



# Quentin Facon-Barillot

PHD STUDENT IN CLINICAL PSYCHOLOGIE

Maisons Laffitte, France

✉ qbarillot@parisnanterre.fr | ☎ 0000-0002-9469-3623 | 📧 QuentinBARILLOT | 🌐 quentin-barillot

*Clinical psychologist and psychotherapist, I have been working for more than a year on a PHD in clinical psychology on student mental health under the supervision of Lucia Romo and Yannick Morvan. I also carry out voluntary consultations for the Fondation Santé des Étudiants de France in Paris (FSEF).*

## Professional experiences

### Teaching activities : second year degree students

January 2023 → Present

PARIS NANTERRE UNIVERSITY

Nanterre

- TD Pathoclinique TCC - Psychotherapies : Theory and practices
- Development of different psychotherapeutic approaches : psychoanalysis, Human therapy, systemical therapy et CBT

### Teaching activities : master's degree students

September 2022 → Present

PARIS NANTERRE UNIVERSITY

Nanterre

- TD Empirical masters of CBT : Research seminar
- Supporting students in the conceptualisation and writing of their research paper

### Teaching activities : third year degree students

January 2022 → May 2022

PARIS NANTERRE UNIVERSITY

Nanterre

- TD CBT specialty : Personality disorders and addictive disorders
- TD CBT specialty : Research paper training

### Doctoral contract

September 2021 → Present

PARIS NANTERRE UNIVERSITY

Nanterre

- Three years grant with the 139 Doctoral School

### Teaching activities

June 2021 → August 2021

CROIX-ROUGE FRANÇAISE

Montrouge

- Teaching on the communication module of the paramedic training

### Psychological assistant

May 2019 → July 2019

MEDICAL RESIDENCE OF LA LENDEMAINE

Les Molières

- Psychological assistant for autistics adults

## Qualifications

### TRAINING

#### Acceptance and commitment therapy training

2021 → 2021

PSYCHOLOGICAL FLEXIBILITY WEBSITE

Online

- 2 days training led by Jean Louis Monestès, module : Débuter la pratique de l'ACT

#### Cognitive Behavioral Therapy training

2021 → Present

ASSOCIATION FRANÇAISE DE THÉRAPIE COGNITIVE ET COMPORTEMENTALES

Paris

- Advanced training to Cognitive Behavioral Therapy

### DIPLOMAS

#### PHD in clinical psychology

2021 → Present

PARIS NANTERRE UNIVERSITY

Nanterre

- PHD with the 139 Doctoral School (Knowledge, language, modelling), in the Clipsyd research laboratory
- Thesis title : A modelization approach to students mental health : from epidemiological data to psychological interventions

#### Master's degree in clinical and empirical psychology

2019 → 2021

PARIS NANTERRE UNIVERSITY

Nanterre

- Magna cum laude
- Masters dissertation on network analysis of socio-demographic and temperamental variables in relation to the intensity of subjective effects experienced during first-time cannabis use.

## 3 year degree in psychology

PARIS NANTERRE UNIVERSITY

- CBT specialty

2016 → 2019

Nanterre

## Publications

---

1. Facon-Barillot, Q., Romo, L., Vansimaey, C., Chevance, A., Frajerman, A., & Morvan, Y. (2023). La santé mentale, son importance et sa mesure chez les étudiants dans les enquêtes de l'OVE depuis 2016. In *Être étudiant avant et pendant la pandémie* (La Documentation Française).
2. Facon-Barillot, Q., Romo, L., Vansimaey, C., Chevance, A., Frajerman, A., & Morvan, Y. (2023). Quels déterminants de la santé mentale des étudiants dans l'enquête condition de vie 2020. In *Être étudiant avant et pendant la pandémie* (La Documentation Française).
3. Facon-Barillot, Q., Romo, L., Vansimaey, C., Chevance, A., Frajerman, A., & Morvan, Y. (2023). Le recours aux soins des étudiants : Quelques indicateurs à partir des enquêtes de l'OVE depuis 2016. In *Être étudiant avant et pendant la pandémie* (La Documentation Française).

## Internships

---

### Addiction center

CSAPA APS CONTACT

- Individual and joint patient care

September 2020 → July 2021

Provins

### Medical center for the elderly

RÉSIDENCE DE L'EMPEREUR

- Individual patient care, management of memory working groups, psychological assessments

January 2020 → June 2020

Garches

### Medical residence

LA LENDEMAINE

- Third year internship within a medical residence for autistic adults

May 2019 → April 2019

Les Molières

## Congress

---

### ORAL COMMUNICATIONS

#### Encéphale 2023

MENTAL HEALTH AND SEEKING CARE : EVOLUTION SINCE 2016

Paris, France

January

#### Clipsyd Seminar 2023

IDENTIFICATION OF INTERVENTION TARGETS FOR STUDENT'S MENTAL HEALTH IN 2021

Nanterre, France

January

#### AFTCC 2022

IDENTIFICATION OF INTERVENTION TARGETS FOR STUDENT'S MENTAL HEALTH IN 2021

Paris, France

December

### DISPLAYED COMMUNICATIONS

#### ICPS 2023

CAUTION IS ADVISED WITH PREVALENCE COMPARISONS: THE CASE OF PSYCHOLOGICAL DISTRESS WITH STUDENTS AND COVID IN

FRANCE, A NETWORK APPROACH

Brussels, Belgium

March

#### Encéphale 2023

STUDENT'S MENTAL HEALTH : FROM LATENT MEASURE TO NETWORK MODELING

Paris, France

January

#### Grepaco 2022

NETWORK MODELING OF STUDENT'S PSYCHOLOGICAL DISTRESS IN 2016, 2020 AND 2021

Lausanne, Switzerland

May

## Administrative duties

---

### Substitute for doctoral student representatives

ÉCOLE DOCTORALE 139

[Actual](#)

Nanterre

### Titular representative of the doctoral students in the Evaclipsy team

CLIPSYD LABORATORY

[Actual](#)

Nanterre

### Titular representative of the doctoral students' room

EPNR PLATFORM

[Actual](#)

Nanterre

## Volunteering

---

### Fondation Santé des Étudiants de France

CLINICAL ACTIVITY

- Work in progress

[Paris](#)

[Actual](#)

### Croix-Rouge Française

PSYCHOTHERAPEUTIC CONSULTATION

- Care of students in nursing schools

[Remote interview](#)

2022

## Skills

---

#### RESEARCH

- R and Rstudio
- Git and Github
- Iramuteq and textual analysis
- Network analysis
- Structural equation modeling
- Logistic regression
- Meta-analysis and systematic reviews
- Ecological momentary assessment
- C1 in english

#### CLINICAL PRATICE

- Cognitive behavioral therapy
- Acceptance and commitment therapy
- Psychological assessment
- Motivational interview
- Psychological support