

RÉMI THÉRIAULT

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EDUCATION

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

COURSES TAUGHT

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

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

2021–2024 (Finalist)	<i>Finalist (< 6% of applicants) for the Pierre Elliott Trudeau Scholarship</i>	(\$180,000)
2021	<i>Bourse d'excellence de l'Institut des sciences cognitives (UQAM)</i>	\$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
2016–2017	<i>Stipend from Dr. Amir Raz</i>	\$7,850
2015	<i>McGill Faculty of Arts Research Internship Award</i>	\$4,000
2013	<i>Je prends ma place Laureate, for citizen involvement (Government of Québec)</i>	\$1,000
2012	<i>Forces Avenir Laureate – College, Committed Student</i>	\$2,500
2012	<i>Bourse Coopérative-Odyssée, for student involvement</i>	\$750
2011	<i>Bourse Édouard-Montpetit-Desjardins, for student involvement</i>	\$750

PEER-REVIEWED PUBLICATIONS

- Thériault, R., Olson, J. A., Krol, S. A., & Raz, A. (in Press 2021). Body Swapping with a Black Person Boosts Empathy: Using Virtual Reality to Embody Another. *Quarterly Journal of Experimental Psychology*.
- 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). doi: 10.1177/0146167219879126
- Thériault, R. (2019). Book review: Awareness is freedom: The adventure of psychology and spirituality. *Frontiers in Psychology*, 10(2814). doi: 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. doi: 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. doi: 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: <https://youtu.be/8VfnOjnon30?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-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 *XXI 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 *Fifth 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 *67th meeting of the Society for Clinical and Experimental Hypnosis* in Boston, MA.

CONFERENCE POSTER PRESENTATIONS

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 *88e Congrès de l'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 *Sixth 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 *Fourth 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 *8th 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. (2020, September 1). Student Success Series (with: Rémi Thériault) [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://remitheriault.cf/blog_table
- Thériault, R. (2020, February 28). Interpolating the Inclusion of the Other in the Self Scale [Blog post]. Retrieved from https://remitheriault.cf/blog_circles
- Thériault, R. (2019, October 14). Introducing an R function for easy randomization [Blog post]. Retrieved from https://remitheriault.cf/blog_randomize
- Thériault, R. (2019, September 12). Introducing an R function for making nice scatter plots [Blog post]. Retrieved from https://remitheriault.cf/blog_scatter
- Thériault, R. (2019, September 6). Introducing an R function for making nice violin plots [Blog post]. Retrieved from https://remitheriault.cf/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. (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*, 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

- 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/radio/emissions/emanuelle/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://canal.m.vuesetvoix.com/radio/emissions/emanuelle/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
- 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
- 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

- Canadian Positive Psychology Association (CPPA)** Montréal, Québec
Student Ambassador (for the province of Québec) 2019/09 – Present
- Connect students to CPPA, increase membership
 - Organize and host periodic webinars
 - Periodic meetings and brainstorming with member of CPPA Board
 - As lead, manage ~ 20 other Student Ambassadors for various projects (blog, webinar, logo, Instagram, etc.)
- International Positive Psychology Association (IPPA)** Montréal, Québec
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 5th 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

Permaculture ta Ville

Montréal

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

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

Canadian Positive Psychology Association

Niagara-on-the-Lake, Ontario

Ambassador for the 3rd and 4th Canadian Conference on Positive Psychology

2016/06

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

Shaved Head Challenge

Montréal/Montréal

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

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 Montréal 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

- Participated in the United Nations Conference on Sustainable Development

SIRIUS

Quito & Santo Domingo, Ecuador

Intern

2012/01

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

VOX POPULI

Québec City

Intern

2011/03

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

PROFESSIONAL AFFILIATIONS

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

CONFERENCES ATTENDED

2019/07/17-21	6 th 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 th Canadian Conference on Positive Psychology	Toronto, ON
2017/06/13-16	5 th World Congress on Positive Psychology	Montréal
2017/06/12	Psychologie Positive au sein de la francophonie, perspectives et prospective	Montréal
2017/05/02	Research Day of the Douglas Hospital Research Centre	Montréal
2017/05/12	8 th Annual LDI Scientific	Montréal
2016/05/15-17	3 rd Canadian Conference on Positive Psychology	Niagara-on-the-Lake, ON
2015/04/15	Psychology Undergraduate Research Day	McGill University
2015/01/19	6 th Annual Faculty of Arts Undergraduate Research Event	McGill University

RESEARCH INTERESTS

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

TECHNICAL SKILLS

Including: Microsoft Office suite, Adobe Software, Windows Movie Maker, WordPress, R, SPSS, Matlab, ActiView, Brainstorm, Brain Analyzer, Qualtrics, Inquisit

LANGUAGES

French (native) and English (fluent)

ACTIVITIES AND INTERESTS

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