# RÉMI THÉRIAULT

# remi-theriault.com

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## **EDUCATION**

2018/09- Present PhD (Psychology – Social) Université du Québec à Montréal (UQAM)

GPA: 4.30/4.30

Supervisor: Stéphane Dandeneau

2016/09-2018/08 Master of Science (Psychiatry) McGill University

> GPA: 4.00/4.00 Supervisor: Amir Raz

Advisory Committee: Amir Raz, Jennifer Bartz, Donald Taylor, & Samuel Veissière

2013/01 -2016/04 Bachelor of Arts (Psychology, Behavioral Science, & Sociology) McGill University

GPA: 3.76/4.00 (Distinction – top 25%)

Supervisor: Amir Raz

2010/08 - 2012/09 Diplôme d'Étude Collégial (Sciences humaines) Cégep Édouard-Montpetit

Cote R: 30.754

### **COURSES TAUGHT**

PSY5610 – La psychologie des attitudes. Université du Québec à Montréal (UQAM) Winter 2019

Undergraduate university class (38 students)

### RECOGNITIONS AND AWARDS

2021	Bourse d'implication Desjardins	\$2,000
2021-2024 (Finalist)	Finalist (< 6% of applicants) for the Pierre Elliott Trudeau Scholarship	
2021	Bourse d'excellence de l'Institut des sciences cognitives (UQAM)	,
2021	Bourse du Département de psychologie (UQAM)	\$1,854
2019	McGill Department of Psychiatry Travel Award	\$485
2019	Social Sciences and Humanities Research Council (SSHRC) Storytellers Finalist	. \$3,000
2018-2021	Joseph-Armand Bombardier (SSHRC) Canada Graduate Scholarship-Doctoral	. \$105,000
2018-2021 (Declined)	Fonds de recherche du Québec - Société et culture-Doctoral	. \$63,000
2017-2018	Joseph Armand Bombardier (SSHRC) Canada Graduate Scholarship-Master's	. \$17,500
2017-2018 (Declined)	Fonds de recherche du Québec - Société et culture-Master's	\$15,000
2016-2017	McGill University Graduate Excellence Fellowship in Mental Health Research	. \$10,000
2016-2017	Stipend from Dr. Amir Raz	
2015	McGill Faculty of Arts Research Internship Award	
2013	Je prends ma place Laureate, for citizen involvement (Government of Québec)	\$1,000
2012	Forces Avenir Laureate – College, Committed Student	-
2012	Bourse Coopérative-Odyssée, for student involvement	. \$750
2011	Bourse Édouard-Montpetit-Desjardins, for student involvement	. \$750

Rémi Thériault 2/9

### RESEARCH GRANTS

2019-2021 Mind & Life Francisco J. Varela Research Grant (Mind & Life Institute)......US \$20,000

### PEER-REVIEWED PUBLICATIONS

- 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*. <a href="https://doi.org/10.1177/17470218211024826">https://doi.org/10.1177/17470218211024826</a>.
- 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). <a href="https://doi.org/10.1177/0146167219879126">https://doi.org/10.1177/0146167219879126</a>
- 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/10.29390/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

- 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: <a href="https://youtu.be/8VfnOjnon30?t=4288">https://youtu.be/8VfnOjnon30?t=4288</a>.
- 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: <a href="https://vimeo.com/user68157211/review/378278530/8d86f3cb33">https://vimeo.com/user68157211/review/378278530/8d86f3cb33</a>.
- 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.

Rémi Thériault 3/9

- **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-Coeur 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. (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 21<sup>st</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  $67^{th}$  meeting of the Society for Clinical and Experimental Hypnosis in Boston, MA.

### CONFERENCE POSTER PRESENTATIONS

- Masson, R., **Thériault, R.**, & 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.**, & 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 CPA'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.

Rémi Thériault 4/9

- **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 6<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 6th Annual Faculty of Arts Undergraduate Research Event at McGill University in Montréal, QC.

## MEDIA PUBLICATIONS

- 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 <a href="https://cppastudents.medium.com/time-management-the-importance-of-self-monitoring-c9dfff241af1">https://cppastudents.medium.com/time-management-the-importance-of-self-monitoring-c9dfff241af1</a>
- Thériault, R. (2020, December 25). Quickly test linear regression assumptions [Blog post]. Retrieved from <a href="https://remi-theriault.com/blog\_ass">https://remi-theriault.com/blog\_ass</a>
- Thériault, R. (2020, September 1). Rémi Thériault | Student Success Series [Blog post]. Student Ambassador Program of the Canadian Positive Psychology Association. Retrieved from <a href="https://medium.com/@cppastudents/student-success-series-with-rémi-thériault-7c15do9b98f">https://medium.com/@cppastudents/student-success-series-with-rémi-thériault-7c15do9b98f</a>

Rémi Thériault 5/9

- Thériault, R. (2020, August 21). Introducing an R function for making nice tables [Blog post]. Retrieved from <a href="https://remi-theriault.com/blog\_table">https://remi-theriault.com/blog\_table</a>
- Thériault, R. (2020, March 27). Êtes-vous en contrôle... de vous? [Blog post]. Retrieved from <a href="https://medium.com/@psychologie.sociale.uqam/%C3%AAtes-vous-en-contr%C3%B4le-de-vous-f5fbdf81b7eb">https://medium.com/@psychologie.sociale.uqam/%C3%AAtes-vous-en-contr%C3%B4le-de-vous-f5fbdf81b7eb</a>
- Thériault, R. (2020, February 28). Interpolating the Inclusion of the Other in the Self Scale [Blog post]. Retrieved from <a href="https://remi-theriault.com/blog\_circles">https://remi-theriault.com/blog\_circles</a>
- Thériault, R. (2019, October 14). Introducing an R function for easy randomization [Blog post]. Retrieved from <a href="https://remi-theriault.com/blog\_randomize">https://remi-theriault.com/blog\_randomize</a>
- Thériault, R. (2019, September 12). Introducing an R function for making nice scatter plots [Blog post].

  Retrieved from https://remi-theriault.com/blog\_scatter
- Thériault, R. (2019, September 6). Introducing an R function for making nice violin plots [Blog post]. Retrieved from <a href="https://remi-theriault.com/blog\_violin">https://remi-theriault.com/blog\_violin</a>
- Thériault, R. (2015, December 7). Does hypnosis improve clinical interventions? [Blog post]. Retrieved from <a href="https://www.facebook.com/notes/rémi-thériault/does-hypnosis-improve-clinical-interventions/10154268637803797">https://www.facebook.com/notes/rémi-thériault/does-hypnosis-improve-clinical-interventions/10154268637803797</a>
- Thériault, R. (2015, April 9). The SOI, the Big Five traits of personality, and personal transformation [Blog post]. Retrieved from <a href="https://www.facebook.com/notes/rémi-thériault/the-soi-the-big-five-traits-of-personality-and-personal-transformation/10153829459748797">https://www.facebook.com/notes/rémi-thériault/the-soi-the-big-five-traits-of-personality-and-personal-transformation/10153829459748797</a>
- Thériault, R. (2015, April 8). L'hypothèse de continuité dans les rêves et son extension morale [Blog post]. Retrieved from <a href="https://www.facebook.com/notes/rémi-thériault/lhypothèse-de-continuité-dans-les-rêves-et-son-extension-morale/10153830286773797">https://www.facebook.com/notes/rémi-thériault/lhypothèse-de-continuité-dans-les-rêves-et-son-extension-morale/10153830286773797</a>
- Thériault, R. (2014, November 27). Critically assessing the motivational framework of Rhonda Byrne's *The Secret* [Blog post]. Retrieved from <a href="https://www.facebook.com/notes/rémi-thériault/critically-assessing-the-motivational-framework-of-rhonda-byrnes-the-secret/10153691320873797">https://www.facebook.com/notes/rémi-thériault/critically-assessing-the-motivational-framework-of-rhonda-byrnes-the-secret/10153691320873797</a>
- Thériault, R. (2014, April 10). Buddhist koans: Duality of language and its transcendence [Blog post]. Retrieved from <a href="https://www.facebook.com/notes/rémi-thériault/buddhist-koans-duality-of-language-and-its-transcendence/10153691300283797">https://www.facebook.com/notes/rémi-thériault/buddhist-koans-duality-of-language-and-its-transcendence/10153691300283797</a>
- Thériault, R. (2014, April 3). Do we really know what yoga means?: The place of spirituality in yoga research [Blog post]. Retrieved from <a href="https://medium.com/@rempsyc/do-we-really-know-what-yoga-means-96fc8e083411/">https://medium.com/@rempsyc/do-we-really-know-what-yoga-means-96fc8e083411/</a>
- Thériault, R. (2014, March 29). How I became intelligent: or why IQ tests may fail to awaken one's potential [Blog post]. Retrieved from <a href="https://medium.com/@rempsyc/how-i-became-intelligent-a95bco8c6290">https://medium.com/@rempsyc/how-i-became-intelligent-a95bco8c6290</a>
- 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 <a href="https://medium.com/@rempsyc/do-you-know-your-eq-23beca87ofc">https://medium.com/@rempsyc/do-you-know-your-eq-23beca87ofc</a>
- Thériault, R. (2014, January 16). Nature of reality and its inevitable simplification [Blog post]. Retrieved from <a href="https://medium.com/@rempsyc/nature-of-reality-e286a1587d94">https://medium.com/@rempsyc/nature-of-reality-e286a1587d94</a>

Rémi Thériault 6/9

- 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 <a href="https://issuu.com/motdit/docs/motdit10.10.12">https://issuu.com/motdit/docs/motdit10.10.12</a>
- 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, 36(7), p. 6.

### **OTHER CONTRIBUTIONS**

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 INTERVIEWS

- Guillemette, M. (2021, September 1). Dans la peau d'une personne noire : La réalité virtuelle peut-elle réduire les préjugés raciaux? *Québec Science*. <a href="https://www.quebecscience.qc.ca/societe/personne-noire-realite-virtuelle/">https://www.quebecscience.qc.ca/societe/personne-noire-realite-virtuelle/</a>
- Morin, I. (2020, May 29). Un peu de courtoisie. *La Presse*. Retrieved from: <a href="https://www.lapresse.ca/societe/2020-05-29/un-peu-de-courtoisie">https://www.lapresse.ca/societe/2020-05-29/un-peu-de-courtoisie</a>
- Morin, I. (2020, May 29). Vivre ensemble au temps de la COVID-19. *Lα Presse*. Retrieved from: <a href="https://www.lapresse.ca/societe/2020-05-29/vivre-ensemble-au-temps-de-la-covid-19">https://www.lapresse.ca/societe/2020-05-29/vivre-ensemble-au-temps-de-la-covid-19</a>
- 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: <a href="https://canalm.vuesetvoix.com/radio/emissions/emanuelle/avez-vous-des-limites/">https://canalm.vuesetvoix.com/radio/emissions/emanuelle/avez-vous-des-limites/</a>
- 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: <a href="https://canalm.vuesetvoix.com/radio/emissions/emanuelle/etes-vous-altruiste/">https://canalm.vuesetvoix.com/radio/emissions/emanuelle/etes-vous-altruiste/</a>
- LaRoche, G. (Producer and host). (2018, August 21). Episode 10 Student conversation ft. Rémi. *The Happiness Legacy Podcast* [Audio podcast guest]. Retrieved from: <a href="https://thehappinesslegacy.com/podcast">https://thehappinesslegacy.com/podcast</a>
- 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

Rémi Thériault 7/9

Performed various investigations on different topics for PI

#### 2013/07-2015/08 Exploring Methodologies of Altered Consciousness.

- Made literature review
- Led a computer science/electrical engineering team to build a virtual reality system.

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

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

# Canadian Positive Psychology Association (CPPA)

Montréal, Québec

Lead Student Ambassador, Student Ambassador Program

2019/09 – Present

- 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

Helped organize and promote the Conference

2016/06, 2018/05

- Facilitated talks and lectures (room host), helped with logistics
- Assisted with translations for speakers and documents

### International Positive Psychology Association (IPPA)

Montréal, Ouébec

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

2017/12 - Present

- 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

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

2016/04 - Present

- 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

Permacultive ta Ville Montérégie Co-Founder 2012/11 - 2016/08

Co-managed a community garden in Boucherville (summer 2014)

Lead presentations and promote urban permaculture, co-managing Facebook page

Rémi Thériault 8/9

# SOI (Sagesse, Ouverture, Intégrité)

Cégep Édouard-Montpetit

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

2010/09-2016/08

- 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

Montérégie/Montréal

Co-spokesperson (2009/04-10), Participant (2015/05)

2009/04-10, 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

# McGill University Leadership Training Program

McGill University

Trainee

2012/09 - 2013/04

Completed the Leadership Skills Development Workshop series

# Institut du Nouveau Monde & Forum Jeunesse Longueuil

Cégep Édouard-Montpetit

Main Organizer

2012/06 - 2012/08

Organized electoral debate for the provincial elections, communications & setup

# Société Québécoise de Psilogie

Montréal

Volunteer

2011/03-2012/07

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

# Groupe d'Économie Solidaire du Québec (GESQ)

Rio de Janeiro, Brazil

Member of the Youth Delegation

2012/06

2012/01

Participated in the United Nations Conference on Sustainable Development

**SIRIUS** 

Quito & Santo Domingo, Ecuador

Intern

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

VOX POPULI

Québec City

2011/03 Intern

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

# PROFESSIONAL AFFILIATIONS

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

### **CONFERENCES ATTENDED**

2019/07/17-21	6 <sup>th</sup> World Congress on Positive Psychology	Melbourne, Australia
2019/06/08-14	Mind & Life Summer Research Institute	Garrison, New York
2019/06/01-07	Congress of the Humanities and Social Sciences	Vancouver, BC
2018/08/22-25	XXI World Congress of Medical and Clinical Hypnosis	Montréal
2018/06/02-08	Mind & Life Summer Research Institute	Garrison, New York
2018/05/23-25	4 <sup>th</sup> Canadian Conference on Positive Psychology	Toronto, ON
2017/06/13-16	5 <sup>th</sup> World Congress on Positive Psychology	Montréal
2017/06/12	Psychologie Positive au sein de la francophonie, perspectives et p	prospective <b>Montréal</b>
2017/05/02	Research Day of the Douglas Hospital Research Centre	Montréal

Rémi Thériault 9/9

2017/05/12	8 <sup>th</sup> Annual LDI Scientific	Montréal
2016/05/15-17	3 <sup>rd</sup> Canadian Conference on Positive Psychology	Niagara-on-the-Lake, ON
2015/04/15	Psychology Undergraduate Research Day	McGill University
2015/01/19	6 <sup>th</sup> Annual Faculty of Arts Undergraduate Research Event	McGill University

# **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: Microsoft Office suite, Adobe Software, Windows Movie Maker, WordPress, R, SPSS, Matlab, ActiView, Brainstorm, Brain Analyzer, Qualtrics, Inquisit, GitHub, Wowchemy, Netlify

# **LANGUAGES**

French (native) and English (fluent)

# **ACTIVITIES AND INTERESTS**

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