

# **“EMDR” THERAPY BASIC TRAINING**

EMDRIA Approved Program

Join us in beautiful St. John's, NL



**Space is limited to 18**

**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

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**St. John's, NL**

**Intensive "one-week" program**

**Part One: May 20 - 23 2020** Wednesday to Saturday (ending at 1:00pm)

**Part Two: May 25 - 27 2020** Monday to Wednesday (5:00pm)



**MURRAY PREMISES HOTEL**

ON THE HARBOURFRONT

**Murray Premises Hotel**

5 Becks Cove, St. John's, NL A1C 6H1

Phone: 709-738-7773 / (866) 738-7773

Reservation Code: "EMDR Training"

Email: [info@murraypremiseshotel.com](mailto:info@murraypremiseshotel.com)

Web: [www.murraypremiseshotel.com](http://www.murraypremiseshotel.com)

**FOR MORE INFORMATION:**

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

**Phone: 819-334-4884**

**Email: [pgauvreau@pgauvaupsy.com](mailto:pgauvreau@pgauvaupsy.com)**



# EMDR Therapy Basic Training

Approved by the EMDR International Association

## About Niagara Stress & Trauma Clinic's EMDR Training Courses

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 **applied practicums**, three in Part One and two in Part Two 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 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. Dates will be provided at the beginning of the training.

**Participants will be required to attend five teleconferences** lasting each 2 hour. Dates for teleconferences are provided at the beginning of the training and are offered at different dates/times to accommodate participants' schedules as much as possible.

**NSTC's EMDRIA Approved Instructors:**  
**Barbara Horne, MASc, RMFT, R.P.**  
EMDRIA Approved Consultant & Training Provider  
www.BarbaraHorne.ca Tel: (905) 687-6866

**Dr Philippe Gauvreau, psychologist**  
EMDRIA Approved Consultant & Training Provider  
www.pgauvreauopsy.com 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.

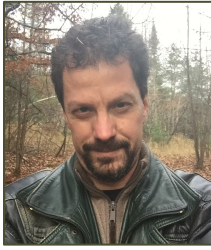
- The World Health Organization (2013)
- The American Psychiatric Association (2004 & 2009)
- The American Psychological Association
- The US Department of Defense/ V.A. (2004 & 2010)
- The IS TSS (2000 & 2008)

**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) 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.

Students who would like to take the basic training will need to submit the following documentation to determine eligibility for registering for an EMDRIA Approved Basic EMDR Training: graduate transcript, practicum or internship hours, curriculum vita, and a letter from their current supervisor which includes the supervisor's degree information, licensure information and license number.

## Your EMDR 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 a trainer in 2009. Since then he's offered over 25 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. His study was published in the *Journal of EMDR Practice and Research* in 2008.

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

### REGISTRATION FEE INCLUDES:

#### **ALL you need to complete your 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)

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

**Course manual** for both parts of the course.

### REGISTRATION FEE PAYMENT

You can pay either by

- 1) Check post-dated 30 days before the training
- 2) E-Transfer at [pgauvreaupsy@gmail.com](mailto:pgauvreaupsy@gmail.com)

**2400\$ + HST 360\$ = 2760\$**

### DAILY SCHEDULE :

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

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

### IMPORTANT INFORMATION ABOUT GROUP PRACTICUMS:

Afternoons of Day 2, Day 3, of Part-One & Part-Two, and the morning of Day 4 in Part-One will be devoted to group practicum. During these practicums, participants will get the opportunity to experience EMDR work from the perspective of therapist, client and observer. This will not be role-play, but actual work on real issues under the guidance and support of the instructor or facilitators.

These group practices will be held under the coaching and support of the trainer and our facilitators. Information will be provided as we progress over the course of the training.

**Payment modality**

**1) cheque made out to:**

Dr Philippe Gauvreau, C.Psych.  
Cheque can be post-dated 30 days before  
the training (April 20 2020)

**2) E-Transfer payment sent to:**

pgauvreau@psy@gmail.com  
Use password: "EMDRNL"

Must be received at least 30 days  
before the training begins (April 20  
2020)

**You can mail your registration to**

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

**or email it in pdf / jpeg format to**  
pgauvreau@psy@gmail.com

**Please join with your registration  
-- EMDRIA Requirements--**

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

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

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

**Chosen mode of payment:**

\_\_\_\_\_ cheque for 2760\$ enclosed

\_\_\_\_\_ E-Transfer for 2760\$

**You will receive a confirmation of  
registration by email.**

**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 INTENSIVE  
St John's, NFL  
PLEASE KEEP A COPY FOR YOUR RECORDS**

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

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

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

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

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

Graduate Degree: \_\_\_\_\_  
(M.Ps., M.A., M.Sc., MSS, MD. D.Ps., Ph.D., Psy.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 less a 50\$ administration fee. Cancellation less than 30 days before the course will receive a 70% reimbursement 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 tuition less a 50\$ administration fee. Naturally, if the provider cancels the training, 100% of tuition will be reimbursed.

**CONSENT TO PRACTICUMS**

**Please write your initials 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.