

CURRICULUM VITAE

MYRIAM MONGRAIN, Professor

Psychology Department, York University
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DEGREES

- 1992 Ph.D. McGill University, Clinical Psychology
Thesis Title: "*Origins of Depressed Affect in Dependent and Self-Critical Individuals.*"
- 1985 B.Sc. McGill University, Psychology First Class Honours
- 1981 Degree of Collegiate Studies, Marianopolis College, Studies, Pure and Applied Sciences

EMPLOYMENT HISTORY

- 2015 Full Professor – Psychology, York University
- 1998 Associate Professor - Psychology, York University
- 1993 Assistant Professor - Psychology, York University
- 1992 Lecturer - Psychology, University of California, Davis
- 1991 Postdoctoral Fellow - Psychology Program, University of California, Davis

HONOURS AND AWARDS

- 2025 Board of Directors, Global Compassion Coalition ([GCC](#))
Chair of the Science Committee, GCC
GCC Certificate: "[Compassion Hero](#)"
- 2022 Advisory Council, Global Compassion Coalition
<https://globalcompassioncoalition.org/>
- 2017 "*Oral History Project of the Canadian Psychological Association*" (2017).
Personal interview with John Conway, CPA's Archivist. Archived in the CPA
fonds at the *Library and Archives Canada*, Ottawa.
- 2017 Nomination for the "Douglas Utting Prize" (lifetime contribution award for
contributions to the awareness and understanding of depression)
- 2010 Teaching Award –Established Career- Faculty of Health
2010 Nominated for the Ian Greene Award for Teaching Excellence

- 2009 Nominated for “Ontario’s Best Lecturer Competition” (TVO, Oct. 2009)
- 2009 Nominated for “University Wide Teaching Award” (York University)
- 2008 Nominated for “Ontario’s Best Lecturer Competition” (TVO, Oct. 2008)
- 2005 Dean’s Award for Outstanding Teaching, Faculty of Arts, York University (\$700)
- 2004 Merit Award, Faculty of Arts, York University (\$2,000)
- 1996 Faculty of Arts Fellowship, York University
“Towards an Integration of Personality and Interpersonal Processes in Depression”
- 1985 Faculty Scholar Award, McGill University
- 1984 Dow-Hickson Scholarship, McGill University
- 1984 Finley Award, McGill University
- 1979 Valedictorian & Academic Excellence Award, H.S. Billings High School.

SCHOLARLY AND PROFESSIONAL CONTRIBUTIONS

SUMMARY OF PUBLICATIONS AND PROFESSIONAL CONTRIBUTIONS

5 chapters
48 articles in refereed journals
68 presentations and posters in refereed conference proceedings
3 non-refereed articles
6 invited addresses

CHAPTERS:

1. **Mongrain, M.** (2023). Compassion, happiness and self-esteem. In Michalos, A. C. (Ed.) *Encyclopedia of Quality of Life and Well-Being Research (2nd Edition)*. Springer, Dordrecht, Netherlands. https://doi.org/10.1007/978-3-319-69909-7_3896-2
2. **Mongrain, M.** & Shoikhedbrod, A. (2019). On the benefits of compassionate action: Who has the most to gain? In L. Galiana, L. and N. Sanso (Eds.) *The Power of Compassion*, Nova Science Publishers, Hauppauge, New York.
3. **Mongrain, M.** (2014). Compassion, happiness and self-esteem. In Michalos, A. C. (Ed.) *Encyclopedia of Quality of Life and Well-Being Research*. Springer, Dordrecht, Netherlands: pp 1129-1133.

4. **Mongrain, M.** (2010). Dependency. In I. Weiner & E. Craighead (Eds.). *Corsini's Encyclopedia of Psychology, 4th Edition*. John Wiley and Sons.
5. Zuroff, D. C., Santor, D. A., & **Mongrain, M.** (2005). Dependency, self-criticism, and maladjustment. In J. S. Auerbach, K. J. Levy, and C. E. Schaffer (Eds.), *Relatedness, self-definition and mental representation: Essays in honor of Sidney J. Blatt*. Brunner-Routledge: London.

REFEREED JOURNAL ARTICLES:

1. Forchuk, C., **Mongrain, M.**, Mirbozorgi, B. (2025). Less Reactivity, more stability: Affective benefits of decentering from stress in ecological momentary assessment. *Mindfulness*.
2. Chafe, D. & **Mongrain, M.** (2024) Self-kindness and Self-Criticism as Unique and Common Predictors of Subjective Well-being Following Positive Psychology Interventions. *Journal of Psychiatry and Cognitive Behaviour, 7*: 170. <https://www.gavinpublishers.com/article/view/self-kindness-and-self-criticism-as-unique-and--common-predictors-of-subjective-well-being-following-positive-psychology-interventions>
3. **Mongrain, M.**, Kirby, J. & Keltner, D. (2024). Editorial: Community Series: Expanding the Science of Compassion Volume 11. *Frontiers in Psychology, Emotion Science, Volume 14*. <https://doi.org/10.3389/fpsyg.2023.1341792>
4. Forsythe, J. & **Mongrain, M.** (2023). The existential nihilism scale (ENS): Theory, development, and psychometric evaluation. *Journal of Psychopathology and Behavioral Assessment*. <https://doi.org/10.1007/s10862-023-10052-w>
5. **Mongrain, M.**, Keltner, D., & Kirby, J. (2021). Editorial: Expanding the Science of Compassion. *Frontiers in Psychology*. <https://doi.org/10.3389/fpsyg.2021.745799>
6. **Mongrain, M.** & Shoikhedbrod, A. (2021). When depression breeds rejection rather than compassion: Disagreeableness, stigma, and lack of empathic concern among support providers. *Frontiers in Psychology*. <https://doi.org/10.3389/fpsyg.2021.594229>
7. Chen, S. K. & **Mongrain, M.** (Sept. 2020). Awe and the interconnected self. *Journal of Positive Psychology*. <https://doi.org/10.1080/17439760.2020.1818808>

REFEREED JOURNAL ARTICLES (cont'd)

8. Barnes, C., **Mongrain, M.** (2019). A Three-Factor Model of Personality Predicts Differential Responses to Positive Psychology Interventions. *Journal of Positive Psychology*. <https://doi.org/10.1080/17439760.2019.1651891>
9. **Mongrain, M.**, Barnes, C., Barnhart, R., & Zalan, L. B. (2018). Acts of Kindness Reduce Depression in Individuals Low on Agreeableness. *Translational Issues in Psychological Science*, 4(3), 323. DOI: [10.1037/tps0000168](https://doi.org/10.1037/tps0000168)
10. Armstrong, B. F., Zuroff, D., C., & **Mongrain, M.** (in press). Self-Compassion Re-Visited: Psychometric Validation of the Self-Compassion Scale. PLOS ONE.
11. Azam, M.A., **Mongrain, M.**, Vora, K. Pirbaglou, M., Azargive, S., Changoor, T., Wayne, N., Guglietti, C., Macpherson, A., Irvine, J., Rotondi, M., Smith, D., Perez, D., & Ritvo, P. (2016, June). Mindfulness as an alternative for supporting university student mental health: A study of cognitive-emotional and depressive self-criticism measures. *International Journal of Educational Psychology*.
12. **Mongrain, M.**, Komeylian, Z., & Barnhart B. (2015, November). Happiness Versus Mindfulness Exercises for Individuals Vulnerable to Depression. *The Journal of Positive Psychology*. doi=10.1080/17439760.2015.1092569
13. Sergeant, S., & **Mongrain, M.** (2015, August). Online Positive Psychology Exercises: Distressed Users Are More Likely to Benefit than Non-distressed Users. *Canadian Journal of Psychology*, 56, 322-331.
14. Sergeant, S., & **Mongrain, M.** (January 2014). An Online Optimism Intervention Reduces Depression in Pessimistic Individuals. *Journal of Consulting and Clinical Psychology*. doi: 10.1037/a0035536
15. Ritvo, P., Vora, K., Irvine, J., **Mongrain, M.**, Azargive, S., Azam, M. A., Pirboglou, M., Guglietti, C., Wayne, N., Cribbie, R., & Perez, D. (October 2013). Reductions in negative automatic thoughts in students attending mindfulness tutorials predicts increased life satisfaction. *International Journal of Educational Psychology*, 2(3), doi: 10.4471/ijep.2013.28
16. Young, R., Struthers, C.W., Khoury, C., Muscat, S., Phills, C., & **Mongrain, M.** (2013). Forgiveness and revenge: The conflicting needs of dependents and self-critics in relationships. *Journal of Clinical and Social Psychology*, 32(10), 1099-1119.

REFEREED JOURNAL ARTICLES (cont'd)

17. Kopala-Sibley, D.C., **Mongrain, M.**, & Zuroff, D. C. (August 2013). A lifespan perspective on Dependency and Self-Criticism: Age trends from 18 to 59. *Journal of Adult Development*, 20(1), DOI 10.1007/s10804-013-9163-9.
18. **Mongrain, M.**, & Anselmo- Matthews, T. (March 2012). Do positive psychology exercises work? A replication of Seligman et al. (2005). *Journal of Clinical Psychology*, 68(4), 382-389.
19. Sergeant, S., & **Mongrain, M.** (July 2011). Are positive psychology exercises helpful for people with depressive personality styles? *Journal of Positive Psychology*, 6, 260-272.
20. **Mongrain, M.**, Chin, J., & Shapira, L. B. (Dec. 2010). Practicing compassion increases happiness and self-esteem. *Journal of Happiness Studies*, 12, 963-981.
21. Shapira, L. B., & **Mongrain M.** (Sept. 2010). The benefits of self-compassion and optimism exercises for individuals vulnerable to depression. *Journal of Positive Psychology*, 5, 377-389.
22. Schulte, F. S., **Mongrain, M.**, & Flora, D. B. (Sept. 2008). Healthy and unhealthy dependence: Implications for Major Depression. *British Journal of Clinical Psychology*, 47, 341-353.
23. Sturman, E. D., & **Mongrain, M.** (July 2008). Entrapment and perceived status in graduate students experiencing a recurrence of Major Depression. *Canadian Journal of Behavioural Science*, 40, 185-188.
24. Sturman, E. D., & **Mongrain, M.** (Feb. 2008). The role of personality in defeat: A revised social rank model. *European Journal of Personality*, 22, 55-79.
25. Amitay, O., **Mongrain, M.**, & Fazaa, N. (Jan. 2008). Effects of parental self-criticism on daughters' personality and choice of romantic partner. *Personality and Individual Differences*, 44, 75-85.
26. **Mongrain, M.**, & Trambakoulos, J. (Oct. 2007). A musical mood induction alleviates dysfunctional attitudes in needy and self-critical individuals. *Cognitive Psychotherapy: An International Quarterly*, 21 (4), 293-307.
27. Amitay, O. A., & **Mongrain, M.** (Aug. 2007). From emotional intelligence to intelligent choices of partners. *Journal of Social Psychology* 147(4), 325–343.

REFEREED JOURNAL ARTICLES (cont'd)

28. Sturman, E., & **Mongrain, M.** (2006). Attributional style as a predictor of hopelessness depression. *Journal of Cognitive Psychotherapy: An International Quarterly*, 20 (4), 447-458.
29. **Mongrain, M.**, & Leather, F. (2006). Self-criticism and dependence predict the recurrence of major depression. *Journal of Clinical Psychology*, 62 (June), 705-713.
30. **Mongrain, M.**, & Blackburn, S. (2005). Cognitive vulnerability and lifetime risk for major depression in graduate students. *Cognitive Therapy and Research*, 29 (December), 747-768.
31. Sturman, E., & **Mongrain, M.** (2005). Self-Criticism and Major Depression: An evolutionary framework. *British Journal of Clinical Psychology*, 44, 505-519.
32. **Mongrain, M.**, Lubbers, R., & Struthers, W. (2004). The power of love: Mediation of rejection in roommate relationships of dependents and self-critics. *Personality and Social Psychology Bulletin*, 30, 94-105.
33. Heisel, M. J., & **Mongrain, M.** (2004). Facial expressions and ambivalence: Looking for conflict in all the right faces. *Journal of Nonverbal Behavior*, 28, 35-52.
34. Zuroff, D. C., **Mongrain, M.**, & Santor, D. C. (2004). Conceptualizing and measuring personality vulnerability to depression: Revisiting issues raised by Coyne and Whiffen (1995). *Psychological Bulletin*, 130, 489-511.
35. Zuroff, D. C., **Mongrain, M.**, & Santor, D. C. (2004). Investing in the personality vulnerability research program: Current dividends and future growth. *Psychological Bulletin*, 130, 512-517.
36. **Mongrain, M.**, & Vettese, L. C. (2003). Conflict over emotional expression: Implications for interpersonal communication and depression. *Personality and Social Psychology Bulletin*, 29, 545-555.
37. Vettese, L. C., & **Mongrain, M.** (2000). Communication about the self and partner in the relationships of dependents and self-critics. *Cognitive Therapy and Research*, 24, 609-626.
38. **Mongrain, M.** (1998). Parental representations and support-seeking behaviors related to Dependency and Self-Criticism. *Journal of Personality*, 66, 151-173.
39. **Mongrain, M.**, Vettese, L. C., Shuster, B., & Kendal, N. (1998). Perceptual biases, affect, and behavior in the relationships of dependents and self-critics. *Journal of Personality and Social Psychology*, 75, 230-241.

40. Santor, D. S., Zuroff, D. C., **Mongrain, M.**, & Fielding (1997). Validating the McGill revision of the DEQ. *Journal of Personality Assessment*, *69*, 163-182.
41. **Mongrain, M.**, & Zuroff, D. C. (1995). Motivational and affective correlates of Dependency and Self-Criticism. *Personality and Individual Differences*, *18*, 347-354.
42. Blatt, S. J., Zohar, A. H., Quinlan, D. M., Zuroff, D. C., & **Mongrain, M.** (1995). Subscales within the Dependency factor of the Depressive Experiences Questionnaire. *Journal of Personality Assessment*, *64*, 319-339.
43. **Mongrain, M.**, & Zuroff, D. C. (1994). Ambivalence over emotional expression and negative life events: Mediators for depression in dependent and self-critical individuals. *Personality and Individual Differences*, *16*, 447-458.
44. **Mongrain, M.** (1993). Dependency and Self-Criticism located within the big five model of personality. *Personality and Individual Differences*, *15*, 455-462.
45. Steiger, H., Goldstein, C., **Mongrain, M.**, & Van der Feen, J. (1990). Description of eating-disordered, psychiatric and normal women along cognitive and psychodynamic dimensions. *International Journal of Eating Disorders*, *9*, 129-140.
46. Zuroff, D. C., Igreja, I., & **Mongrain, M.** (1990). Dysfunctional attitudes, Dependency and Self-Criticism as predictors of depressive mood states: A 12- month longitudinal study. *Journal of Cognitive Therapy and Research*, *14*, 315-326.
47. **Mongrain, M.**, & Zuroff, D.C. (1989). Cognitive vulnerability to depressed affect in Dependent and Self-Critical college women. *Journal of Personality Disorders*, *3*, 240-251.
48. Zuroff, D. C., & **Mongrain, M.** (1987). Dependency and Self-Criticism: Vulnerability factors for depression. *Journal of Abnormal Psychology*, *96*, 14-22.

SUBMITTED MANUSCRIPTS:

- Chafe, D. & **Mongrain, M.** (June 2025). *Reducing Self-Criticism in Clinical Trainees: A Randomized Controlled Trial of Two Brief Online Interventions*. Submitted to *Training and Education in Professional Psychology*.

REFEREED CONFERENCE PRESENTATIONS:

1. Forsythe, J. & **Mongrain, M.** (June 2021). *The nihilism scale: Theory, development, and psychometric evaluation*. Poster presented at the Canadian Psychological Association 82nd Annual National Convention.
2. Forsythe, J. & **Mongrain, M.** (May 2021). *Exploring the correlates of the nihilism scale: A novel measurement tool associated with depression and markers of poor affect and wellbeing*. Poster presented at the Association for Psychological Science 2021 virtual conference.
3. **Mongrain, M.** & Powers, T. (2020, May). *Self-criticism and self-compassion in the therapist's office*. Presentation for the Canadian Psychology Association, Montreal, May 2020. (Conference canceled)
4. Shoikhedbrod, A., **Mongrain, M.** (2020, February). *Helping because you want to, not because you have to: Understanding the motivational and interpersonal dynamics of social support provision to depressed individuals*. Poster presented at the Society for Personality and Social Psychology 21st Annual Meeting, New Orleans, LA.
5. Chafe, D. & **Mongrain, M.** (2018). *Self-Kindness and Self-Criticism Extracted from The Self-Compassion Scale*. Conference of the Canadian Psychology Association, Montreal, June 2018.
6. Stokes, P. & **Mongrain, M.** (2018). *The Role of Adult Attachment and General and Domain-Specific Self-Efficacy in Predicting Compassionate Action*. 1st Canadian Scientific Meeting on Well-Being, Toronto, May 2018.
7. Buie, L. & **Mongrain, M.** (2016). *Impact of Positive Psychology Interventions on an Elderly Population*. Conference of the Canadian Positive Psychology Association, Niagara, June 2016.
8. Armstrong, B. F., Zuroff, D. C., **Mongrain, M.**, Kelly, A. C., Hemanto, N., Hope, N., Koestner, R. (2016). *Distinguishing the Positive and Negative Items on the Self-Compassion Scale: Evidence Against a Full-Scale Composite*. Society for Personality and Social Psychology, (SPSP), February 2016.
9. **Mongrain, M.**, Barnes, C., & Barnhart, R. (2015). *Kindness in Close Relationships as an Antidote to Depression in Disagreeable Individuals*. Poster presentation at the 123rd Convention of the American Psychological Association, Toronto, August 2015.
10. Rootenberg, M. & **Mongrain, M.** (2015). *Refining Self-Compassion Measurement: A Factor Analysis of the Self-Compassion Scale*. . Poster presentation at the 123rd Convention of the American Psychological Association, Toronto, August 2015.

REFEREED CONFERENCE PRESENTATIONS (cont'd)

11. Armstrong, B. F., Zuroff, D. C., **Mongrain, M.**, Kelly, A. C., Hemanto, N., Hope, N., Koestner, R. (2015). *Self-Compassion Re-examined: Investigating the Factor Structure and Interpersonal Correlates of the Self-Compassion Scale*. Society for Interpersonal Theory and Researchn (SITAR), May 2015.
12. Armstrong, B. F., Zuroff, D. C., **Mongrain, M.**, Kelly, A. C., Hemanto, N., Hope, N., Koestner, R. (2015). *Self-Compassion Re-examined: The Dimensionality of the Self-Compassion Scale in Multiple Samples*. Society for Personality and Social Psychology, (SPSP), February 2015.
13. Komeylian, Z., **Mongrain, M.**, & Barnhart B. (2014). *Being versus Doing: Dependent and Self-Critics' Responses to online Meditation and Positivity Exercises*. Paper presented at the annual Canadian Positive Psychology Association Conference, Ottawa, July 2014.
14. Barnes, C., **Mongrain, M.**, & Barnhart, R. (2013). *A Kindness Exercise Reduces Depression in Disagreeable Individuals*. Canadian Psychological Association Convention, Quebec City, Quebec, June 2013.
15. Hermanto, N., & **Mongrain, M.** (2013). *Curiosity, Negative Mood Regulation, and Well-Being*. Poster presentation at the Society for Personality and Social Psychology Conference, January 2013.
16. **Mongrain, M.**, & Shapira, L. (2012). *Loving kindness meditation delivered online alleviates depression and interpersonal dependence*. The Science of Compassion, Telluride, Colorado, July 2012.
17. Barnes, C., **Mongrain, M.**, & Barnhart, R. (2012). *Acts of kindness reduce depression in close relationships*. The Science of Compassion, Telluride, Colorado, July 2012.
18. Kopala-Sibley, D. C., **Mongrain, M.**, Zuroff, D.C., & Dirks, M. M. (2012). *The development of self-definition and relatedness: Age-related differences in Self-Criticism and Dependency from 18 to 59*. Paper presented at the annual meeting of the Centre for Research in Human Development, Montreal, Canada.
19. Shapira, L. B., & **Mongrain, M.** (2010). *Who is more likely to benefit from positive psychology exercises?* European Conference on Positive Psychology, Copenhagen, Denmark.
20. **Mongrain, M.** (2009). *Positive Psychology Exercises: Finding What Works Best for Whom*. Symposium Chair at the 117th annual Convention of the American Psychological Association, Toronto.

REFEREED CONFERENCE PRESENTATIONS (cont'd)

21. Anselmo, T., & **Mongrain, M.** (2009). *The Promise of Positive Interventions: Replication of Seligman et al., 2005*. Symposium presentation at the 117th annual Convention of the American Psychological Association, Toronto.
22. Chin, J., **Mongrain, M.**, & Shapira, L B. (2009). *Compassionate Action: An Intervention for Well-Being*. Symposium presentation at the 117th annual Convention of the American Psychological Association, Toronto.
23. Shapira, L. B., & **Mongrain, M.** (2009). *Coping with Adversity: The Effects of Two Internet Interventions*. Symposium presentation at the 117th annual Convention of the American Psychological Association, Toronto.
24. Sergeant, S., & **Mongrain, M.** (2009). *Promoting Gratitude: Advantages for those Vulnerable to Depression*. Symposium presentation at the 117th annual Convention of the American Psychological Association, Toronto.
25. Sturman, E., & **Mongrain, M.** (2009). *Submission, Involuntary Subordination and its Relation to Personality, Depression, and Social Anxiety*. Paper presentation at the NorthEastern Evolutionary Psychology Society, Oswego, New York.
26. Shapira, L. B., & **Mongrain, M.** (2008). The role of self-compassion in enhancing mood and reducing depressive symptoms. Poster presentation at the Society for Psychotherapy Research, Barcelona, Spain.
27. Sturman, E., & **Mongrain, M.** (2007). *The Role of Personality in Defeat: A Revised Social Rank Model*. Poster presentation at the Canadian Psychology Association, Ottawa.
28. **Mongrain, M.** (2005). *Immature dependence, self-criticism and the recurrence of major depression in graduate students*. Brownbag presentation for the Clinical and Clinical-Developmental areas of the psychology department at York University, Toronto, Canada.
29. Schulte, F., & **Mongrain, M.** (2005). *Healthy and Unhealthy Dependence: Implications for Major Depression*. Presentation at the Society for Interpersonal Theory and Research (SITAR), Montréal, Québec.
30. **Mongrain, M.** (2004). *Personality Vulnerability to Major Depression*. Panel Chair at the Society for Interpersonal Theory and Research (SITAR), Toronto.
31. **Mongrain, M.**, & Leather, F. (2004). *Self-Criticism, Neediness and the Recurrence of Major Depression*. Presentation at the Society for Interpersonal Theory and Research (SITAR), Toronto.

REFEREED CONFERENCE PRESENTATIONS (cont'd)

32. Amitay, O. A., & **Mongrain, M.** (2004). *Emotional Intelligence and Partner Support Along the Circumplex*. Presentation at the Society for Interpersonal Theory and Research (SITAR), Toronto.
33. Sturman, E., & **Mongrain, M.** (2004). *Involuntary Submission and Depression in Self-Critics*. Presentation at the Society for Interpersonal Theory and Research (SITAR),
34. Vetteese, L. C., & **Mongrain, M.** (2004). *Self-Criticism, Neediness and Intimate Relationship Factors in the Prediction of Daily Mood*. Presentation at the Society for Interpersonal Theory and Research (SITAR), Toronto.
35. Schulte, F., & **Mongrain, M.** (2003). *Distinguishing Between Mature and Immature Forms of Dependency*. Poster presentation at the 111th annual convention of the American Psychological Association, Toronto.
36. Schulte, F., & **Mongrain, M.** (2002). *Adaptive and Maladaptive Aspects of Dependency*. Presentation at the Society for Interpersonal Theory and Research (SITAR), Toronto. (SITAR), Montréal, Québec.
37. **Mongrain, M.**, & Amitay, O. A., (2001). *Effects of parental self-criticism on daughters' personality and choice of romantic partner*. Presentation at the Society for Interpersonal Theory and Research (SITAR), Montréal, Québec.
38. Vetteese, L. C., & **Mongrain, M.** (2001). *Attachment Style and Circumplex Behaviors in Roommate Dyads*. Presentation at the Society for Interpersonal Theory and Research
39. **Mongrain, M.**, & Fazaa, N. (1999). *Parenting Style and Personality Vulnerability to Depression*. Poster presentation at the 107th annual convention of the American Psychological Association, Boston.
40. Vetteese, L. C., & **Mongrain, M.** (1999). *Ambivalence Over Emotional Expression and Communication in Romantic Relationships*. Poster presentation at the 107th annual convention of the American Psychological Association, Boston
41. Amitay, O. A., & **Mongrain, M.** (1999). *Introjected Parental Perceptions and Romantic Partners of Dependents and Self-Critics*. Poster presentation at the 107th annual convention of the American Psychological Association, Boston.
42. **Mongrain, M.**, & Lubbers, R. (1999). *Personality vulnerability to depression, circumplex behaviors, and rejection in roommate relationships*. Presentation at the Society for Interpersonal Theory and Research (SITAR), Madison, Wisconsin.

REFEREED CONFERENCE PRESENTATIONS (cont'd)

43. **Mongrain, M.**, & Vetteese, L. C. (1998). *Verbal communication in the romantic relationships of dependents and self-critics*. Symposium presentation at the 106th annual convention of the American Psychological Association, San Francisco.
44. Vetteese, L. C., **Mongrain, M.**, & Mascherin, M. (1998). *Dependency, self-criticism, and communication across nonverbal channels*. Poster presentation at the 106th annual convention of the American Psychological Association, San Francisco.
45. **Mongrain, M.**, & Trambakoulos, J. (1997). *Vulnerability and changes in dysfunctional attitudes following a mood manipulation*. Poster presentation at the 105th annual convention of the American Psychological Association, Chicago.
46. **Mongrain, M.**, Kendal, N., Vetteese, L. C., & Shuster, B. (1997). *Interpersonal Perceptual Biases in Dependent and Self-Critical Women*. Poster presentation at the 105th annual Convention of the American Psychological Association, Chicago.
47. Heisel, M. J., & **Mongrain, M.** (1997). *Facial Expressions and Ambivalence Over the Expression of Emotion*. Poster presentation at the 105th annual convention of the American Psychological Association, Chicago.
48. Heisel, M. J., & **Mongrain, M.** (1997). *The role of Depression in Interpersonal Interactions*. Poster presentation at the 105th annual convention of the American Psychological Association, Chicago.
49. Vetteese, L. C., & **Mongrain, M.** (1997). *Dependency, Self-Criticism, and Communication in Romantic Relationships*. Poster presentation at the 105th annual convention of the American Psychological Association, Chicago.
50. **Mongrain, M.** (1996). *Conflict Over Emotional Expression: Implications for Psychopathology*. Symposium presentation at the 104th annual convention of the American Psychological Association, Toronto.
51. **Mongrain, M.**, & Kellington, S. (1996). *Neediness Versus Connectedness: Differentiation of the Dependency Construct*. Poster presentation at the 104th annual convention of the American Psychological Association, Toronto.
52. Lubbers, R., & **Mongrain, M.** (1996). *Dominance and Love: Mediators of Rejection in Depression-Prone Personalities*. Poster presentation at the 104th annual convention of the American Psychological Association, Toronto.

REFEREED CONFERENCE PRESENTATIONS (cont'd)

53. Vettese, L. C., **Mongrain, M.**, & Shuster, B. (1996). *Love and Power in Dependents' and Self-Critics' Romantic Relationships*. Poster presentation at the 104th annual convention of the American Psychological Association, Toronto.
54. **Mongrain, M.**, & Lubbers, R. (1995). *The Depressives We Like, and Those We Don't Like: Interpersonal Correlates of Dependency and Self-Criticism*. Symposium presentation at the World Congress of Behavioural and Cognitive Therapies, Copenhagen, Denmark, July 1995.
55. **Mongrain, M.** (1995). *Interpersonal Schemas in Dependent and Self-Critical Individuals*. Poster presentation at the World Congress of Behavioural and Cognitive Therapies, Copenhagen, Denmark, July 1995.
56. **Mongrain, M.** (1994). *Dependency, Self-Criticism and Marital Interpersonal Functioning*. Poster presentation at the Association for the Advancement for Behavior Therapy, San Diego, November 1994.
57. **Mongrain, M.**, & Emmons, R. A. (1994). *The Effect of Induced Mood on Personality and Motivational Appraisals*. Poster presentation at the American Psychological Association, Los Angeles, USA, August 1994.
58. Emmons, R. A., **Mongrain, M.**, & Shephard, N. R. (1994). *Emotional Conflict and Object Relations Theory*. Poster presentation at the Western Psychological Association, Kona, Hawaii, April 1994.
59. **Mongrain, M.** (1993). *How Are Dependent and Self-Critical Individuals Perceived by Their Peers?* Symposium presentation at the American Psychological Association, Toronto, Canada, August 1993.
60. **Mongrain, M.**, & Zuroff, D. C. (1993). *Ambivalence and Stress: Mediators of Dysphoria in Vulnerable Personalities*. Poster presentation at the American Psychological Association, Toronto, Canada, August 1993.
61. **Mongrain, M.**, & Emmons, R. A. (1993). *Personal Strivings and Attachment: A Goal-Based Analysis of Attachment Styles*. Poster presentation at the American Psychological Society, Chicago, USA, June 1993.
62. **Mongrain, M.** (1992). *A Motivational Analysis of Negative and Positive Affect in Dependent and Self-Critical Individuals*. Poster presentation the American Psychological Society, San Diego, USA, June 1992.
63. **Mongrain, M.** (1990). *Motivational Aspects of Vulnerable Personality Styles*. Presentation at the Graduate Student Colloquium of the D.O. Hebb lecture series, McGill, Montreal, Canada, September 1990.

64. **Mongrain, M.**, Zuroff, D.C., & Chouinard, G. (1989). *The Stability of Personality and Cognitive Vulnerability Markers in a Sample of Unipolar Depressives*. Presentation at the Canadian Psychology Association, Halifax, Canada, June 1989.
65. **Mongrain, M.**, & Zuroff, D. C. (1989). *Selective Attention Bias in Depression: The Importance of Interpersonal Ideational Themes*. Paper presented at the Eastern Psychology Association, Boston, USA April 1989.
66. **Mongrain, M.**, & Zuroff, D. C. (1988). *Cognitive Vulnerability for Depression in Dependent and Self-Critical Personality Types*. Paper presented at the Canadian Psychology Association Montréal, June 1988.
67. **Mongrain, M.**, & Zuroff, D. C. (1988). *Selective Attention Bias in Depression. The Importance of Interpersonal Loss Ideational Themes*. Poster session at the Société Québécoise de Recherche en Psychologie, Montréal, November 1988.
68. **Mongrain, M.**, & Zuroff, D. C. (1986). *Dependency and Self-Criticism: Vulnerability Factors for Depressive Affective States*. Paper presented at the Eastern Psychological Association, New-York City, April 1986.

INVITED ADDRESS:

1. **Mongrain, M.** (June 2022) “Psychological Barriers to and Benefits of Compassion.” Talk delivered to the *Path of Awakening Buddhist Center* <https://youtu.be/EhiFYOkN2NE>
2. **Mongrain, M.** (October 2020). Keynote: *Understanding individual differences in compassionate responding*. Compassionate Mind Foundation International Conference, London, EN.
3. **Mongrain, M.** (2019). *Distal and proximal predictors of daily compassionate action* Webinar for the Canadian Association of Positive Psychology, February 20, 2019.
4. **Mongrain, M.** (2013). *Can online positive psychology exercises increase happiness?* Webinar for the Canadian Association of Positive Psychology, March 21, 2013.
5. **Mongrain, M.** (2011). *Can brief psychological exercises improve well-being?* Research presentation for the Health Psychology Graduate Diploma Program
6. **Mongrain, M.** (1998). *An interactive framework for depression: Personality, cognition, interpersonal behaviors and social environment*. Keynote Conference, York University.

EXTERNAL FUNDING (sole investigator):

2006 – 2009 S.S.H.R.C. Research Grant (\$126,670)

“A Diathesis-Stress Model Predicting First Onsets and Recurrences of Major Depression, and a Preliminary Test of Resilience Intervention”

- 2000 – 2003 S.S.H.R.C. Research Grant (\$115,250)
“Dependency, Self-Criticism and Risk Factors for Major Depression”
- 1994 – 1997 S.S.H.R.C. Research Grant (\$65,000)
“Ambivalence over Emotional Expression: Implications for Bodily, Interpersonal and Psychological Functioning”
- 1991 – 1993 Postdoctoral Fellowship from the Research Council of Quebec (FCAR) (\$22,000/year)
- 1985– 1990 Studentship from the Medical Research Council of Canada (\$10,000-\$12,500/year)

INTERNAL FUNDING (sole investigator):

- 2023 York University Research Support Grant (\$5,000) *“World Views and Psychological Functioning in Daily Life”*
- 2022 Minor Research Grant, Faculty of Health (\$3000)
“Mindfulness, autonomy, and the propensity towards compassionate action”
- 2020 Sabbatical Leave Grant (\$4,243) *“Distal and Proximal Predictors of Compassionate Action”*
- 2019 Minor Research Grant, Faculty of Health (\$2770)
“Compassion Interventions for Psychotherapists in Training”
- 2018 SSHRC Explore Grant, York University (\$2960)
“Distal and Proximal Predictors of Daily Compassionate Action”
- 2017 Tri-Council Bridge Funding, Faculty of Health (\$4,000)
“The Study of Compassion through a Smart Phone Application”
- 2016 S.S.H.R.C. Research Opportunity Grant, York University (\$2,500)
“The Mitigation of Stress Through Compassionate Action”
- 2015 Faculty of Health Research Grant (\$3,000)
“Testing Positive Psychology Interventions in the Elderly”

INTERNAL FUNDING (cont’d)

- 2014 Faculty of Health Research Grant (\$3,000)

"Measuring Self-Compassion"

- 2013 Sabbatical Leave Fellowship, York University (\$5,489)
"Project HOPE: Can Well-Being Improve Through Brief Psychological Exercises?"
- 2011 Small S.S.H.R.C. Internal Grant, York University (\$2,000)
"Project Hope II: Promoting Psychological Resilience and Positivity"
- 2011 Faculty of Health Research Grant (\$3,000)
"Project Hope: Increases in Personal Resources Following Online Interventions"
- 2006 Sabbatical Leave Fellowship, York University (\$6,560)
"The Promotion of Positive Affect"
- 2004 Faculty of Arts Research Grant, York University (\$2,500)
"Personality and the Recurrence of Major Depression"
- 2004 Small S.S.H.R.C. Internal grant, York University (\$1,000)
"Personality and the Social Context Associated with the Recurrence of Major Depression"
- 2003 Faculty of Arts Research Grant, York University (\$4,000)
"Personality and Cognitive Predictors of Depressive Relapse"
- 1999 York Ad Hoc Research Travel Funds (\$355)
- 1999 Sabbatical Leave Fellowship, York University (\$1,830)
"The Examination of Mediation Factors in Interpersonal Rejection Through Structural Equation Modeling"
- 1998 Small S.S.H.R.C., York University (\$2,500)
"Are you listening to Me? Nonverbal Non-Verbal Communication in the Romantic Relationships of Dependent and Self-Critical Women"
- 1994 Small S.S.H.R.C., York University (\$4,000)
"Verbal and Non-Verbal Communication in Individuals Vulnerable to Depression"
- 1993 Faculty of Arts Research Grant, York University (\$3,000)
"Personality and Depression"

PROFESSIONAL SERVICE:

Editorial Work:

Mongrain, M., Keltner, D., & Kirby, J. (2021, 2022, 2023). Editors: Expanding the Science of Compassion (Vol. 1 and 2). *Frontiers in Psychology*. <https://doi.org/10.3389/fpsyg.2021.745799>

Book Reviews:

Shahar, G. (2014). *Erosion. The Psychopathology of Self-Criticism*. Oxford University Press: New York, NY.

Bornstein, R. F. (2005). *The dependent patient: A practitioner's guide*. American Psychological Association: Washington, DC.

Ad Hoc Reviewer (~3 manuscripts yearly)

1. *Assessment*
2. *Behaviour Research and Therapy*
3. *Canadian Journal of Behavioural Science*
4. *Cognitive Therapy and Research*
5. *European Journal of Personality*
6. *Frontiers in Psychology*
7. *International Journal of Applied Positive Psychology*
8. *International Journal of Cognitive Therapy*
9. *Journal of Abnormal Psychology*
10. *Journal of Clinical and Consulting Psychology*
11. *Journal of Clinical Psychology*
12. *Journal of Cognitive Psychotherapy*
13. *Journal of Cross-Cultural Psychology*
14. *Journal of Happiness Studies*
15. *Journal of Medical Internet Research*
16. *Journal of Military, Veteran and Family Health*
17. *Journal of Personality*
18. *Journal of Personality and Social Psychology*
19. *Journal of Positive Psychology*
20. *Journal of Social and Clinical Psychology*
21. *Personality and Individual Differences*
22. *Personality and Social Psychology Bulletin*
23. *Psychiatry Research*
24. *Psychological Assessment*
25. *Psychological Bulletin*
26. *Psychological Science*
27. *Review of General Psychology*
28. *Scientific Reports; SpringerNature*
28. *Self and Identity*

Grant Reviewer

1. *Fonds de Recherche du Quebec* External reviewer for graduate scholarship applications (23); January 2020.

2. **Social Sciences and Humanities Research Council of Canada**
External Reviewer for SSHRC INSIGHT GRANT APPLICATIONS (7)
February 1997; January 2005; January 2009; January 2012; January 2016; January 2018
3. **Canadian Foundation for Innovation** (CFI Grant Review: November 2004)
4. **Social Sciences and Humanities Research Council of Canada**
(SSHRC/CIHR Health Career Awards Program: June 2000)
5. **Ontario Mental Health** (OMH: December 1996)

Doctoral Fellowship Reviewer: *Social Sciences and Humanities Research Council of Canada* (SSHRC: International Student Applications, December-January 2000-2001)

PUBLIC APPEARANCES:

1. **The Head and Heart Podcast:** Interview with Dr. Mongrain on Positive Psychology. September 30, 2025. <https://jackorgyork.podbean.com/>
2. **The Compassion Podcast:** The Science of Kindness with Dr. Myriam Mongrain, November 26, 2024. <https://www.globalcompassioncoalition.org/podcast/>
3. **CBC News Network Live with Michael Serapio:** “Covid’s toll on mental health over the Holidays.” November 28, 2020, @ 2:15 p.m.
4. **The Science of Happiness, Podcast 40:** What to do when you feel like a failure, June 2020 and May 2019. Published by the Greater Good Science Centre, Berkeley, CA. [The Science of Happiness](#), by PRX and UC Berkeley's Greater Good Science Center. (This podcast has received nearly 15 million downloads so far and has been ranked as high as #2 on iTunes' list of Top Podcasts.)
5. **TFO: En Direct: Sante Mental.** Facebook Livestream Broadcast on Mental Health consequences of COVID-19 <https://www.facebook.com/101341720011488/posts/2070275266451447/?vh=e&d=n> April 9th, 2020.
6. **CBC radio “Fresh Air”** Live interview on the “mental health effects of COVID-19, March 29, 2020.
7. **RDC radio News:** Entrevue sur “La sante mentale durant la pandemic,” March 28, 2020.
8. **680 News** Live interview on “The benefits of compassion during COVID-19” March 27, 2020.
9. **The Science of Happiness, Podcast 40:** What to do when you feel like a failure, May 2019. Published by the Greater Good Science Centre, Berkeley, CA.

10. *BTRtoday “Third Eye Weekly”* (NYC) Live interview with Lisa Autz on the science of karma, July 21, 2016. <http://www.btrtoday.com/listen/thirdeyeweekly/third-eye-weekly-karma-week/>
11. *CBC Global Television “Context”* Live interview with Lorna Dueck on “Gratitude” aired October 12, 2014 <http://www.contextwithlornadueck.com/episodes/why-be-thankful>
12. *Radio Islam, Chicago:* Live interview with Tahera Shireen Rahman on the roots of happiness, October 22, 2013. <http://www.radioislam.com>
13. *Radio Canada: “Champ Libre”* Live interview with Isabelle Gobeil on the genetic basis for altruism, December 21, 2012.
14. *Global News, 16X9 The Bigger Picture.* “People for Good.” November, 12, 2011. <http://www.globalnews.ca/16x9/video/full+episode+nov+12/video.html?v=2167198073&p=3&s=dd&t=2260#video>
15. *Radio Canada International: Masala Canada.* Live interview with Victor Nerenberg on “Compassion and Happiness” July 30, 2011. <http://www.rcinet.ca/english/program/masala-canada/home/>
16. *SunNews TV: Roundtable.* Interview with Alex Pierson and Pat Bolland, May 18, 2011.
17. *CBC radio “Fresh Air:”* Live interview with Mary Ito. “How do you define happiness?” January 9, 2011.
18. *The Motts Radio Show:* On acts of kindness, May 19, 2011. <http://www.themotts.ca/shows/20110519.mp3>
19. *CBC radio “Hear and Now:”* Live interview on the “Effects of self-compassion exercise on emotional well-being” November 10, 2010.
20. *More to Life:* Guest on TV talk show on “the concept of the soul mate.” Host: Mary Ito, Feb. 14, 2006.

PUBLIC RELEASES (research citations):

Wall Street Journal: Always being optimistic is hard: Try it part time instead. July 12, 2022 <https://www.wsj.com/articles/the-power-of-part-time-optimism-11657634400?st=y6umfh8nlmizivl>

Y-File: Christmas spirit and the role of feel-good hormones. December 22, 2021. https://yfile.news.yorku.ca/2021/12/21/christmas-spirit-and-the-role-of-feel-good-hormones/?utm_source=YFile+-+Master+Subscriber+List&utm_campaign=83a109eae9-EMAIL_CAMPAIGN_2021_12_21_03_42&utm_medium=email&utm_term=0_3ba936d492-83a109eae9-577126826

The Toronto Star: <https://www.thestar.com/news/gta/2020/04/01/lets-venture-out-on-a-limb-can-we-go-for-a-walk.html>, April 1, 2020.

Local Love: Emotions are contagious. Here’s why that matters.

<https://locallove.ca/life/emotions-are-contagious-heres-why-that-matters> January 8, 2020.

PUBLIC RELEASES (research citations, cont’d):

Y-File: york-u-study-shows-acts-of-kindness-can-reduce-depression-in-disagreeable- Sept 20, 2018.

Eurekalert: [Study: Difficult people have most to gain from practicing...](http://www.eurekalert.org/pub_releases/2018-09/yu-sd091918.php)
www.eurekalert.org/pub_releases/2018-09/yu-sd091918.php

Medical Express: [Difficult people have most to gain from practicing compassion...](http://www.medicalxpress.com/pdf456576033.pdf)
[medicalxpress.com/pdf456576033.pdf](http://www.medicalxpress.com/pdf456576033.pdf)

Reddit: The most disagreeable individuals, who are also the least likely to be kind, may benefit most from behaving more compassionately, a new study has found.

www.reddit.com/r/psychology/comments/9hj3e3/themost...

Science Daily: [Difficult people have most to gain from practicing compassion:...](http://www.sciencedaily.com/releases/2018/09/180919111507.htm)
www.sciencedaily.com/releases/2018/09/180919111507.htm Sept 2018.

Y-File: “York study finds self-help no help for certain personality types.” September 20, 2011.

Yahoo News: The Lighter Side. “How kindness pays off.” September 15, 2011.

<http://ca.news.yahoo.com/video/thelighterside-24560668/#crsl=%252Fvideo%252Fthelighterside-24560668%252Fhow-kindness-pays-off-26626459.html>

Yahoo News. “Empathy movements a counterpart to recent rioting.” August 21, 2011.

<http://ca.news.yahoo.com/blogs/good-news/empathy-movements-counterpoint-recent-rioting-183259034.html>

Calgary Herald: “Be nice –it’ll make you happier.” May 23, 2011.

Chatelaine: “A small thing that can provide months of happiness.” May 19, 2011.

Y-File: York in the Media: “Kindness pays off, study finds” May 19, 2011.

French Tribune: “Being kind to others can make you happy always.” May 18, 2011.

680 News: “Good deeds improve happiness, self-esteem: study.” May 18, 2011.

Globe and Mail: “The secret to happiness? Just be nice.” May 18, 2011.

Y-File: “Is there scientific proof for karma?” May 18, 2011.

The Toronto Star: “Kindness pays off, study finds.” May 17, 2011.

Toronto Sun: “It feels good to be good.” May 17, 2011.

London Free Press: “It feels good to be good: Study.” May 17, 2011.

The Star: “How to deal with the most depressing day of the year.” January 7, 2011.

Ottawa Citizen: “5 Realistic Goals for 2011.” January 1, 2011.

Excalibur: “Feeling down? Write yourself a love letter.” November 24, 2010.

Globe and Mail: “Want to get happy? Get writing.” November 15, 2010.

Y-File: “Writing yourself a feel-good letter can lead to emotional boost” November 9, 2010.

Rodale News: “Study: Gratitude is an Antidepressant.” March 25, 2010.

North York Mirror: “Date nights keep spark alive for couples” February 12, 2010.

Yorkregion.com: “Cutting back at Christmas” December 23, 2009.

Monitor on Psychology: “Listing five things a day that you’re grateful for can reduce depression symptoms” October 2009.

Canadian Living: “The truth about amnesia” October 2009.

www.Rodale.com. “Grateful Med” August 2009.

York U Look who’s 50. “Down in the Dumps” April 2009.

York U Special Research Edition: “The Perils of Perfection” Fall 2007.

- Toronto Star:** “25 Great Ideas from Great Minds: Depression Factors” January 24th, 2007.
- Urbanology Magazine:** “Five ways to shed those holiday blues this winter” December 2006.
- The Record** (Kitchener, Cambridge and Waterloo): “When great isn’t enough: Overwhelming need to succeed can put students at risk of depression, study finds” March 6, 2006.
- York Daily Bulletin:** “York study finds academic perfectionists more prone to depression” Feb. 23, 2006.
- “York study finds feelings of inferiority cause recurring depression” Aug. 25, 2008.
- “York study finds emotional neediness linked to recurring depression” Nov. 3, 2008.
- MontérégieWeb.com:** “Le sacrifice toujours d’actualité .” March 26, 2005.
- Profiles** (The York University Magazine for Alumni and Friends): “Reflecting on the causes of depression.” May 1999.
- Modern Woman:** “Great expectations: Moody, unhappy, anxious or dissatisfied? It’s time you let go a little and scale back your expectations.” September 1998.

PROFESSIONAL PRACTICE CONTRIBUTIONS:

Supervision 2017-2020: Alternate Supervisor (towards licensing as Psychological Associate, and supervised practice)

Leader of Meditation Tutorials: Healthy Student Initiative, Faculty of Kinesiology
Leader of 1 meditation tutorial per week, 2012-2014.

Clinical Supervision: York University Psychotherapy Clinic (YUPC)

Ph.D. Students Supervised: Kayley Rosen (June 2010) Jenny Rabin (October – December 2010)
Leah Shapira (January – April 2011) Samantha Fuss (May 2011-September 2012)

Pro bono services: 2001: 2 cases/12 sessions each under Dr. Les Greenberg (Forgiveness Project).

TEACHING

SUMMARY OF TEACHING AND TEACHING CONTRIBUTIONS:

44 Full year undergraduate courses (~500 students each)
2 Half year undergraduate courses
14 Independent Reading courses
21 Honours' Thesis supervision
11 Graduate courses
17 Master thesis students
11 Doctoral dissertation students
50* Graduate student committees
6 Teaching Awards (** in Personal section)

UNDERGRADUATE COURSES

2025 – 2026	Psych 1010 6.0B	INTRODUCTION TO PSYCHOLOGY Enrolment: 505
2025 – 2026	Psych 1010 6.0G	INTRODUCTION TO PSYCHOLOGY Enrolment: 500
2024 – 2025	Psych 1010 6.0B	INTRODUCTION TO PSYCHOLOGY Enrolment: 505
2024 – 2025	Psych 1010 6.0G	INTRODUCTION TO PSYCHOLOGY Enrolment: 500
2023 – 2024	Psych 1010 6.0B	INTRODUCTION TO PSYCHOLOGY Enrolment: 505
2023 – 2024	Psych 1010 6.0G	INTRODUCTION TO PSYCHOLOGY Enrolment: 500
2022 – 2023	Psych 1010 6.0B	INTRODUCTION TO PSYCHOLOGY Enrolment: 505
2022 – 2023	Psych 1010 6.0G	INTRODUCTION TO PSYCHOLOGY Enrolment: 500
2021 – 2022	Psych 1010 6.0B	INTRODUCTION TO PSYCHOLOGY Enrolment: 465
2021 – 2022	Psych 1010 6.0G	INTRODUCTION TO PSYCHOLOGY Enrolment: 425
2019 – 2020	Psych 1010 6.0B	INTRODUCTION TO PSYCHOLOGY Enrolment: 500
2019 – 2020	Psych 1010 6.0G	INTRODUCTION TO PSYCHOLOGY Enrolment: 500
2018 – 2019	Psych 1010 6.0B	INTRODUCTION TO PSYCHOLOGY Enrolment: 500
2018 – 2019	Psych 1010 6.0G	INTRODUCTION TO PSYCHOLOGY Enrolment: 500

UNDERGRADUATE COURSES (cont'd)

2017 – 2018	Psych 1010 6.0B	INTRODUCTION TO PSYCHOLOGY Enrolment: 500
2017 – 2018	Psych 1010 6.0G	INTRODUCTION TO PSYCHOLOGY Enrolment: 500
2016 – 2017	Psych 1010 6.0B	INTRODUCTION TO PSYCHOLOGY Enrolment: 465
2016 – 2017	Psych 1010 6.0G	INTRODUCTION TO PSYCHOLOGY Enrolment: 521
2016 – 2017	Psych 1010 6.0G	INTRODUCTION TO PSYCHOLOGY Enrolment: 501
2015 – 2016	Psych 1010 6.0F	INTRODUCTION TO PSYCHOLOGY Enrolment: 500
2015 – 2016	Psych 1010 6.0G	INTRODUCTION TO PSYCHOLOGY Enrolment: 500
2012 – 2013	Psych 1010 6.0G	INTRODUCTION TO PSYCHOLOGY Enrolment: 450
2011 – 2012	Psych 1010 6.0G	INTRODUCTION TO PSYCHOLOGY Enrolment: 550
2010 – 2011	Psych 1010 6.0G	INTRODUCTION TO PSYCHOLOGY Enrolment: 550
2009 – 2010	Psych 1010 6.0G	INTRODUCTION TO PSYCHOLOGY Enrolment: 550
2008 – 2009	Psych 1010 6.0H	INTRODUCTION TO PSYCHOLOGY Enrolment: 530
2007 – 2008	Psych 1010 6.0H	INTRODUCTION TO PSYCHOLOGY Enrolment: 530
2005 – 2006	Psych 1010 6.0H	INTRODUCTION TO PSYCHOLOGY Enrolment: 535
2004 – 2005	Psych 1010 6.0K	INTRODUCTION TO PSYCHOLOGY Enrolment: 400
2003 – 2004	Psych 1010 6.0K	INTRODUCTION TO PSYCHOLOGY Enrolment: 515
2002 – 2003	Psych 1010 6.0K	INTRODUCTION TO PSYCHOLOGY Enrolment: 515
2001 – 2002	Psych 1010 6.0B	INTRODUCTION TO PSYCHOLOGY Enrolment: 425
2001 – 2002	Psych 1010 6.0B	INTRODUCTION TO PSYCHOLOGY Enrolment: 200
2000 – 2001	Psych 1010 6.0B	INTRODUCTION TO PSYCHOLOGY Enrolment: 500
1999	Psych 2130 3.0M	PERSONALITY Enrolment: 96

1998 – 1999	Psych 1010 6.0A	INTRODUCTION TO PSYCHOLOGY Enrolment: 550
1998	Psych 3220 3.0A (Atkinson)	PERSONALITY Enrolment: 80
1997 – 1998	Psych 1010.06A	INTRODUCTION TO PSYCHOLOGY Enrolment: 550
1996	Psych 3220.03B (Atkinson)	PERSONALITY Enrolment: 120
1995 – 1996	Psych 1010.06A	INTRODUCTION TO PSYCHOLOGY Enrolment: 300
1995 – 1996	Psych 1010.06L	INTRODUCTION TO PSYCHOLOGY Enrolment: 200
1994 – 1995	Psych 1010.06A	INTRODUCTION TO PSYCHOLOGY Enrolment: 200
1994 – 1995	Psych 1010.06L	INTRODUCTION TO PSYCHOLOGY Enrolment: 300
1993 – 1994	Psych 1010.06A	INTRODUCTION TO PSYCHOLOGY Enrolment: 175
1993 – 1994	Psych 1010.06L	INTRODUCTION TO PSYCHOLOGY Enrolment: 170
1992	Univ. of Cal., Davis	PSYCHOLOGY APPLIED TO MODERN LIFE Enrolment: 60

INDEPENDENT READING COURSES

2022-2023	Behnam Mirbozorgi
2021-2022	Elijah Burton
Winter 2019	Susan Chen
Winter 2007	Jessica Clarke
Summer 2001	Georgette Dunkely
1998- 1997	Christine Desiato
Summer 1997	Christine Desiato, Gillian Kirsh
1995 – 1996	Jane Dalton, Kim Adshade, Saeid Babaei
1994 – 1995	Barbara Shuster, Ralph Lubbers, Lisa Vettese

HONOURS THESES SUPERVISIONS

2021-2022	Alon Cohen
2019-2020	Susan Chen
2015-2016	Lyzianne Beurie: <i>Positive psychology interventions in the elderly.</i>
2012-2013	Zahra Komeyliani: <i>Online positivity exercises reduce depression and improve well-being.</i>
2011-2012	Sahar Borairi: <i>Predictors of attrition and adherence to online self-help exercises.</i>

- 2010 – 2011 Nicola Hermanto: *Curiosity as a pathway to emotional well-being.*
- 2009 – 2010 Danielle MacDonald: *Memory lane to well-being: Writing about early positive memories as an intervention to improve well-being.*
- 2008 – 2009 Jackie Chin: *Investigating the effects of compassionate actions for psychological well-being.*
- 2007 – 2008 Ashley Danguedan: *Exploring the efficacy of two online depression interventions in women.*
- 2007 – 2008 Andrew Lin: *Attribution style and mood enhancement following the 3 Good Things exercise.*
- 2002 – 2003 Susan Blackburn: *Cognitive vulnerability and lifetime risk for Major Depression.*
- 1997 – 1998 Norman Fazaa: *Dependency, self-criticism and parenting styles: What daughters see and what parents claim.*
- 1996 – 1997 Marcel Mascherin: *Dependency, self-criticism, and communication across nonverbal channels.*
- 1995 – 1996 Natasha Schneider: *Coding dyadic interactions along the circumplex axes during a conflict resolution task.*
- 1995 – 1996 John Trambakoulos: *Vulnerability and changes in dysfunctional attitudes following a mood manipulation.*
- 1994 – 1995 Stephanie Kellington: *Mood and interpersonal correlates of neediness and mature dependence in close relationships.*
- 1994 – 1995 Sumita Sen: *Analysis of narratives of couple conflict in the relationships of dependents and self-critics.*
- 1994 – 1995 Ralph Lubbers: *The depressives we like, and those we don't like: interpersonal correlates of dependency and self-criticism.*
- 1993 – 1994 Lisa Vettese: *Love and power in dependents' and self-critics' romantic relationships.*
- 1993 – 1994 Shana Bresgi: *Ambivalence over emotional expression and personality orientations.*

GRADUATE COURSES

2015	Psych 6420.06	FOUNDATIONS OF CLINICAL PSYCHOLOGY (Winter Section)
2012	Psych 6420.06	FOUNDATIONS OF CLINICAL PSYCHOLOGY (Winter Section)
2011	Psych 6420.06	FOUNDATIONS OF CLINICAL PSYCHOLOGY (Winter Section)
2010	Psych 6420.06	FOUNDATIONS OF CLINICAL PSYCHOLOGY (Winter Section)
2009	Psych 6420.06	FOUNDATIONS OF CLINICAL PSYCHOLOGY (Winter Section)
2008	Psych 6420.06	FOUNDATIONS OF CLINICAL PSYCHOLOGY (Winter Section)

2006	Psych 6420.06	FOUNDATIONS OF CLINICAL PSYCHOLOGY (Winter Section)
2005	Psych 6420.06	FOUNDATIONS OF CLINICAL PSYCHOLOGY (Winter Section)
2004	Psych 6420.06	FOUNDATIONS OF CLINICAL PSYCHOLOGY (Winter Section)
1996	Psych 6420.06	FOUNDATIONS OF CLINICAL PSYCHOLOGY (Winter Section)
1994	Psych 6510.05A	PERSONALITY

Graduate Student Supervision

Master Students

Sabrina Malouka Abdel Malak (completed July 2025)
Jeremy Forsythe (completed August 2021)
Arik Shoikhedbrod (completed August 2020)
Mark Rootenberg (completed September 2021)
Davey Chafe (completed August 2018). *Self-critical or lacking in self-compassion? Distinct constructs with unique predictions for subjective well-being over time.*
Caroline Barnes (completed November 2012): *Acts of kindness in close relationships reduce depression.*
Susan Sergeant (completed September 2009): *Promoting gratitude: Advantages for those vulnerable to depression.*
Tracy Anselmo (completed January 2010): *Positive psychology interventions: Targeting needy and self-critical individuals.*
Leah Shapira (completed September 2008): *Investigating the efficacy of a compassion-focused intervention to enhance positive well-being in needy and self-critical individuals.*
Fiona Shulte (completed December 2003): *Adaptive and maladaptive aspects of dependency.*
Faith Leather (completed May 2003): *Personality and cognitive risk factors: An investigation of vulnerability for Major Depression and other diagnoses.*
Edward Sturman (completed January 2003): *Personality and evolutionary models of depression.*
Oren Amitay (completed October 1999): *Supportive and undermining relational patterns in individuals vulnerable to Major Depression.*
Lisa Vettese (completed September 1997): *Communication about the self and partner in the relationships of dependents and self-critics.*
Marnin Heisel (completed July 1996): *Facial expression and ambivalence: Looking for conflict in all the right faces.*

Doctoral Students

Callista Forchuk (in progress)
Alan Kian (in progress)

Jeremy Forsythe (in progress)
Davey Chafe (completed 2023)
Caroline Barnes (completed 2017).
Susan Sergeant (completed August 2013): *Do online positive psychology interventions work equally well in distressed and non-distressed users?*
Leah Shapira (completed August 2012): *Exploring online Loving-Kindness and CBT interventions: Do individuals vulnerable to depression improve?*
Oren Amitay (completed May 2006): *Effects of parental self-criticism on daughters' personality and choice of romantic partner.*
Edward Sturman (completed May 2006): *The role of personality in defeat: Testing a revised social rank model of depression.*
Lisa Vettese (completed December 2003): *Personality and intimate relationship factors in daily mood.*

Postdoctoral Student Avi Besser, Ph.D. (completed July 2002)

Committee Member:

Master Students

Lauren Poulin (Chair of Oral Defense 2017). *The Predictive Capacity of Self-Reported Motivation vs. Observed Motivational Language in Cognitive Behavioural Therapy for Generalized Anxiety Disorder.*
Kimberley Hara (completed July 2015). *The impact of resistance on empathy in cognitive-behavioural therapy.*
Rebecca Young (completed August 2011): *The moderating role of transgression type in the relation between Dependency, Self-Criticism and forgiveness.*
Ingrid Galfi (completed August 2011): *Perfectionism, affect intensity, rumination and health.*
Janet Kaldas (completed August 2010): *Perfectionism, Dependency, shame, and stress within the context of evaluative threat.*
Cathy Thompson (completed April 2005): *Inducing interpersonal processing: The role of conceptual priming of "Our" interpersonal interactions.*
Leeat Granek (completed September 2003): *Bottled tears: The pathologization, psychologization, and privatization of grief.*
Dawn Brandlmayr (completed March 2002): *Development of the Interpersonal Worldviews Scales.*
Rejeanne Dupuis (completed April 2002): *Attributional training: Helping co-workers achieve prosocial interactions following a transgression.*
Rachel Speer (completed December 1997): *Coping with romantic relationship dissolution.*

Serine Warwar (completed December 1995): *The relationship between depth of exercising and session outcome in process – Experiential and Client – Centered Therapies.*

Shari McKee (completed November 1995): *Voice quality and depth of perceptual processing of depressed clients engaged in two types of experiential therapy.*

William Whelton (completed December 1994): *Validating a degree of resolution scale for the measurement of the integration of internal conflict splits.*

Sharon Guger (completed November 1994): *The development of maternal-fetal attachment: Associated attitudinal and cognitive factors.*

Heather Gregan (in progress): *Improved emotional processing: A measure for psychological well-being.*

Selina Tombs (completed April 2004): *Challenging the bell curve: An assessment of the role of emotional intelligence in career placement and performance.*

Doctoral Students

Kimberley Hara (Chair of Oral Defense, April 2020). *Comparing therapist responsiveness to resistance markers in cognitive-behavioural therapy and motivational interviewing integrated with cognitive-behavioural therapy for generalized anxiety disorder.*

Elizabeth Marie Van Monsjou (Chair of Oral Defense October 2018). *Holding Grudges: Developing Theory and Measurement.*

Taryn Nepon (August 2016).

Liliana Ramona Tarba (February 2015). *Relating a model of resolution of arrested anger to outcome in Emotion-Focused Therapy of depression.*

Alison S. Bury (May 2012): *Detecting feigned Posttraumatic Stress Disorder with the Minnesota Multiphasic Personality Inventory-2 and the Trauma Symptom Inventory.*

William Whelton (November 2000): *Affective processes in self-criticism.*

Toru Sato (December 1999): *Sociotropy-autonomy and interpersonal schemas.*

Susan Williams (June 1999): *Intimacy in relationships and cognitive vulnerability to depression in adolescent girls.*

Rhonda Goldman (September 1997): *Experiencing in Psychotherapy: Its relation to outcome.*

Eyal Bodenstien (August 1997): *The relationships between emotional coping styles, hassles, and well-being in a non-institutionalized elderly population.*

Elizabeth Gilchrist (December 1996): *Sociotropy and Autonomy as vulnerability factors for depression: Measurement and validation.*

Reader

Alyssa Counsell (Minor Paper): *Generalized Anxiety Disorder and Social Anxiety Disorder: The role of intolerance of uncertainty.*

Lila Hakim (Minor Paper, completed 2006): *The many faces of*

Neuroticism: Explicating the nature of a personality construct.
Pavla Reznicek (Minor Paper, completed 2001): *Overview of diagnosis and current treatment methods for Social Phobia.*
Eyal Bodenstein (Minor Paper, completed 1994)

Dean's Rep.: Jennifer Hilborn (October 2014) *Examining the Contributions of Autobiographical Memory, Expressed Emotional Arousal and Client Experiencing in the York I and II Depression Studies: A Process Outcome Approach*
Bryan Choi, September 2013
Genevieve Vrana, August 2010
Stacey Tweed, Psychology, June 2005
Jennifer Ellison, Psychology, October 2002

Outside Member Michael Prentice (MA April 2010; York University)

Comprehensive Exam Yvonne Leung (Kinesiology; March 2010; York University)

External Examiner Jenny Liu (Ph.D. 2019; Ryerson University)
Jeremy Found (M.Sc. July 2008; York University)
Anne-Marie Lacombe (Ph.D. August 2001; Queens' University)

Clinical Competency Examiner

David Olsen (November 2024)
Giulia Rinaldi (February 2020)
Jaeger Lam (October 2019)
Adi Aviram (October 2014)
Carole Cavaliere (June 2012)
Karen Roberts (August 2010)
Mariyam Ahmed (March 2010)
Stacey Tweed (February 2009)
Kimberly Watson (June 2008)
Heather Gregan (July 2006) Antonio Pascale-Leone (November 2005)

Master in Interdisciplinary Studies Kate O'Connor

SERVICE

PSYCHOLOGY DEPARTMENT

- 2023-2025 Tenure and Promotion File Preparation Committee and Adjudicating Committee
Psychology Department
- October 2022 “Meet and Greet,” York Psychology Student Association
- 2017-2019 Tenure and Promotion Committee, Psychology Department
- 2003 – 2014 Grade Reappraisals Officer
- Sept. 2014 “Meet and Greet,” York Psychology Student Association
- 2013 Representative for the Psychology Department at the Spring Open House, York U.
- 1993 – 2014 Member of Clinical Area Committee (active except for sabbaticals, 1999-2000, 2013-2014; Winter 2007 and maternity leave Winter 2002 and Fall 2006)
- 1993 – 2013 Chair of Admissions in the Clinical Area (active except for sabbaticals and maternity leave)
- 2010 – 2011 Hiring Committee: Clinical Neuroscience and Aging
- 2008 – 2011 Member of Executive Committee
- 2009 Presentations at Calumet College for Psychology Majors (Sept. 1 & Sept 2)
- 2009 Two presentations at the March Fair (Feb. 24 & Feb. 26)
- 2019 Rater for Faculty of Health CIHR scholarship applications
- 2008 - 2025 Rater for departmental CIHR scholarship applications
Rater for departmental SSHRC scholarship applications
Rater for Faculty OGS scholarship applications
- 2007 Interim Director of Clinical Training (summer; 26 hours)
- 2004 – 2005 File Preparation and Adjudication Committee for Promotion and Tenure
- 2005 Adjudication of the FGS dissertation prize
- 1997 – 2004 High School Liaison Representative

- 2000 – 2002 Junior Promotion and Tenure Committee
- 1998 – 1999 Chair of the Recruiting Committee for tenure-track opening in Personality Psychology
- 1994 – 2007 Undergraduate psychology advising (1.5 day every spring except for 1997, 2000, 2002, 2007)
- 1994 – 1996 Member of the Executive Committee for Graduate Studies

FACULTY OF HEALTH

- Sept. 2014-2024
Orientation Presentation First Year Psychology Majors
(except for sabbatical year 2020)
- 2012-2016 Member of Student Success Council
- 2015 – 2016 Member of the HealthAid Network
- 2014 - 2016 Advisory Committee, Agents of Change Projects
- 2014-2015 Interim Master, Calumet College
- Sept. 2014 “Meet and Greet,” Faculty of Health Student Caucus
- 2012- 2014 Researcher (*Healthy Student Initiative*) for the Connected Health and Wellness Project
Funded by the Federal Development Program
- 2012- 2013 Health Coach Program Curriculum Coordinating Committee
- 2010 – 2013 Member of the HealthAid Network
- 2009 – 2012 Member of “eLearning Project” team
- 2010 Invited talk: “Best Practices in Teaching Large Classes”

FACULTY OF ARTS

- 2003 – 2005 Nominations Committee
- 2001 Merit Pay Committee
- 1997 – 1999 Faculty of Arts, High School Liaison Coordinator

- 1997 – 1998 York Faculty Representative at Ontario Universities' Fair, Metro Convention Center
- 1996/98/99 Faculty of Arts Calling Campaign
- 1996/98/99/01 Psychology Representative -March Break Campaign
- 1997 – 1998 Member of Faculty of Graduate Studies Awards Committee
- 1997 – 1998 Member of Council for Graduate Studies
- 1994 – 1996 Faculty Representative, Council for Graduate Studies

YORK UNIVERSITY

- 2017-2022 Associate Member appointment to the Graduate Program in Interdisciplinary Studies (co-supervisor on Masters' theses)
- 2014 - 2015 Council of the College Masters (weekly meetings)
- 2013 Blog for the Teaching Commons @ <http://teachingcommons.blog.yorku.ca/> June.
- 2013 *Teaching Celebration* Presentation for AIF Innovation Celebrations, York University
- 2011-2012 Presentations (3) for YUELI (York University English Language Institute)
- 2012 Focus Group: Discussion about First Year Undergraduate Student Retention Office of Institutional Research and Analysis (OIRA)
- 2011-2012 Calumet College: Themed House Project
- 2001-2003 Psychology Representative, Orientation Day -Bethune College
- 1998 Psychology Representative, Orientation Day -Vanier College

PROFESSIONAL PRACTICE

2004 – 2024 Private Practice (1 day per week)

Licensing:

2000 Licensed with the College of Psychologists of Ontario, C. Psych. #3598
1994 – 1995 Supervised Practice under the Temporary Register of the College of Psychologists of Ontario
Received supervision from Dr. Leslie Greenberg in Process Experiential Therapy with 12-therapy sessions
1999 – 2000 Supervision for 4 cases suffering from Major Depression (16-20 sessions each)
Performed 10 semi-structured interviews (SCIDs)

PSYCHOTHERAPY WORKSHOPS:

May 2025 *Cultivating presence and self-compassion for therapists.* With Dr. Shari Geller, Mindfulness Toronto, Ontario.
April 2022 *The Compassion in Therapy Summit*, featuring 25 psychotherapy leaders offering training workshops over 4-day conference. 22.5 Continuing Education Credits. With the Awake Network.
May 2021 *Working with Emotions and the Therapeutic Relationship in Teletherapy* with Drs. Leslie Greenberg and Rhonda Goldman, Centre for MindBody, Toronto.
April 2021 *Working with the pain of abandonment.* NICABM, CT.
March 2021 *Treating depression with Interpersonal Psychotherapy (IPT) in Adults* with Dr. Ravitz, Medipsy.ca, Montreal, QC.
Nov. 2020 *Navigating Narcissism with Schema Therapy Workshop* with Wendy Behary.
May 2019 *A Mindful Society, Pre-Conference Workshop* with Dr. Dan Siegel
April 2019 *Annual Day in Psychoanalysis: From Theory to Practice.* Toronto Psychoanalytic Society.
May 2016 *A Mindful Society, Second Annual Conference: "Change from within: How to Integrate Mindfulness and Compassion into Society."* 3-day conference, Toronto
May 2010 *Motivational Interviewing for Anxiety*, 1-day workshop at York University, led by Dr. Henny Westra and Dr. Lynne Angus.
Feb 2009 *What Makes Life Worth Living: Perspectives from Positive Psychology*, 1-day workshop, at the Ontario Psychological Association, led by Dr. Christopher Peterson and Dr. Nansook Park.
May 2007 *Positive Psychology into Practical Therapy Interventions*, 2-day workshop led by Bill O'Hanlon.
Sept. 2006 *Compassionate Mind: Overcoming Shame and Relentless Self-Criticism*, 2-day workshop led by Dr. Paul Gilbert and Dr. Deborah Lee.
May 2005 *Therapeutic Applications of Mindfulness Meditation*, Lecture with Kate Kitchen, MSW, RSW and Kirstin Bindseil, MSW, RSW.

- Oct. 2004 *Achieving Professional Accountability: Informed Consent, Medical Errors and Disclosure, Practical Record Keeping Strategies.* Seminar by Richard Steinecke, LLP.
- April 2004 *Cognitive Behaviour Therapy for Anxiety Disorders and Depression*, 1-day workshop with Dr. Martin Antony
- Nov. 2003 *A Day of Mindfulness for Mental Health Professionals*, 1-day workshop with Dr. Zindel Segal.
- April 2003 *Reality Therapy*, 1-day workshop with William Glasser.
- May 2002 *The job talk that got me fired*, Lecture by David Healy
- Nov. 2001 *Interpersonal Psychotherapy for Depression*, 1-day workshop with Dr. Laurie Gillis.
- Winter 2000 *An Introduction to Focusing*, 6 classes with Mary Armstrong, MSW.
- March 2000 *Combining Insight & Active Intervention*, 2-day workshop with Dr. Paul Wachtel.
- June 2000 *Legal, Ethical and Professional Issues in Psychology*, 4-day workshop provided by the Ontario Psychology Association.
- Fall 1999 *Emotion-Focused Therapy for Couples*, 4-day workshop with Dr. Les Greenberg,
- April 1999 *Cognitive Therapy for Couples*, 2-day workshop with Corey Newman, MD.
- July 1998 *Tools in Cognitive-Behaviour Therapy*, 2-day workshop with David Burns, MD

CV PREPARED July 2025