

# ÉMILIE LAHAIE

## Educational Background

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### Doctorate in clinical Psychology

Université du Québec à Trois-Rivières

2018-2022

### Bachelor's Degree in Psychology

Université du Québec à Trois-Rivières

2014-2017

### College Diploma in Social Sciences

Cégep de l'Outaouais

2012-2014

## Professional Skills in Psychology

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- Intervene with different age groups (children, adolescents, adults, elderly people)
- Recognize the normal stages of child development in the physical, cognitive, emotional, and social aspects, and demonstrate the interactions between the different areas of development
- Establish and maintain a working alliance with clients, colleagues, and professional networks
- Develop an understanding of the client's issues using psychometric assessment tools, enabling the creation of appropriate action plans
- Develop essential knowledge for ethical reflection, including the obligations and professional standards that govern clinical practice
- Apply theories and tools derived from scientific literature in a practical manner
- Integrate knowledge of various mental health disorders and their characteristics based on the DSM-5 classification
- Establish and manage client files and a schedule

## Relevant Professional Experience

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### Psychologist – Continuum for Youth in Difficulty and Mental Health

2022-aujourd'hui

- Assess mental disorders within the framework of the Quebec program for mental disorders (PQPTM)
- Write assessment reports
- Conduct orientation activities according to the step-by-step care model
- Participate in multidisciplinary follow-up meetings to improve the quality of patient treatments
- Implement practices focused on recovery
- Intervene using individual or group intervention techniques based on evidence-based best practices
- Support clients in their journey while providing them with the tools needed to develop their autonomy
- Perform any other related tasks

## Expériences professionnelles pertinentes (continued)

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### **Practicum 1 and 2 and Internship in Childhood and Adolescent Therapy**

Université du Québec à Trois-Rivières

**2019-2020**

Centre Arc-en-ciel CIUSSS de la Mauricie et du Centre-du-Québec

**2020-2021**

Centre de protection et de réadaptation pour les jeunes et les mères en difficulté d'adaptation

**2021-2022**

Charles-Édouard-Bourgeois

- Establishing and maintain a trusting and constructive working alliance with clients, their parents, colleagues, and professional networks
- Mental health assessments with children and adolescents using measurement instruments, theoretical models, and clinical tools
- Develop and implement intervention plans tailored to the client
- Provide individual follow-ups with children and their parents
- Manage, contain, and intervene with children in crisis situations to ensure their safety in problematic contexts
- Write daily reports in a journal and log, and write progress notes
- Write psychological evaluation reports, recommendations, and prognoses

### **Instructor for Children with Learning Disabilities**

**2017-2018**

GYMNO, Montréal

- Offer recreational activities tailored to children and adolescents with learning disabilities, promoting their development and well-being.
- Participate in organizing individual and group activities in cooperation with other health professionals (occupational therapist, psychoeducator, etc.).

### **Research Assistant in Psychology**

**2017-2018**

Laboratoire de psycho-légale, Université du Québec à Trois-Rivières

- Participate in the creation and publication of a research project
- Create a coding grid
- Manage the data entry for the SPSS database
- Use the CanLII software - Canadian Legal Information Institute

### **Research and Observation Intern**

**2017-2018**

Institut universitaire en santé mentale de Montréal (IUSMM)

- Manage the data entry for databases (Excel and SPSS) using results from mental health questionnaires
- Attend group therapy sessions for individuals with compromised mental health

### **Research Assistant in Psychology**

**2017-2017**

Rivières des Prairies Hospital, Montréal

- Manage the data entry for the database (Excel and SPSS)
- Report on the progress of the database during monthly meetings with the research team

## Additional Training

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<b>Intervening with Children Aged 5-13 with Suicidal Behavior (7h)</b> Centre de recherche appliquée en intervention psychosociale (CIUSSS de la Mauricie-et-du-centre-du-Québec)	<b>2024</b>
<b>Suicide Prevention for Individuals Aged 14 and Above (17h)</b> Centre de recherche appliquée en intervention psychosociale (CIUSSS de la Mauricie-et-du-centre-du-Québec)	<b>2024</b>
<b>Provincial Training on Estimating and Managing Homicide Risk (14h)</b> Centre de recherche appliquée en intervention psychosociale (CIUSSS de la Mauricie-et-du-centre-du-Québec)	<b>2024</b>
<b>Better Assisting Parents in Handling and Managing Their Child's Anger (6h)</b> Porte-voix- Dre Ariane Leroux-Boudreault, Ph. D., psychologue	<b>2024</b>
<b>Behavioral Disorders in Children and Adolescents (12h)</b> Porte-voix – Nadia Desbiens, Ph. D. (psychopédagogie) et M.A. (psychologie)	<b>2024</b>
<b>Subtleties and Nuances in the Diagnostic Evaluation of Autism (7h)</b> Prof. Laurent Mottron, psychiatre	<b>2024</b>
<b>Assessment of Mental Disorders: An Update for Psychologists (3h30)</b> Dre Marie Leclaire, Ph. D., psychologue	<b>2024</b>
<b>Supporting Trans and Non-Binary Individuals in Gender Affirmation and Psychotherapy (6h)</b> Dre Françoise Susset, Ph.D., psychologue	<b>2023</b>
<b>Children and Adolescents Victims of Multiple Traumas (12h)</b> Porte-voix - Delphine Collin-Vézina, Ph.D., psychologue	<b>2023</b>
<b>Introductory Psychology Internship at the Bachelor's Level with Grieving individuals (50h)</b> l'Université de Montréal	<b>2016-2017</b>
<b>Basic Concepts Related to the Experience of Grieving Youth</b> Deuil Jeunesse, Québec	<b>2017</b>
<b>Intervening with Grieving Youth and Families</b> Deuil Jeunesse, Québec	<b>2017</b>
<b>Support Group for Grieving Youth</b> Deuil Jeunesse, Québec	<b>2017</b>

## Honors and Distinctions

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**Listed on the Dean's Honor Roll of the Faculty of Arts and Sciences as an outstanding student**

Université de Montréal

2015-2017

**Selected by the Faculty of Arts and Sciences to participate in the Introductory Psychology Internship for the year**

Université de Montréal

2016-2017

**Recruitment Scholarship from the Faculty of Social Sciences**

Université du Québec à Montréal

2017

## Professional skills

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- Active listening, ease in creating a trusting environment and identifying the needs of clients
- Ability to find solutions quickly and adapt to unforeseen situations
- High creativity and innovativeness
- Rigor in completing tasks, attention to detail, and meticulous record-keeping
- Analytical mindset, perseverance in problem-solving
- Leadership in teamwork and strong ability to manage a work team, uniting in project development

## References

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References will be provided upon request