



Rémi Thériault

PHD STUDENT

Université du Québec à Montréal, Montréal, Québec, Canada

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My training and interests lie at the intersection of social psychology, neuroscience, and positive psychology. One of my research areas deals with the mind-body connection, for example through exploring alterations in the sense of embodiment, the placebo effect, and mindfulness. A second central research area of mine focuses on prosociality: empathy, perspective-taking, altruism, loving-kindness, and self-control.

Education

PhD (Psychology - Social)

UNIVERSITÉ DU QUÉBEC À MONTRÉAL

- GPA: 4.30/4.30
- Supervisor: Stéphane Dandeneau

Montréal, Québec, Canada

2018/09 - Present

Master of Science (Psychiatry)

MCGILL UNIVERSITY

- GPA: 4.00/4.00
- Supervisor: Amir Raz
- Advisory Committee: Amir Raz, Jennifer Bartz, Donald Taylor, & Samuel Veissière

Montréal, Québec, Canada

2016/09 - 2018/08

Bachelor of Arts (Psychology, Behavioral Science, & Sociology)

MCGILL UNIVERSITY

- GPA: 3.76/4.00 (Distinction – top 25%)
- Supervisor: Amir Raz

Montréal, Québec, Canada

2013/01 - 2016/04

Diplôme d'Étude Collégial (Sciences humaines)

CÉGEP ÉDOUARD-MONTPETIT

- Cote R: 30.754 (M = 20-25.9)

Longueuil, Québec, Canada

2010/08 - 2012/09

Recognitions And Awards

2022	Prix reconnaissance de l'implication étudiante (UQAM) - Projet, Volet Santé et saines habitudes de vie	\$1,000
2022	Prix Relève étoile Paul-Gérin-Lajoie, for best paper (FRQSC)	\$1,000
2021	Bourse d'implication Desjardins, for student involvement	\$2,000
2021-2024	Finalist only (< 6% of applicants) for the Pierre Elliott Trudeau Scholarship (valued at \$180,000)	\$0
2021	Bourse d'excellence de l'Institut des sciences cognitives (UQAM)	\$2,000
2019	McGill Department of Psychiatry Travel Award	\$485
2019	Storytellers public speaking contest Finalist (SSHRC)	\$3,000
2018-2021	Joseph-Armand Bombardier Canada Graduate Scholarship-Doctoral (SSHRC)	\$105,000
2018-2021	Fonds de recherche du Québec - Société et culture-Doctoral — Declined	(\$84,000)
2017-2018	Joseph-Armand Bombardier Canada Graduate Scholarship-Master's (SSHRC)	\$17,500
2017-2018	Fonds de recherche du Québec - Société et culture-Master's — Declined	(\$15,000)
2017-2018	Graduate Excellence Fellowship in Mental Health Research	\$10,000
2015	Faculty of Arts Research Internship Award	\$4,000
2013	Je prends ma place Laureate, for citizen engagement (Québec Government)	\$1,000
2013	Forces Avenir Laureate – College, Committed Student	\$2,500
2012	Bourse Coopérative-Odyssée, for student engagement	\$750
2011	Bourse Édouard-Montpetit-Desjardins, for student engagement	\$750
2011-2022	Total Amount Offered	\$249,985

Teaching

PSY5610 - La psychologie des attitudes

UNIVERSITÉ DU QUÉBEC À MONTRÉAL

- Undergraduate university class (38 students)

Montréal, Québec, Canada

Winter 2019

Research Grants

Francisco J. Varela Research Grant (Mind & Life Institute) — PI

TRANSFORMING HABITS FROM THE HEART: FROM GOOD INTENTIONS TO RELIABLE PROSOCIAL RESPONSE

USD \$20,000

2019 - 2022

Software (R Package)

Thériault, R. (2022). rempsyc: Convenience functions for psychology. <https://github.com/rempsyc/rempsyc> Version = 0.0.3.3.

Publications

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/xc4g7/>

Thériault, R., Landry, M., & Raz, A. (2022). The Rubber Hand Illusion: Top-down attention modulates embodiment. *Quarterly of Experimental Psychology*. <https://doi.org/10.1177/17470218221078858>

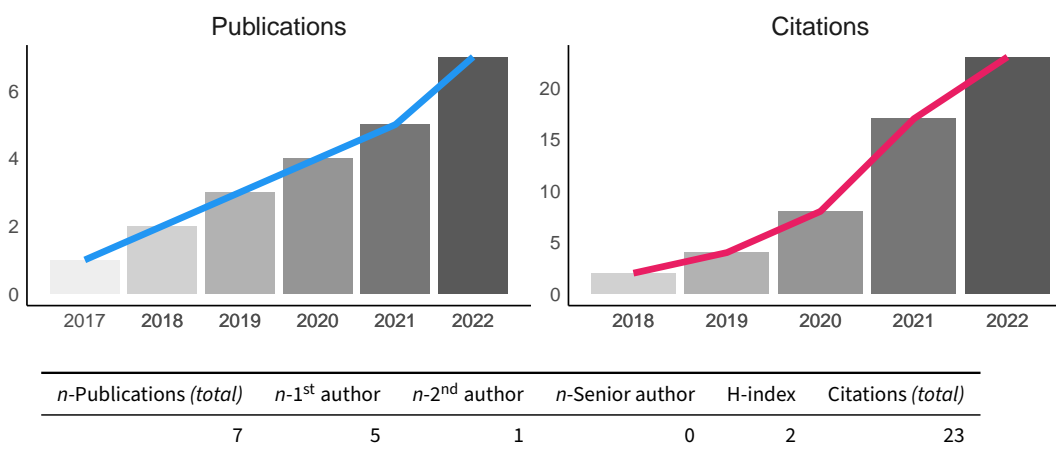
Thériault, R., Olson, J. A., Krol, S. A., & Raz, A. (2021). Body swapping with a black person boosts empathy: Using virtual reality to embody another. *Quarterly Journal of Experimental Psychology*. <https://doi.org/10.1177/17470218211024826>.

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/10.29390/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

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., 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/8Vfn0jnon30?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., 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 *21st 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 *5th 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, July). *Can loving-kindness meditation reduce aggressivity? A randomized controlled trial*. Poster session presented by first author at the *7th 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 82nd 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 *88th 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 *6th 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 *4th 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.** (2022, February 8). Making simple moderations with simple slopes easily in [Blog post]. Retrieved from https://remi-theriault.com/blog_moderation
- Thériault, R.** (2022, February 3). Making simple t-tests with multiple variables easily R [Blog post]. Retrieved from https://remi-theriault.com/blog_t-test
- Thériault, R.** (2021, March 9). Time Management: The Importance of Self-Monitoring post]. Student Ambassador Program of the Canadian Positive Psychology. Retrieved from <https://cppastudents.medium.com/time-management-the-importance-of-self-monitoring-c9dfff241af1>
- Thériault, R.** (2020, December 25). Quickly test linear regression assumptions [Blog]. Retrieved from 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
- Thériault, R.** (2020, March 27). Êtes-vous contrôle... de vous? [Blog post]. Retrieved from <https://medium.com/psychologie.sociale.uqam/%C3%Aates-vous-en-contr%C3%B4le-de-vous-f5fbdf81b7eb>
- Thériault, R.** (2020, February 28). Interpolating the Inclusion of the Other in the Self [Blog post]. Retrieved from 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
- 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 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.**, April 8). L'hypothèse de continuité dans les rêves et son extension [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]. 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 du Collège Édouard-Montpetit*, 38(1), p. 6. Retrieved from <https://issuu.com/motdit/docs/motdit30.08.12>
- Thériault, R.** (2012, February 22). Réflexion 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 (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/>
- Néron, . (2022, May 7). Êtes-vous courtois dans la rue? [Guest expert] Retrieved from: <https://ici.radio-canada.ca/ohdio/premiere/emissions/genre-humain/episodes/625907/rattrapage-du-samedi-7-mai-2022>
- Perreault, É. & Néron, M. (2022, March 24). Marie Gendron : Altruisme extrême : donner son rein à un inconnu... de son vivant [Guest expert]. *L'avenir nous appartient*. Télé-Québec. Retrieved from: <https://lavenirnousappartient.telequebec.tv/emissions/333127/lavenir-appartient-a-michel-jean-et-a-la-reconciliation/65381/marie-gendron-altruisme-extreme-donner-son-rein-a-un-inconnu-de-son-vivant>
- Handfield, C. (2021, December 19). Adieu solidarité, bonjour individualisme [Guest expert]. *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 virtuelle peut-elle réduire les préjugés raciaux? [Featured research] *Québec Science*. Retrieved from: <https://www.quebecscience.qc.ca/societe/personne-noire-realite-virtuelle/>
- Morin, I. (2020, May 29). Un peu de courtoisie [Guest expert]. *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 [Guest expert]. *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

RESEARCH ASSISTANT, AMIR RAZ COGNITIVE NEUROSCIENCE LABORATORY (2013/09–2016/09)

Sensory Deprivation, Consciousness, and Dissociation

McGILL UNIVERSITY

Raz Lab

2014/09-2016/09

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

Administrative Assistantship

McGILL UNIVERSITY

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

Raz Lab

2013/09-2016/09

Posture and Human Resting-State (EEG, MEG)

McGILL UNIVERSITY

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

Raz Lab

2015/05-07

Chronic Hives and the Effect of Cognitive Treatment in Kids and Adults

McGILL UNIVERSITY

- Recruited and managed participants' appointments

Raz Lab

2014/01-09

Attention Training in Health and Disease

McGILL UNIVERSITY

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

Raz Lab

2014/05-08

Leadership Experience

Département de psychologie (Université du Québec à Montréal)

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

Montréal, Québec

2019/01 – Present

Canadian Positive Psychology Association (CPPA)

LEAD STUDENT AMBASSADOR & CO-FOUNDER, STUDENT AMBASSADOR PROGRAM

- As lead, manage about 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

Montréal, Québec

2019/09 – Present

International Positive Psychology Association (IPPA)

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

Montréal, Québec

2017/12 – Present

Regroupement québécois de psychologie positive

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

Montréal, Québec

2016/04 – Present

Permaculture ta Ville

Co-FOUNDER

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

Montréal

2012/11 – 2016/08

SOI (Sagesse, Ouverture, Intégrité)

FOUNDING PRESIDENT

- Led the executive administrative board (6 people); managed budget (about \$700/year); promoted well-being, happiness, and health, and led activities based on psychological principles

Cégep Édouard-Montpetit

2010/09 – 2012/09

Shaved Head Challenge

Co-SPOKESPERSON (2009/04-10), PARTICIPANT (2015/05)

- Shaved and gave my hair, plus collected a total of \$1456 (2011 & 2015) in the community for Leucan
- 2009: Represented Leucan and the Challenge for the Montérégie region

Montréal

2009/04-10, 2011/06, 2015/05

McGill University Leadership Training Program

TRAINEE

- Completed the Leadership Skills Development Workshop series

Montréal/Montréal

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

2012/09 – 2013/04

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 International Cooperation Internship

INTERN

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

Quito & Santo Domingo, Ecuador

2012/01

VOX POPULI Political Institutions Internship

INTERN

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

Québec City

2011/03

Varia

PROFESSIONAL AFFILIATIONS

CANADIAN PSYCHOLOGICAL ASSOCIATION
INSTITUT DES SCIENCES COGNITIVES (UQAM)
INTERNATIONAL POSITIVE PSYCHOLOGY ASSOCIATION
PSYCHOLOGISTS FOR SOCIAL RESPONSIBILITY
CANADIAN POSITIVE PSYCHOLOGY ASSOCIATION

2022/02 – Present
2021/01 – Present
2016/09 – Present
2016/02 – Present
2015/09 – Present

CONFERENCES ATTENDED

2019/07	6th World Congress on Positive Psychology	Melbourne, Australia
2019/06	Mind & Life Summer Research Institute	Garrison, New York
2019/06	Congress of the Humanities and Social Sciences	Vancouver, BC
2018/08	XXI World Congress of Medical and Clinical Hypnosis	Montréal, QC
2018/06	Mind & Life Summer Research Institute	Garrison, New York
2018/05	4th Canadian Conference on Positive Psychology	Toronto, ON
2017/06	5th World Congress on Positive Psychology	Montréal, QC
2017/06	Psychologie Positive au sein de la francophonie, perspectives et prospective	Montréal, QC
2017/05	Research Day of the Douglas Hospital Research Centre	Montréal, QC
2017/05	8th Annual LDI Scientific	Montréal, QC
2016/05	3rd Canadian Conference on Positive Psychology	Niagara-on-the-Lake, ON
2015/04	Psychology Undergraduate Research Day	McGill University
2015/01	6th 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: 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

This CV was made using the [vitae](#) package in R, and a great deal of inspiration from [Dominique Makowski's template](#)