



Formation EMDR Training
Pour un regard nouveau
For a new perspective.

EMDR Therapy Basic Training

EMDRIA Approved Training
62 hours in total!

Halifax, NS, Fall 2025

Do you prefer small group settings instead of larger groups? 18 participants in total
Do prefer a more individualized, regulated and paced approach to learning?
Practicums with a ratio of 6:1 and Consultation ratio of 8:1
Come join us for this small group in-person / virtual hybrid program!

Instructor : Dr Philippe Gauvreau, D.Ps.
Psychologist & EMDRIA Approved Trainer

Facilitators : Lesley Hartman, MA, R.Psych.
Beth Toomey, MSW, RSW
EMDRIA Approved Consultants

Part One: In Person in Halifax
September 17th -20th 2025

Part Two: Virtual
November 20 & 21 2025
December 4 & 5 2025



FUTURE INNS HALIFAX

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For more information
www.pgauvreaupsy.com
Email: pgauvreaupsy@gmail.com

Why choose this training program?



It's 100 % Canadian based!

- **This course was developed by Canadian Trainers**
- 62 hours of training in total (Exceeds the 50 hours minimum required by EMDRIA)
- **Strong emphasis on history taking, case conceptualization and treatment planning for both simple and more comprehensive clinical situations.**
- Promotes integration by spreading the 10 hours of group consultation to give you time to practice.
- **Ratio of 6:1 for practicums for more individualized support (EMDRIA requires 10:1)**
- **Ratio of 8:1 for group consultation (EMDRIA requires 10:1)**
- Course binder & Shapiro's textbook included with your registration fee.
- **Access to all course material in English & French on the course's LMS platform.**
- Access to recordings of the didactic for review up to 6 months after the training is completed.



EMDR Therapy Basic Training

Approved by the EMDR International Association



ABOUT THIS EMDR THERAPY TRAINING

Part One: Over 4 days in person:

« **Let's start at the very beginning, a very good place to start!** ».

Part One teaches you the Theory and Method of EMDR Therapy: The Adaptive Information Processing Model that guides the practice of EMDR and, the Eight (8) Phases of EMDR Therapy.

- 1) Symptom-based and Comprehensive Psychotherapy case conceptualizations are presented.
- 2) Focus is on how to implement EMDR practice with simpler clinical situations: Simple PTSD, Acute Stress, Adjustment Disorder, Time-limited difficulties, etc.

Part Two: Online over two 2-day meetings:

Part Two introduces clinicians to strategies required to work with more complex clinical situations: Chronic Trauma, developmental trauma, comorbidities (Depression, Anxiety Disorders, Personality Disorders, etc.).

Specialty presentations on 1) EMDR with Children and 2) Introduction to working with Complex PTSD & Dissociation are included.

Important Notes:

While we introduce clinicians to work with Complex PTSD by introducing 1) the Theory of Structural Dissociation, 2) the Stage-Oriented Treatment of CPTSD & Dissociation, and 3) some EMDR adaptations, this does not make it a formal training or workshop on this very specific topic. Clinicians will be guided with suggestions for post EMDR Basic Training workshops if they wish to further develop these skills.

During 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 dyads under the guidance and support of the training team (**ratio of 6:1**) EMDRIA requires a ration of 10:1

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 hours. Various dates will be provided before the training begins. You'll be invited to select 4 dates. A 5th date takes place during the training itself.

Course Instructor

Dr Philippe Gauvreau, psychologist
EMDRIA Approved Consultant & Trainer
www.pgauvreaupsy.com pgauvreaupsy@gmail.com

Who can enroll in an EMDR Basic Training?

EMDRIA Registration requirements

(for more about registration criteria: 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 D.Ps. from Sherbrooke University.

An EMDRIA Approved Consultant since 2008 and Approved Training Provider/Trainer in 2009. He is co-author and co-developer, with Barbara Horne, of the core training manual for this Canadian-based EMDR Basic Training curriculum.

Philippe has offered over 40 EMDR Therapy Basic Trainings in French or English in Québec, Ontario and the Maritimes. Philippe has also presented at past EMDR Canada Conferences, including 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 was invited to join 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, 3rd
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.

\$2500 + GST 125\$ / QST 249.38\$ = 2874.38\$
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 with
Password EMDR2025

Balance of payment: 2374.38\$

Full payment must be received in full 30 days before
the beginning of the training.

You can pay the remaining balance (**2374.38\$**) by

- 1) E-transfer 30 days before the start of the course to,
For this training: August 17th, 2025
pgauvreaupsy@gmail.com
With password EMDR2025
- 2) Post-dated cheque to 30 days (**August 17th, 2025**)
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 clinicians:** Copy of your license to
practice the reserved act of psychotherapy.

**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 – in pdf or jpeg

DAILY SCHEDULE:

	In Person	or	Virtual
8:00am	Continental Breakfast	or	Zoom room opens 8:15am
8:45am	Course begins Coffee break 15 min.	or	Two 10-minutes breaks
Noon	Lunch on your own		
1:15pm	Course resumes Two 10-minutes coffee breaks approx..	or	1:00pm ET course resumes
5:15pm	End of the day	or	5:00pm ET End of day

For the Friday December 5th, 2025, on the last day of the training:

- From 1:00pm to 3:00pm ET we have one of the group
consultations with our training team – ratio 6:1
- Final information, goodbyes and leave taking by 3:30pm ET on
this last day.

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 an EMDR Basic Training
from the starting date of their training. (EMDRIA Policy & Requirements)**

This training is scheduled to allow to complete withing about 5 months. But life happens!
Should you need to make up for missed portions, although not ideal, this policy affords us some flexibility.

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 payments:
2500\$ + Taxes = 2874.38\$ as:**

1) Deposit: 500\$:

Cheque: _____ or E-transfer: _____

**2) Balance: 2374.38\$
Paid 30 days before the training
begins – August 17th, 2025**

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.

*Provider/Trainer maintain responsibility for this
EMDR Therapy Basic Training*

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

RESERVED TO 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 – HALIFAX FALL 2025

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

Name: _____

Professional Address:

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: _____

Profession: _____

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

Prof. College: _____

License #: _____

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

Information about lunch

- I'm sure you have noticed that lunchtime is 75 minutes and that we finish
our days at 5 :15pm. "Why?!" You may ask. Well, may I suggest that
"trauma treatment training" be also trauma informed? Regulating, pacing,
organizing our timeline to reduce feeling too rushed and optimize your
experience.
- In the past, 60-minute lunch were rushed, time was pressed and coming
back into the afternoon practicums was just stressful. So, by giving us an
extra 15 minutes, I'm hoping it'll help you all feel less "pressed and
stressed".