

**EMDR THERAPY**  
**BASIC TRAINING**

*EMDRIA Approved Program*



**Space is limited!**

**Avoid the disappointment of a last minute attempt to register!**

**Reserve your space early!**

Instructor

**Dr Philippe Gauvreau, psychologist**

EMDRIA Approved Consultant and Training Provider

**HALIFAX, N.S.**

**Intensive/All comprehensive one week program**

**Less travel! Only one week-end away from home!**

**Part One: 21 - 24 October 2020 & Part Two: 26 - 28 October 2020**

**Future Inns Halifax**  
**Reservations & Guest Services**  
30 Fairfax Drive, Halifax , NS , B3S 1P1  
Tel: (902) 443-4333  
Toll Free: 1-800-565-0700  
[halifax@futureinns.com](mailto:halifax@futureinns.com)

Reservation Code for rooms:  
EMDR Training

**FOR MORE INFORMATION:**

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

**Phone: 819-334-4884**

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



# EMDR Therapy Basic Training

Approved by the EMDR International Association



## ABOUT NSTC'S EMDR COURSE

Our EMDR Basic Training courses are held in small groups with a maximum of 30-40 participants, which allows us to offer a more individualized training environment. At the end of the full training program of 60 hours, you will have acquired the basic knowledge and skills allowing you to implement EMDR Therapy within your clinical practice.

**Part One** of the training focuses on teaching you the 8 phases of EMDR and its applications to Simple PTSD and simpler clinical issues.

**Part Two** of the training focuses on teaching your additional strategies and protocols in order to use EMDR with more complex clinical presentations and special populations (Complex PTSD, Phobias, Children)

During the course, 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 10:1)

The mandatory **10 hours of consultation** will be offered by way of teleconferences scheduled after the intensive two parts to promote continued integration. Participants will be required to attend five teleconferences lasting each 2 hour. Dates will be provided at the beginning of the training.

### NSTC's EMDRIA Approved Instructors

#### Dr Philippe Gauvreau, psychologist

EMDRIA Approved Consultant & Training Provider  
[www.pgauvreaupsy.com](http://www.pgauvreaupsy.com) [pgauvreaupsy@gmail.com](mailto:pgauvreaupsy@gmail.com)

#### Barbara Horne, MASc, RMFT, R.P.

EMDRIA Approved Consultant & Training Provider  
[www.BarbaraHorne.ca](http://www.BarbaraHorne.ca) Tel: (905) 687-6866

## 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) For interns/graduate students in the counselling field: Qualifying graduate students must be enrolled in a Master's or Doctoral program in the mental health field (Counseling, Marriage Family Therapy, Psychology, Psychotherapy, Psychiatry, Psychiatric Nursing, Social Work) or related mental health discipline. Students must have completed their core graduate academic coursework and must be in the practicum/internship portion of their graduate program. Graduate students must be on a licensing track and working under the supervision of a fully licensed mental health clinician.

## ABOUT YOUR INSTRUCTOR:

Dr Philippe Gauvreau, psychologist worked for 15 years in hospital settings and since 2008 has been full-time in private practice. He is a licensed psychologist with the *Ordre des psychologues du Québec* and with the College of Psychologists of 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 30 EMDR Therapy Basic Trainings in French or English in Québec, Ontario and the Maritimes. Philippe has also presented at past EMDR Canada Conferences or offered advanced workshops on topics such as EMDR to treat Anxiety Disorders, Complex Trauma /Dissociation or Refining EMDR Clinical Skills. 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.

## **REGISTRATION FEES**

### **ALL you need to complete this 60 hour EMDR Therapy Basic Training**

**Part One: 27 hours** over 3.5 days  
15 Didactic Hours + 12 Practicum Hours

**Part Two: 23 hours** over 3 days  
15 Didactic Hours + 8 Practicum Hours

**10 hours of consultation** (*EMDRIA Required*)  
offered via monthly group teleconferences  
(long distance charges may apply depending on your  
location)

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

**Course manual** containing all the handouts and  
worksheets

**2350\$ + HST 352.50\$ = 2702.50\$**  
**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 made out to Dr Philippe Gauvreau  
dated at the time of sending your registration.
- 2) E-transfer to [pgauvreau@pgauvreau.com](mailto:pgauvreau@pgauvreau.com) with  
password EMDR

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

Full payment must be received in full 30 days before  
the beginning of the training. You can pay the remaining  
balance (2202.50\$) by way of:

- 1) E-transfer 30 days before the start of the  
course to [pgauvreau@pgauvreau.com](mailto:pgauvreau@pgauvreau.com) with  
password EMDR.
- 2) Post-dated cheque to 30 days before the  
training made out to Dr Philippe Gauvreau.

If you cancel up to 30 days before the training, your  
deposit will be refunded in full. After the 30 day mark,  
due to our commitments (hotel, course material, staff)  
the deposit will be kept in full.

## **REQUIRED DOCUMENTS TO REGISTER:**

-- *EMDRIA Required* --

- 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:
- Please send these documents along with the registration form  
and your payments.

You can send your registration by:

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

Email : [pgauvreau@pgauvreau.com](mailto:pgauvreau@pgauvreau.com) – in pdf

Text Message: 819-334-4884

## **DAILY SCHEDULE :**

|         |  |
|---------|--|
| 8:00am  | Arrival - Registration – Continental Breakfast |
| 8:45am  | Course begins                                  |
| 10:15am | Coffee-Break (15 minutes)                      |
| 12:00pm | Lunch (on your own) 75 minutes                 |
| 1:15pm  | Course resumes                                 |
| 3:00pm  | Coffee-Break (15 minutes)                      |
| 5:15pm  | End of the day                                 |

*On the 4th day of Part One, we finish at 1:00pm.*

## **LOCATION OF TRAINING:**

### **Future Inns Halifax**

#### **Reservations & Guest Services**

30 Fairfax Drive, Halifax , NS , B3S 1P1

Tel: (902) 443-4333 Toll Free: 1-800-565-0700

[halifax@futureinns.com](http://halifax@futureinns.com)

Reservation Code for rooms: EMDR Training

### **PLEASE! Practice self-care**

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

**Participants will have a maximum of two (2) years to complete their  
EMDR Basic Training  
(EMDRIA Policy & Requirements)**

**Registration instruction**

**You can mail your registration to**

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

**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: \_\_\_\_\_

**Please join your payment:**

**1) Deposit: 500\$ :**

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

**2) Balance: 2202.50\$:**

**Paid 30 days before the training begins**

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

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

\_\_\_\_\_

**Upon reception of your application,  
you will receive a confirmation of  
registration by email and a receipt  
for your deposit.**

\_\_\_\_\_

**NSTC maintains responsibility for  
this EMDR Therapy Basic Training**

**Training is held in facilities which  
comply with Canadian regulations  
on accessibility and disability.**

**REGISTRATION**

**EMDR BASIC TRAINING – HALIFAX, NS 2020**

PLEASE KEEP A COPY FOR YOUR RECORDS

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

Address : \_\_\_\_\_  
\_\_\_\_\_

Email : \_\_\_\_\_

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

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

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

Regulatory Body \_\_\_\_\_

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

**CANCELLATION POLICY**

**Please initial here:** \_\_\_\_\_ confirming that you have read and understand the cancellation policy. Up until 30 days before the training, we can reimburse the registration fee and your deposit. For cancellations less than 30 days before the course we will retain your deposit due to our commitments (Hotel, course material, staff, etc.). However, if the course is full and the vacancy can be filled, then we can reimburse full tuition less a 50\$ administration fee. Naturally, if the provider cancels the training, 100% of tuition will be reimbursed.

**CONSENT TO PRACTICUMS**

**Please sign here:** \_\_\_\_\_ to confirm that you understand that this EMDR Therapy Basic Training entails a practicum portion where participants will work in small groups of 2 or 3 on the application of the EMDR Protocols on actual real personal issues. This is not role play.

-The practicum portion is an EMDRIA mandatory requirement for completion of the Basic Training. 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.

-These practice experiences are for training purposes only and not for personal therapy. Attendees are expected to maintain an attitude of cooperation and mutual support for all in the training.

-The trainer and facilitators will be providing feedback and direction to you on using the basic protocol. attendees are expected to be open to feedback and learning. Trainees who are disruptive or discriminatory or refuse to participate will be required to leave the training.