



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>

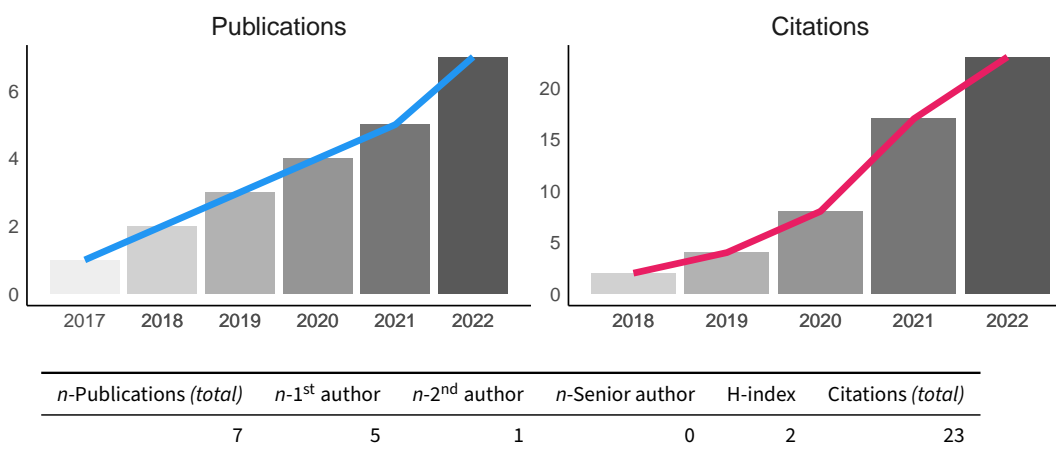
Thériault, R., Olson, J. A., Krol, S. A., & Raz, A. (2021). Body swapping with a black person boosts empathy: Using virtual reality to embody another. *Quarterly Journal of Experimental Psychology*. <https://doi.org/10.1177/17470218211024826>.

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/ratrapage-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-bonjour-individualisme.php>
- Guillemette, M. (2021, September 1). Dans la peau d'une personne noire: La virtuelle peut-elle réduire les préjugés raciaux? [Featured] *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://canal.m.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://canal.m.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

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

Raz Lab

2014/09-2016/09

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
2019/06	Mind & Life Summer Research Institute
2019/06	Congress of the Humanities and Social Sciences
2018/08	XXI World Congress of Medical and Clinical Hypnosis
2018/06	Mind & Life Summer Research Institute
2018/05	4th Canadian Conference on Positive Psychology
2017/06	5th World Congress on Positive Psychology
2017/06	Psychologie Positive au sein de la francophonie, perspectives et prospective
2017/05	Research Day of the Douglas Hospital Research Centre
2017/05	8th Annual LDI Scientific
2016/05	3rd Canadian Conference on Positive Psychology
2015/04	Psychology Undergraduate Research Day
2015/01	6th Annual Faculty of Arts Undergraduate Research Event

Melbourne,
Australia
Garrison, New York
Vancouver, BC
Montréal, QC
Garrison, New York
Toronto, ON
Montréal, QC
Montréal, QC
Montréal, QC
Montréal, QC
Niagara-on-the-
Lake, ON
McGill University
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](#)