

### Please join your payment:

#### 1) Deposit: 500\$ :

Cheque: \_\_\_\_\_ or E-transfer: \_\_\_\_\_

#### 2) Balance: 2201.91\$:

**Paid 30 days before the training  
begins – February 14, 2024.**

Post-dated cheque: \_\_\_\_\_

E-transfer: \_\_\_\_\_

Upon reception of your complete application,  
you will receive a confirmation of registration  
by email.

A receipt for the full amount of your tuition  
will be issued by email before the training  
begins.

*Course instructor maintain responsibility for this  
Virtual EMDR Therapy Basic Training*

*Trainings is held in facilities which comply with  
Canadian regulations on accessibility and disability  
when offered in person.*

### Réservé à l'administration :

Documents complets? : Oui \_\_\_\_\_ Non \_\_\_\_\_

Documents manquants? :

1 2 3 4 Dépôt

Dépôt 500\$ reçu : Oui \_\_\_\_\_ Non \_\_\_\_\_

Paiement total reçu : Oui \_\_\_\_\_ Non \_\_\_\_\_

Reçu émis : Oui \_\_\_\_\_ Non \_\_\_\_\_

## Registration form for VIRTUAL EMDR BASIC TRAINING – WINTER 2024

Please keep a copy for you records – Please write legibly.

Name: \_\_\_\_\_

Mailing address where we will send your course material:

\_\_\_\_\_

Professional Address: (Optional)

\_\_\_\_\_

Personal Email:

\_\_\_\_\_

Professional Email:

\_\_\_\_\_

**Note: Given that organizational emails can block emails, we ask for your  
personal email as a precaution. This email will not be disclosed.**

Phone: \_\_\_\_\_

Cell: \_\_\_\_\_

**Note: Your cell phone is important – in case of connection issues during  
practicums, we can keep in touch via Cell or Text.**

Profession: \_\_\_\_\_

Your degree: \_\_\_\_\_ (M.Ps., M.A., M.Sc., MSS, MD. D.Ps., Ph.D., Psy.D., etc.)

Prof. College: \_\_\_\_\_

License #: \_\_\_\_\_

Your OPQ Psychotherapist license # is applicable : \_\_\_\_\_

**CANCELLATION POLICY:** Please initial here: \_\_\_\_\_ confirming that  
you have read and understand the cancellation policy.

- If you cancel more than 30 days before the start of the training, we reimburse your  
deposit, less a 50\$ administrative fee.

- If you cancel between 30 to 8 days before the training begins, we retain your  
deposit due to our commitment: training staff, course material, etc. Unless the spot  
can be filled, where we reimburse your deposit, less the 50\$ administrative fee.

- If you cancel 7 days or less before the training, we can only reimburse 50% of the  
entire tuition due to our commitments. Unless the spot can be filled, where we  
reimburse your deposit, less the 50\$ administrative fee.

- For any withdrawal during the course, we can only reimburse 50% of the entire  
tuition since it will no longer possible to fill the vacant spot.

- If the training provider cancels the training, full reimbursement then applies