

# RÉMI THÉRIAULT, MSc

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## EDUCATION

2018/09– Present	<b>PhD (Psychology – Social)</b> GPA: 4.30/4.30 Supervisor: Stéphane Dandeneau	Université du Québec à Montréal (UQAM)
2016/09– 2018/08	<b>Master of Science (Psychiatry)</b> GPA: 4.00/4.00 Supervisor: Amir Raz Advisory Committee: Amir Raz, Jennifer Bartz, Donald Taylor, & Samuel Veissière	McGill University
2013/01 –2016/04	<b>Bachelor of Arts (Psychology, Behavioral Science, &amp; Sociology)</b> GPA: 3.76/4.00 (Distinction – top 25%) Supervisor: Amir Raz	McGill University
2010/08 – 2012/09	<b>Diplôme d'Étude Collégial (Sciences humaines)</b> Cote R: 30.754	Cégep Édouard-Montpetit

## COURSES TAUGHT

Winter 2019	<b>PSY5610 – La psychologie des attitudes.</b> Undergraduate university class (38 students)	Université du Québec à Montréal (UQAM)
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## RESEARCH GRANTS

2019-2021	<i>Mind &amp; Life Francisco J. Varela Research Grant (Mind &amp; Life Institute)</i> .....	US \$20,000
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## RECOGNITIONS AND AWARDS

2022	<i>Prix Relève étoile Paul-Gérin-Lajoie</i> , for best paper (FRQSC).....	\$1,000
2021	<i>Bourse d'implication Desjardins</i> , for student involvement.....	\$2,000
2021-2024 (Finalist)	<i>Finalist</i> (< 6% of applicants) for the <i>Pierre Elliott Trudeau Scholarship</i> .....	(\$180,000)
2021	<i>Bourse d'excellence de l'Institut des sciences cognitives</i> (UQAM).....	\$2,000
2019	<i>McGill Department of Psychiatry Travel Award</i> .....	\$485
2019	<i>Social Sciences and Humanities Research Council (SSHRC) Storytellers Finalist</i> .....	\$3,000
2018-2021	<i>Joseph-Armand Bombardier (SSHRC) Canada Graduate Scholarship-Doctoral</i> .....	\$105,000
2018-2021 (Declined)	<i>Fonds de recherche du Québec - Société et culture-Doctoral</i> .....	(\$63,000)
2017-2018	<i>Joseph Armand Bombardier (SSHRC) Canada Graduate Scholarship-Master's</i> .....	\$17,500
2017-2018 (Declined)	<i>Fonds de recherche du Québec - Société et culture-Master's</i> .....	(\$15,000)
2016-2017	<i>McGill University Graduate Excellence Fellowship in Mental Health Research</i> .....	\$10,000
2015	<i>McGill Faculty of Arts Research Internship Award</i> .....	\$4,000
2013	<i>Je prends ma place</i> Laureate, for citizen involvement (Government of Québec).....	\$1,000
2012	<i>Forces Avenir</i> Laureate – College, Committed Student.....	\$2,500
2012	<i>Bourse Coopérative-Odyssée</i> , for student involvement.....	\$750
2011	<i>Bourse Édouard-Montpetit-Desjardins</i> , for student involvement.....	\$750

R PACKAGE (SOFTWARE)

**Thériault, R.** (2022). rempsyc: Convenience functions for psychology. <https://github.com/rempsyc/rempsyc> Version = 0.0.1.

PEER-REVIEWED PUBLICATIONS

- Thériault, R., Landry, M., & Raz, A.** (2022). The Rubber Hand Illusion: Top-down attention modulates embodiment. *Quarterly Journal of Experimental Psychology*. <https://doi.org/10.1177/17470218221078858>
- Thériault, R., Olson, J. A., Krol, S. A., & Raz, A.** (2021). Body swapping with a black person boosts empathy: Using virtual reality to embody another. *Quarterly Journal of Experimental Psychology*. <https://doi.org/10.1177/17470218211024826>.
- Krol, S. A., **Thériault, R.**, Olson, J. A., Raz, A., & Bartz, J. (2020). Self-concept clarity and the bodily self: Malleability across modalities. *Personality and Social Psychology Bulletin*, 46(5). <https://doi.org/10.1177/0146167219879126>
- Thériault, R.** (2019). Book review: Awareness is freedom: The adventure of psychology and spirituality. *Frontiers in Psychology*, 10(2814). <https://doi.org/10.3389/fpsyg.2019.02814>
- Thériault, R., & Raz, A.** (2018). Patterns of bronchial challenge testing in Canada. *Canadian Journal of Respiratory Therapy*, 54(2), 41-47. <https://doi.org/10.29339/cjrt-2018-006>
- Lifshitz, M., Sheiner, E. O., Olson, J., **Thériault, R.**, & Raz, A. (2017). On suggestibility and placebo: A follow-up study. *American Journal of Clinical Hypnosis*, 59(4), 1-8. <https://doi.org/10.1080/00029157.2016.1225252>

NON-PEER-REVIEWED PUBLICATIONS

- Miglianico, M. \*, **Thériault, R. \***, Lavoie, B. \*, Labelle, P., Joussemet, M., Veilleux, M., Lambert, J., Bertrand-Dubois, D. (2022). Pratiques cliniques inspirées par la recherche en psychologie positive. *Psychologie Française*. Under peer review [second round]. \*These authors contributed equally.
- Thériault, R., Dion-Cliche, F., & Dandeneau, S.** (2022). Fear of negative evaluation moderates the effect of social inclusion and social feedback on fundamental needs. Under peer review at *Social Psychological and Personality Science*. Preprint: <https://psyarxiv.com/xc4q7/>
- Thériault, R., Dandeneau, S., & Baldwin, M.** (in preparation). All in a smiling face: The attentional benefits of dynamic attention training for low self-esteem individuals.
- Thériault, R., Landry, M., Mattuck, S., and Raz, A.** (in preparation). The Rubber Hand Illusion: Does cognitive load affect EEG & electrodermal activity?
- Thériault, R., Corber, L., MacLean, C. W., Napoleon, J.-S., Olson, J., Turkakin, E., & Raz, A.** (in preparation). Suggestion affects subjective breathlessness but not objective pulmonary function.
- Thériault, R.** (2018). *Comparing the effects of mental and embodied perspective-taking* (Master's thesis). McGill University, Montréal, Québec, Canada.
- Thériault, R.** (2016). *Exploring cognitive dimensions of body ownership* (Bachelor's thesis). McGill University, Montréal, Québec, Canada.
- Thériault, R., Baron, A., & Cowell, B.** (2012). *Comment les activités artistiques peuvent développer l'estime de soi chez les jeunes marginalisés : une intervention en cirque social à la maison des jeunes Kekpart* (Collegial thesis). Cégep Édouard-Montpetit, Longueuil, Québec, Canada.

INVITED TALKS

- Thériault, R. \***, Quilico, E. \*, Tétreault, F. \*, Labossière, S. \*, Boudreau, S. \* (2020, May 13; \*all panelists contributed equally). Workshop with the SSHRC's Storytellers finalists: an opportunity to learn about and practice the art of presenting (Atelier avec les finalistes du concours CRSH – J'ai une histoire à raconter : une occasion d'apprendre et pratiquer l'art de la présentation). Panel organized by the *Centre for Interdisciplinary Research in Rehabilitation of Greater Montreal (CRIR)*. Presentation available from: <https://youtu.be/8VfnQjnon30?t=4288>.

- Thériault, R.,** Dennie, A., Djehounke, L., Light, E., Chamberlain, C. W., Krol, S., Olson, J., & Raz, A. (2019, January 15). Immersive embodiment experiences improve intergroup relations, empathy, self-other overlap, and prejudice. Online webinar for the *Student Speaker Series* of the *Student Division of the International Positive Psychology Association*. Presentation available from: <https://vimeo.com/user68157211/review/378278530/8d86f3cb33>.
- Thériault, R.,** Dennie, A., Djehounke, L., Light, E., Chamberlain, C. W., Krol, S., Olson, J., & Raz, A. (2018, October 25). Virtual-reality-based immersive embodiment experiences increase empathy, reduce prejudice. Oral presentation for the *Institute for Interdisciplinary Brain and Behavioral Science* in Orange, California.
- Thériault, R.,** & Raz, A. (2016, December 8). Diagnosing asthma across Canada: question marks... and exclamation points! Oral presentation for the *Chronic Diseases Seminar* for the *Research Center of the Hôpital Sacré-Cœur de Montréal, QC*.
- Thériault, R.** (2016, October 19). Vers un changement constructif dans les communautés autochtones : une perspective de psychologie sociale. Oral presentation for the *Wampum Center* at the *Native Friendship Center of Montreal, QC*.

### CONFERENCE TALKS

- Thériault, R.,** Masson, R., Archambault, M., & Dandeneau, S. (2022, June 16-20). Does loving-kindness meditation increase giving behaviors? Talk accepted for the *Tenth SELF International Conference* in Québec city, QC (but the conference has switched to an online format because of COVID).
- Thériault, R.,** Dion-Cliche, F., & Dandeneau, S. (2022, June 17-19). Fear of negative evaluation moderates the effect of social inclusion and social feedback on fundamental needs. Talk accepted for the *2022 CPA Annual National Convention* in Calgary, AB.
- Thériault, R.** (2019, June 3). Réduire les préjugés et augmenter l'empathie via la réalité virtuelle. Talk presented at the *2019 Congress of the Humanities and Social Sciences* in Vancouver, BC.
- Thériault, R.,** Corber, L., MacLean, C. W., Napoleon, J.-S., Olson, J. A., & Raz, A. (2018, August 24). Can suggestion affect pulmonary function in children with suspected asthma? Talk presented at the *2<sup>nd</sup> World Congress of Medical and Clinical Hypnosis* in Montréal, QC.
- Dennie, A., Djehounke, L., Light, E., Chamberlain, C. W., **Thériault, R.**, Krol, S., Olson, J., & Raz, A. (2018, June 5). Walking a mile in another's shoes: Can virtual reality decrease prejudice? Conference talk presented by first author at the *Research Day of the Douglas Hospital Research Centre and McGill Department of Psychiatry* in Montréal, QC.
- Thériault, R.,** Krol, S., & Raz, A. (2017, July 14). Investigating the effects of mental versus embodied perspective-taking on prejudice. Talk presented at the *5<sup>th</sup> World Congress on Positive Psychology* in Montréal, QC.
- Thériault, R.,** Landry, M., Mattuck, S., & Raz, A. (2017, June 2). The Rubber Hand Illusion: Does load affect EEG & electrodermal activity? Talk presented at the *Research Day of the Douglas Hospital Research Centre and McGill Department of Psychiatry* in Montréal, QC.
- Lifshitz, M., Sheiner, E., Olson, J., **Thériault, R.**, & Raz, A. (2016, October 6). "On suggestibility and placebo". Conference talk presented by first author at the *6<sup>th</sup> meeting of the Society for Clinical and Experimental Hypnosis* in Boston, MA.

### CONFERENCE POSTER PRESENTATIONS

- Masson, R., **Thériault, R.**, Archambault, M., & Dandeneau, S. (2021, July). *Can loving-kindness meditation reduce aggressivity? A randomized controlled trial*. Poster session presented by first author at the *7<sup>th</sup> World Congress on Positive Psychology* in Vancouver, Canada (virtual conference because of COVID).
- Masson, R., **Thériault, R.**, Archambault, M., & Dandeneau, S. (2021, June). *Can prosocial attitudes and behaviors be positively influenced by aggression and subjective fatigue?* Poster session presented by first author at the *Canadian Psychology Association's 82<sup>nd</sup> Annual National Convention*, Ottawa, Canada (virtual conference because of COVID).
- Masson, R., **Thériault, R.**, Archambault, M., & Dandeneau, S. (2021, April 28-May 7). L'agressivité et la fatigue cognitive peuvent-elles mener à de plus grands comportements d'aide et de don? Poster session presented by first author at the *88<sup>th</sup> Congress of ACFAS—l'Association francophone pour le savoir* (virtual conference because of COVID).

- Bold, J., **Thériault, R.**, Olson, J., Stain, A., Curry, D., & Raz, A. (2020, February 29). Replicating the body swap in a different sample: Preliminary data. Poster session presented by first author at the *Society for Personality and Social Psychology Annual Convention* in New Orleans, Louisiana.
- Thériault, R.**, Dandeneau, S., & Baldwin, M. (2019, July 20). All in a smiling face: The attentional benefits of dynamic attention training for low self-esteem individuals. Poster session presented at the *8<sup>th</sup> World Congress on Positive Psychology* in Melbourne, Australia.
- Thériault, R.**, & Dandeneau, S. (2019, June 12). Trait self-control moderates the effects of priming mindfulness on aggressive behaviour. Poster session presented at the *Mind & Life Summer Research Institute* in Garrison, New York.
- Thériault, R.**, Dennie, A., Djehounke, L., Light, E., Chamberlain, C. W., Krol, S., Olson, J., & Raz, A. (2018, June 6). Being one with diversity through perspective-taking: Mind or body to increase prosocial feelings? Poster session presented at the *Mind & Life Summer Research Institute* in Garrison, New York.
- Dennie, A., Djehounke, L., Light, E., Chamberlain, C. W., **Thériault, R.**, Krol, S., Olson, J. A., & Raz, A. (2018, June 5). Walking a mile in another's shoes: Can virtual reality decrease prejudice? Poster session presented by first three authors at the *Research Day of the Douglas Hospital Research Centre and McGill Department of Psychiatry* in Montréal, QC.
- Thériault, R.**, Dennie, A., Djehounke, L., Light, E., Chamberlain, C. W., Krol, S., Olson, J., & Raz, A. (2018, May 24-25). Comparing two interventions to reduce prejudice and increase empathy. Poster session presented at the *4<sup>th</sup> Canadian Conference on Positive Psychology* in Toronto, ON.
- Thériault, R.**, Landry, M., Mattuck, S., & Raz, A. (2017, June 2). The Rubber Hand Illusion: Does load affect EEG & electrodermal activity? Poster session presented at the *Research Day of the Douglas Hospital Research Centre and McGill Department of Psychiatry* in Montréal, QC.
- Thériault, R.**, Landry, M., Mattuck, S., & Raz, A. (2017, May 12). The impact of load on electrodermal activity during the Rubber Hand Illusion. Poster session presented at the *8<sup>th</sup> Annual LDI Scientific Retreat* in Montréal, QC.
- Mattuck, S., **Thériault, R.**, Landry, M., & Raz, A. (2017, April 17). Exploring the influence of cognitive resources on body ownership. Poster session presented by first author at the *Psychology Undergraduate Research Day* at McGill University in Montréal, QC.
- Thériault, R.**, Landry, M., & Raz, A. (2016, April 15). Exploring the effects of cognitive load and task instructions in the Rubber Hand Illusion. Poster session presented at the *Psychology Undergraduate Research Day* at McGill University in Montréal, QC.
- Thériault, R.**, Landry, M., & Raz, A. (2016, January 19). Exploring cognitive aspects of body ownership. Poster session presented at the *6<sup>th</sup> Annual Faculty of Arts Undergraduate Research Event* at McGill University in Montréal, QC.

## MEDIA PUBLICATIONS

- Thériault, R.** (2022, February 8). Making simple moderations with simple slopes easily in R [Blog post]. Retrieved from [https://remi-theriault.com/blog\\_moderation](https://remi-theriault.com/blog_moderation)
- Thériault, R.** (2022, February 3). Making simple t-tests with multiple variables easily in R [Blog post]. Retrieved from [https://remi-theriault.com/blog\\_t-test](https://remi-theriault.com/blog_t-test)
- Thériault, R.** (2021, March 9). Time Management: The Importance of Self-Monitoring [Blog post]. Student Ambassador Program of the Canadian Positive Psychology Association. Retrieved from <https://cppastudents.medium.com/time-management-the-importance-of-self-monitoring-c9dfff24laf1>
- Thériault, R.** (2020, December 25). Quickly test linear regression assumptions [Blog post]. Retrieved from [https://remi-theriault.com/blog\\_assumptions](https://remi-theriault.com/blog_assumptions)
- Thériault, R.** (2020, September 1). Rémi Thériault | Student Success Series [Blog post]. Student Ambassador Program of the Canadian Positive Psychology Association. Retrieved from <https://medium.com/@cppastudents/student-success-series-with-rémi-thériault-7c15d09b98f>
- Thériault, R.** (2020, August 21). Introducing an R function for making nice tables [Blog post]. Retrieved from [https://remi-theriault.com/blog\\_table](https://remi-theriault.com/blog_table)

- Thériault, R. (2020, March 27). Êtes-vous en contrôle... de vous? [Blog post]. Retrieved from <https://medium.com/@psychologie.sociale.uqam/%C3%A4tes-vous-en-contr%C3%B4le-de-vous-f5bdf81b7eb>
- Thériault, R. (2020, February 28). Interpolating the Inclusion of the Other in the Self Scale [Blog post]. Retrieved from [https://remi-theriault.com/blog\\_circles](https://remi-theriault.com/blog_circles)
- Thériault, R. (2019, October 14). Introducing an R function for easy randomization [Blog post]. Retrieved from [https://remi-theriault.com/blog\\_randomize](https://remi-theriault.com/blog_randomize)
- Thériault, R. (2019, September 12). Introducing an R function for making nice scatter plots [Blog post]. Retrieved from [https://remi-theriault.com/blog\\_scatter](https://remi-theriault.com/blog_scatter)
- Thériault, R. (2019, September 6). Introducing an R function for making nice violin plots [Blog post]. Retrieved from [https://remi-theriault.com/blog\\_violin](https://remi-theriault.com/blog_violin)
- Thériault, R. (2015, December 7). Does hypnosis improve clinical interventions? [Blog post]. Retrieved from <https://www.facebook.com/notes/rémi-thériault/does-hypnosis-improve-clinical-interventions/10154268637803797>
- Thériault, R. (2015, April 9). The SOI, the Big Five traits of personality, and personal transformation [Blog post]. Retrieved from <https://www.facebook.com/notes/rémi-thériault/the-soi-the-big-five-traits-of-personality-and-personal-transformation/10153829459748797>
- Thériault, R. (2015, April 8). L'hypothèse de continuité dans les rêves et son extension morale [Blog post]. Retrieved from <https://www.facebook.com/notes/rémi-thériault/lhypothèse-de-continuité-dans-les-rêves-et-son-extension-morale/10153830286773797>
- Thériault, R. (2014, November 27). Critically assessing the motivational framework of Rhonda Byrne's *The Secret* [Blog post]. Retrieved from <https://www.facebook.com/notes/rémi-thériault/critically-assessing-the-motivational-framework-of-rhonda-byrnes-the-secret/10153691320873797>
- Thériault, R. (2014, April 10). Buddhist koans: Duality of language and its transcendence [Blog post]. Retrieved from <https://www.facebook.com/notes/rémi-thériault/buddhist-koans-duality-of-language-and-its-transcendence/10153691300283797>
- Thériault, R. (2014, April 3). Do we really know what yoga means?: The place of spirituality in yoga research [Blog post]. Retrieved from <https://medium.com/@rempsyc/do-we-really-know-what-yoga-means-96fc8e083411/>
- Thériault, R. (2014, March 29). How I became intelligent: or why IQ tests may fail to awaken one's potential [Blog post]. Retrieved from <https://medium.com/@rempsyc/how-i-became-intelligent-a95bc08c6290>
- Thériault, R. (2014, March 23). The quest for meaning and where it originates [Blog post]. Retrieved from <https://medium.com/@rempsyc/the-quest-for-meaning-eda73de238b8>
- Thériault, R. (2014, March 22). Do you know your EQ?: No, I'm not talking about your intelligence quotient [Blog post]. Retrieved from <https://medium.com/@rempsyc/do-you-know-your-eq-23beca870fc>
- Thériault, R. (2014, January 16). Nature of reality and its inevitable simplification [Blog post]. Retrieved from <https://medium.com/@rempsyc/nature-of-reality-e286a1587d94>
- Thériault, R. (2012, October 10). Bilan de RIO+20: La planète n'y arrivera pas si on ne change pas de modèle! *Le MotDit : Le journal étudiant du Collège Édouard-Montpetit*, 38(3), p. 5. Retrieved from <https://issuu.com/motdit/docs/motdit10.10.12>
- Thériault, R. (2012, August 30). Une folle élection : « ki cé kon vote, pq ou qs? » [pastiche]. *Le MotDit : Le journal étudiant du Collège Édouard-Montpetit*, 38(1), p. 6. Retrieved from <https://issuu.com/motdit/docs/motdit30.08.12>
- Thériault, R. (2012, February 22). Réflexion économique sur la hausse des droits de scolarité. *Le MotDit : Le journal étudiant du Collège Édouard-Montpetit*, 37(5), p. 10.
- Thériault, R. (2011, April 27). Expérience sur les perceptions extrasensorielles. *Le MotDit : Le journal étudiant du Collège Édouard-Montpetit*, 37(7), p. 6.

## OTHER CONTRIBUTIONS (ACADEMIC SERVICE)

**Reviewer** for *Psychology of Consciousness: Theory, Research, and Practice*, January 2022.

**Reviewer** for the *XXI World Congress of Medical and Clinical Hypnosis*, organized by the International Society of Hypnosis and the Société Québécoise d'Hypnose, August 22-25, 2018, Montréal.

## MEDIA COVERAGE

Chmoulevitch, D. (2022, incoming). A look at racism in Québec and related local research [Interview on my implicit bias research to be published in CBC Montreal].

Paré, C. (2022, incoming). Page Jeune chercheur étoile : Rémi Thériault. Magazine Curium. <https://curiummag.com/>

Perreault, É. (2022, March 24). On Ms. Marie Gendron's altruism. *L'avenir nous appartient*. Télé-Québec. To be retrieved from: <https://ventesmedia.telequebec.tv/contenu/lavenir-nous-appartient/>

Handfield, C. (2021, December 19). Adieu solidarité, bonjour individualisme. *La Presse*. Retrieved from: <https://www.lapresse.ca/societe/2021-12-19/adieu-solidarite-rebonjour-individualisme.php>

Guillemette, M. (2021, September 1). Dans la peau d'une personne noire : La réalité virtuelle peut-elle réduire les préjugés raciaux? *Québec Science*. <https://www.quebecscience.qc.ca/societe/personne-noire-realite-virtuelle/>

Morin, I. (2020, May 29). Un peu de courtoisie. *La Presse*. Retrieved from: <https://www.lapresse.ca/societe/2020-05-29/un-peu-de-courtoisie>

Morin, I. (2020, May 29). Vivre ensemble au temps de la COVID-19. *La Presse*. Retrieved from: <https://www.lapresse.ca/societe/2020-05-29/vivre-ensemble-au-temps-de-la-covid-19>

Bourderon, C. and Laliberté, J.-S. (Producers), & Robitaille, É. (Host). (2018, December 7). Avez-vous des limites? *On est tous des humains* [Broadcast interview – panel guest]. Retrieved from: <https://canalm.vuesetvoix.com/avez-vous-des-limites/>

Bourderon, C. and Bolduc, M. (Producers), & Robitaille, É. (Host). (2018, October 19). Êtes-vous altruiste? *On est tous des humains* [Broadcast interview – panel guest]. Retrieved from: <https://canalm.vuesetvoix.com/etes-vous-altruiste/>

LaRoche, G. (Producer and host). (2018, August 21). Episode 10 - Student conversation ft. Rémi. *The Happiness Legacy Podcast* [Audio podcast guest]. Retrieved from: <https://thehappinesslegacy.com/podcast>

Guy, L.-P. (Producer and host). (2012, February 1). Échange sur la relève en économie sociale et l'action communautaire [Broadcast interview – panel guest]. Longueuil, QC: FM 103.3 – La radio allumée.

## OTHER RESEARCH EXPERIENCE

**2013/09–2016/09** Research Assistant, Amir Raz Cognitive Neuroscience Laboratory, McGill University

**2014/09–2016/09** *Sensory Deprivation, Consciousness, and Dissociation.*

- Conceived research designs & formulated hypotheses
- Performed various administrative tasks related to the sensory deprivation unit (shopping, maintenance, risks, authorizations, etc.).

**2013/09–2016/09** **Administrative Assistantship.**

- Worked on the WordPress website (razlab.org) & managed servers
- Edited videos and photos
- Performed various investigations on different topics for PI

**2015/05–07** *Posture and Human Resting-State (EEG, MEG).*

- Performed various tasks (including statistical analyses) on Brainstorm, Matlab, and Photoshop.

**2014/01–09** *Chronic Hives and the Effect of Cognitive Treatment in Kids and Adults.*

- Recruited and managed participants' appointments

**2014/05–08** *Attention Training in Health and Disease.*

- Trained children's attention with video games (data collection)

## LEADERSHIP EXPERIENCE

### Département de psychologie (Université du Québec à Montréal)

Montréal, Québec  
2019/01 – Present

#### *Yoga & Meditation Student Committee Lead*

- Organize affordable weekly yoga sessions for psychology students on campus (Winter 2022)
- Wrote and successfully obtained 2 grants for the project (first: \$1,697.85; second: \$500)
- Organized and guided weekly meditations for psychology students on campus (Winter 2019)
- Project objective is to improve student mental health with evidence-based mind-body exercises

### Canadian Positive Psychology Association (CPPA)

Montréal, Québec  
2019/09 – Present

#### *Lead Student Ambassador & Co-founder, Student Ambassador Program*

- As lead, manage ~ 70 other Student Ambassadors for various projects (blog, webinar, logo, Instagram, etc.)
- Editor-in-Chief for the blog project. Reviewed/supervised the publication of more than 20 blogs (see <https://medium.com/@cppastudents>)
- Weekly Core Team (board) meetings, monthly meetings for each project
- Organize and host webinars periodically, various involvement in other projects

#### *Ambassador, 3<sup>rd</sup> / 4<sup>th</sup> Canadian Conference on Positive Psychology*

Niagara-on-the-Lake/Toronto, Ontario  
2016/06, 2018/05

- Helped organize and promote the Conference
- Facilitated talks and lectures (room host), helped with logistics
- Assisted with translations for speakers and documents

### International Positive Psychology Association (IPPA)

Montréal, Québec  
2017/12 – Present

#### *Regional Representative (for the province of Québec) of the Student Division (SIPPA)*

- Connect local members to IPPA's Student Division
- Monthly meetings and brainstorming with Representatives and SIPPA Executive Team
- Created an interactive map of locations of all representatives across the globe for the website
- Contribution to SIPPA newsletter

#### *Volunteer for the 5<sup>th</sup> World Congress on Positive Psychology*

2017/07

- Helped promote the Conference
- Facilitated talks and lectures (room host)
- Registration desk: welcomed attendees, answered queries, gave conference badge and goodies bags

### Regroupement québécois de psychologie positive

Montréal  
2016/04 – Present

#### *Member of think-tank for the future of positive psychology in Québec*

- Participate to group meetings, discussions, debates, vision, and orientations
- Part of a) research, b) clinical, c) student, and d) English community committees
- Contribute to advertisement and goals of the group through public outreach, document preparation, help with organization of conference, and presentations to student associations to foster collaborations
- Lead development of freshly formed student division

### Permaculture ta Ville

Montréal  
2012/11 – 2016/08

#### *Co-Founder*

- Co-managed a community garden in Boucherville (summer 2014)
- Led presentations and promoted urban permaculture, co-managing Facebook page

### SDI (Sagesse, Ouverture, Intégrité)

Cégep Édouard-Montpetit  
2010/09 – 2016/08

#### *Founding president (2010/09 – 2012/09), Alumnus Coach (2012/09 – 2016/08)*

- As president: led the executive administrative board (6 people); managed budget (~\$700/year); promoted well-being, happiness, and health, and led activities based on psychological principles
- As coach: mentored and coached new members of the governing body; worked at improving administrative structure and increasing organization visibility through various promotional actions; organized annual retreat and lead various workshops and activities based on positive psychology

**Shaved Head Challenge***Co-spokesperson* (2009/04-10), *Participant* (2015/05)

- 2015: Shaved and gave my hair, plus collected 1080\$ in the community for Leucan
- 2009: Represented Leucan and the Challenge for the Montérégie region

**Montérégie/Montréal**  
2009/04-10, 2015/05**McGill University Leadership Training Program***Trainee*

- Completed the Leadership Skills Development Workshop series

**McGill University**  
2012/09 – 2013/04**Institut du Nouveau Monde & Forum Jeunesse Longueuil***Main Organizer*

- Organized electoral debate for the provincial elections, communications & setup

**Cégep Édouard-Montpetit**  
2012/06 – 2012/08**Société Québécoise de Psilogie***Volunteer*

- Scanned all past issues of *Le Lien Psi*, the organization's journal, and distributed it on CDs

**Montréal**  
2011/03-2012/07**Groupe d'Économie Solidaire du Québec (GESQ)***Member of the Youth Delegation*

- Participated in the United Nations Conference on Sustainable Development

**Rio de Janeiro, Brazil**  
2012/06**SIRIUS***Intern*

- Taught children academic topics, painted school, & worked in indigenous cocoa plantation

**Quito & Santo Domingo, Ecuador**  
2012/01**VOX POPULI***Intern*

- Visited various democratic institutions of the government, met with politicians & wrote a final report

**Québec City**  
2011/03PROFESSIONAL AFFILIATIONS

<b>2022/02 – Present</b>	Canadian Psychological Association
<b>2021/01 – Present</b>	Institut des sciences cognitives (UQAM)
<b>2016/09 – Present</b>	International Positive Psychology Association
<b>2016/02 – Present</b>	Psychologists for Social Responsibility
<b>2015/09 – Present</b>	Canadian Positive Psychology Association

CONFERENCES ATTENDED

<b>2019/07/17-21</b>	6 <sup>th</sup> World Congress on Positive Psychology	<b>Melbourne, Australia</b>
<b>2019/06/08-14</b>	Mind & Life Summer Research Institute	<b>Garrison, New York</b>
<b>2019/06/01-07</b>	Congress of the Humanities and Social Sciences	<b>Vancouver, BC</b>
<b>2018/08/22-25</b>	XXI World Congress of Medical and Clinical Hypnosis	<b>Montréal</b>
<b>2018/06/02-08</b>	Mind & Life Summer Research Institute	<b>Garrison, New York</b>
<b>2018/05/23-25</b>	4 <sup>th</sup> Canadian Conference on Positive Psychology	<b>Toronto, ON</b>
<b>2017/06/13-16</b>	5 <sup>th</sup> World Congress on Positive Psychology	<b>Montréal</b>
<b>2017/06/12</b>	Psychologie Positive au sein de la francophonie, perspectives et prospective	<b>Montréal</b>
<b>2017/05/02</b>	Research Day of the Douglas Hospital Research Centre	<b>Montréal</b>
<b>2017/05/12</b>	8 <sup>th</sup> Annual LDI Scientific	<b>Montréal</b>
<b>2016/05/15-17</b>	3 <sup>rd</sup> Canadian Conference on Positive Psychology	<b>Niagara-on-the-Lake, ON</b>
<b>2015/04/15</b>	Psychology Undergraduate Research Day	<b>McGill University</b>
<b>2015/01/19</b>	6 <sup>th</sup> Annual Faculty of Arts Undergraduate Research Event	<b>McGill University</b>



### RESEARCH INTERESTS

Positive & moral psychology, contemplative practices, Theory of Mind, empathy, self-regulatory strength, Self-Determination Theory, bodily self-consciousness, multisensory integration, anomalous experiences

### TECHNICAL SKILLS

Including: R, Rstudio, Shiny, GitHub, Inquisit, Wowchemy, Netlify, SPSS, MATLAB, ActiView, Brainstorm, Brain Analyzer, Qualtrics, Survey Monkey, LimeSurvey, Microsoft Office suite, Adobe Software, WordPress.

### LANGUAGES

French (native) and English (fluent)

### ACTIVITIES AND INTERESTS

Martial arts (Jeet Kune Do & others), breakdance, parkour/free running, skateboard, gymnastics, yoga, salsa