

***Curriculum Vitae***  
**Laura Lynne Armstrong**  
Associate Professor  
Saint Paul University  
223 Main Street – Room 323  
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larmstrong@ustpaul.ca

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Department/School: School of Counselling, Psychotherapy & Spirituality

October 2019

CURRICULUM VITAE

a) NAME:

**Armstrong, Laura Lynne**, Associate professor

b) DEGREES:

- Ph.D., Clinical Psychology, University of Ottawa, 2013 (dissertation nominated for Governor General's Medal)
- B.A. Honours Psychology (Governor General's Medal - highest academic average university-wide)

CREDENTIALS:

- Clinical Psychologist
  - Registered with the College of Psychologists for autonomous practice with children, adolescents, adults, couples and families
- Diplomate in Logotherapy, Viktor Frankl Institute, Texas.

c) EMPLOYMENT HISTORY:

- 2015-present **Private practice**, Clinical Psychologist
- May 2019-present **Associate professor**, Counselling, Psychotherapy & Spirituality
- 2013-April 2019 **Assistant professor**, Counselling, Psychotherapy & Spirituality
- 2011-2012 - **Lecturer**, Counselling and Spirituality
- 2008-2011 - **Part-time professor**, undergraduate Adolescent Development course, University of Ottawa
- 2006-2007 - **Part-time professor**, undergraduate Child Development course
- 2009 - **Teaching assistant**, graduate level multivariate statistics course – *French*
- 2008 - **Teaching assistant**, graduate level multivariate statistics course – *English*
- 2007 - **Research assistant** – School of Psychology, University of Ottawa, Self-Study for Accreditation (Supervisor: Dr. Jane Ledingham)
- 2004-2006 - **Teaching assistant**, undergraduate Learning and Conditioning, Psychology of Human Sexual Behaviour, Perception, Research in Developmental Psychology classes

– English

d) ACADEMIC HONOURS:

- International Network on Personal Meaning, Student Scholarship, **1<sup>st</sup> Prize**, 2013
- Rural & Northern Section, Canadian Psychological Association (\$250), **North Star Student Award** for best convention presentation, 2011 & 2012
- **Ontario Mental Health Foundation Studentship** (\$16,000), 2011-2012
- **Provincial Centre of Excellence for Child and Youth Mental Health Doctoral Award** (\$20,000), 2009-2011
- Canadian Institutes of Health Research (CIHR) **Canada Graduate Scholarship Doctoral Award**, now known as Vanier Canada Graduate Scholarship (\$105,000), 2006-2009
- Canadian Institutes of Health Research National Competition, Canadian Student Health Research Forum, Winnipeg – “**Gold**” (top) award for doctoral health research excellence, 2008
- **Pierre Baron Memorial Award** for excellence in Clinical Psychology (University of Ottawa), 2007
- Offered but declined: Ontario Mental Health Foundation Studentship, and Provincial Centre of Excellence for Child and Youth Mental Health Doctoral Award, 2006-2007
- **Ontario Graduate Scholarship** (declined award 2004 & 2006) – (\$15,000), 2005-2006
- University of Ottawa Graduate **Excellence Scholarship** (covers tuition), 2004-2013
- **Canada Graduate Scholarship Master’s Award**, Canadian Institutes of Health Research (\$17,000), 2004-2005
- **Chancellor’s Scholarship**, University of Ottawa (\$26,000), 2000-2004
- **Provincial Millennium Scholarship**, for community involvement – (\$20,000), 2000-2004
- Queen Elizabeth II **Aiming for the Top Scholarship** (\$400), 2000-2004
- Scholarships offered but declined: Chancellor’s Scholarship (Carleton University), Principal’s Scholarship (Queen’s University), 2000

*JUNE 2004 (University of Ottawa Honours Convocation):*

- **Governor General’s Medalist** – Highest standing grade point average in an Honours program at the University of Ottawa
- Faculty of Social Sciences **Gold Medal** (highest academic average)
- **School of Psychology Plaque** (highest academic average)

e) SCHOLARLY AND PROFESSIONAL ACADEMIC ACTIVITIES:

Professor Armstrong has engaged in a variety of recent research-related activities (2015-2017):

- Co-director Research Centre of Excellence in Counselling & Spirituality, Saint Paul University (May 2018-present)
- B.A. in Human Sciences & Spirituality Program Co-ordinator, Saint Paul University (June 2017-January 2018)

- Co-organizer, Psychology for Everyday Living public presentations to provide wellness skills (families, couples, children, youth), Saint Paul University
- Member, Saint Paul University Research Scholarship Selection Committee
- Co-developer, Centre of Excellence in Psychotherapy and Spirituality Research
- Document co-creator to obtain Saint Paul University CIHR recognition
- Co-lead, Undergraduate Review Committee, B.A. program evaluation
- Reviewer for academic journals: *Prevention Science, Vulnerable Children & Youth Studies, Journal of Research on Adolescence, Psychological Reports, AIDS Care, Perceptual & Motor Skills, Pediatrics & Child Health, Psychology Health & Medicine, Counselling & Spirituality*
- Member, Group therapy program development committee
- Member, Couple and family program committee

2012-2013	<i>Editor</i> . The View From Here: Perspectives on Northern and Rural Psychology (Bi-annual newsletter), Rural & Northern Section, Canadian Psychological Association
2012-2013	Joint Search (Hiring) Committee for new minister, Woodroffe United Church
2009-2011	<i>Student Representative</i> (executive member), Rural & Northern Section, Canadian Psychological Association
2008-2010	<i>Student Representative</i> (executive member), Traumatic Stress, Canadian Psychological Association
2007-2008	Student-professor representative, School of Psychology Council Committee, University of Ottawa

f) GRADUATE SUPERVISIONS:

- 2 Ph.D. dissertation supervisions (September 2016 onward)
- 5 M.A. thesis supervisions (December 2015-present)
- 2 M.A. research assistant supervisions (2014-present)
- 2 M.A. clinical supervisions, 2013-2014
- 5 graduate clinical psychology supervisions (therapy), 2012-2013
- 4 membership on graduate thesis committees (2014-present)

**Honours B.A. Theses (University of Ottawa):**

Kaitlyn Young (2012) – Mind the Gap: What Young People Know about Mental Health, What they Want to Know, & How they Want that Information Shared with Them.

Joey Robertson (2011) – Diversity Issues in the Assessment of Mental Health Literacy & Knowledge Mobilization Preferences.

Sidra Tahir (2011) – Development of a Measure to Assess Youth Mental Health Knowledge Sharing Preferences.

Leslie MacIntyre (2007) – The relationship between perceived parental support, self-esteem, and

suicidal thoughts and behaviours in youth.

**M. A. Theses (Saint Paul University):**

Elizabeth St. John (M.A.). *Meaning as an Early Determinant of Childhood Mental Health & Behavioural Well-Being*, April 2017.

Stephanie Desson (M.A.). *A Gift to Address the Double-Edged Sword of Giftedness: A Process Evaluation of a Program for Profoundly Gifted & Twice Exceptional Primary Children*, April 2018.

In progress:

- Robert Fabes (Armstrong's R.E.A.L. [Rational Emotive Attachment Logotherapy] protocol, adapted for homeless men)
- Julia Parrott (Armstrong's Knowledge Translation-Integrated model: Engaging stakeholders in the online version of a mental health promotion program for children)
- Laura Tamutis (using Armstrong's R.E.A.L. therapy protocol for promoting well-being in new parents)

**Ph.D. Theses (Saint Paul University):**

Emmalyne Watt (Ph.D. candidate – dissertation submitted for defense). *D.R.E.A.M.-O.R.: Developing Resilience through Emotions, Attitudes, and Meaning, Online and Revisited – A Program for Families on Mental Health Waiting Lists*, Expected date of completion: Spring 2020.

Stephanie Larrue (Ph.D. candidate). *Workshops to Promote Resilience in Blended Families: Emotion-Focused, Traditional, and Second Wave Positive Psychology Approaches*, Expected date of completion: Spring 2021.

**Thesis Committee Membership**

Member of 3 thesis committees wherein theses were successfully defended (Laure-Marie Carignan, Ph.D. candidate; Ariel Jacobson, M.A. candidate; Michaela Whitley, M.A. candidate). Currently a member of further committees.

PhD External Examiner, Sara Antunes-Alves, Educational and Counselling Psychology, McGill University (2017).

g) GRADUATE COURSES TAUGHT:

Ph.D. Research Seminar  
 Psychopathology and Treatment  
 Methodology of Empirical Research  
 Practicum in Individual Counselling  
 Theories of Individual Counselling  
 Couples, Family Development & Growth

Undergraduate courses taught:

Family and Spirituality

Psychopathology: Causes and Impact on Human Relationships and Spirituality

Adolescent Development

Child Development

h) EXTERNAL RESEARCH FUNDING:

<u>Year</u>	<u>Source</u>	<u>Type*</u>	<u>Amount per year</u>	<u>Purpose*</u>	<u>Title of Project</u>
2018	<b>SSHRC Insight Development Grant</b>	F	\$65000	Research	Cultivating Resilience in Gifted Children through a Music-Based Educational Approach to Build Meaning, Community Connectedness, and Well-Being
2016	Society for Pastoral Care Research	F	\$3000	Research	Child Identity & Purpose Questionnaire: Development & Validation
2013-2014	Society for Pastoral Care Research	F	\$3000	Research	Pilot: D.R.E.A.M.
2007	Ontario Mental Health Foundation	F	\$21500	Research	The Anatomy of Rural-Urban Youth Suicidal Ideation – Who is at Greatest Risk. What Factors to Target. How to Intervene.
2006-2009	CIHR Research Allowance	C	\$5000	Research / Travel Allowance (part of Canada Graduate Scholarship )	The Anatomy of Rural-Urban Youth Suicidal Ideation – Who is at Greatest Risk. What Factors to Target. How to Intervene.

2007	Children's Hospital of Eastern Ontario Research Institute	O	\$5000	Research	Youth engagement in rural and urban suicidality.
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i) INTERNAL RESEARCH FUNDING:

<u>Year</u>	<u>Source</u>	<u>Type*</u>	<u>Amount per year</u>	<u>Purpose**</u>	<u>Title of Project</u>
2016-2017	SPU		\$2500	Research Assistant	Validation of Interactive Video-Based Measures of Meaning & Mental Health for Children
2013-2014	SPU		\$5000	Research Assistant	Rekindling Love Through Touch and Talk

j) PUBLICATIONS:

1)

- Books authored .....0
- Books edited .....2
- Refereed Chapters in books ..... 12 published or accepted (+3 submitted)
- Non-refereed Chapters in books .....0
- Papers in refereed journal ..... 12 (+4 submitted)
- Papers in refereed conference proceedings (posters, presentations, workshops).25
- Invited keynote addresses (invited workshops) ..... 11
- Major invited contributions and/or technical reports.....8

## 2) Details:

Papers in refereed Journals:

1. **Armstrong, L.L.**, Watt, E., St. John, E., & Desson, S. (2019). The Child Identity and Purpose Questionnaire – Interactive: Development and Validation of the Revised, Video-Based Version. *The Humanistic Psychologist*, DOI: <http://dx.doi.org/10.1037/hum0000147>
  2. **Armstrong, L.L.**, Watt, E., St. John, E., & Desson, S. (*submitted*). The Interactive Symptoms Assessment: I.S.A. – Development and Validation Using a Knowledge Translation-Integrated Model.
  3. **Armstrong, L.L.**, Desson, S., St. John, E., & Watt, E. (2018). The D.R.E.A.M. Program: Developing Resilience through Emotions, Attitudes, & Meaning (Gifted Edition) – A Second Wave Positive Psychology Approach. *Counselling Psychology Quarterly*, DOI: [10.1080/09515070.2018.1559798](https://doi.org/10.1080/09515070.2018.1559798)
  4. **Armstrong, L.L.** (2018). The D.R.E.A.M. Program: Developing Resilience through Emotions, Attitudes, & Meaning -- Program Development & Evaluation through a Knowledge Translation-Integrated Approach. *Spirituality & Counselling, special edition (Positive Psychology)*, 36, 93-120. DOI: 2143/CS.36.1.0000000
  5. Sigg, C., & **Armstrong, L.L.** (2018). Swallowing the ‘Givens’ of Existence: How Second Wave Positive Psychology Can Contribute to Psychotherapy for Eating Disorder Treatment, 36, 145-168. *Spirituality & Counselling, special edition (Positive Psychology)*. DOI: 10.2143/CS.36.1.0000000
  6. Yagi, I., & **Armstrong, L.L.** (2018). Meaning-Based Interventions for Addressing End-of-Life Coping. *Spirituality & Counselling, special edition (Positive Psychology)*, 36.
  7. **Armstrong, L.L.** (2016). The Child Identity & Purpose (Ch.I.P.) Questionnaire: Pilot assessment and development. *The International Forum for Logotherapy*, 39, 78-88.
  8. **Armstrong, L.L.** (2016). R.E.A.L. Therapy: Rational-Emotive Attachment-based Logotherapy for Families. *The Family Journal*. DOI: 10.1177/1066480716628626
  9. **Armstrong, L.L. & Young, K.** (2015). Mind the Gap: Person-Centred Delivery of Mental Health Information to Post-Secondary Students. *Psychosocial Intervention* 10.1016/j.psi.2015.05.002. 24(2): 83-87.
  10. **Armstrong, L.L. & Manion, I.G.** (2015). Predictors of Rural & Urban Youth Suicidal Ideation by Gender: A Case for Targeted Prevention. *Vulnerable Children & Youth Studies*. doi:10.1080/17450128.2015.1046535. Published online.
  11. **Armstrong L.L. & Manion, I.G.** (2015). Meaningful Youth Engagement as a Protective Factor for Youth Suicidal Ideation. *Journal of Research on Adolescence* DOI: 10.1111/jora.12098. 25: 20-27.
  12. **Armstrong, L.L.** (2012). Initial development and validation of the Checklist of Risk Behaviours for Youth (CORBY). *Psychology, Health & Medicine*, 17, 116-124.
  13. **Armstrong, L.L.** (2009). A utilization-focused approach to evaluating a youth friendly mental health program: The Youth Net/Réseau Ado story. *Vulnerable Children & Youth Studies*, 4, 361-369.
  14. **Armstrong, L.L. & Manion, I.G.** (2006). Suicidal ideation in young males living in rural communities: Living distance from school as a risk factor, youth engagement as a protective factor. *Vulnerable Children and Youth Studies*, 1, 102-113.
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15. **Armstrong, L.L.** (2006). Barriers to intimate sexuality: Concerns and meaning-based therapy approaches. *The Humanistic Psychologist*, 34, 281-298.
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### **Book reviews:**

1. **Armstrong, L.L.** (2017). Book review: Touch in counselling and spirituality. *Spirituality and Counselling*.
2. **Armstrong, L.L.** (2016). Book review: Spiritual care with sick children and young people. *Spirituality and Counselling*.

### **Invited addresses (keynote speaker – Workshops Presented):**

1. Armstrong, L.L. (November 2018). *Career Day: The Many Hats of a Psychologist*. West Carleton Secondary School.
2. Armstrong, L.L. (November 2017). *Learning About Teenagers' Emotions & How to Communicate with Them*. Chinese Christian Church, with Mandarin translation by Mr. Gary Tse.
3. Armstrong, L.L. (November 2017). *Career Day: The Many Hats of a Psychologist*. West Carleton Secondary School.
4. Armstrong, L.L. (February 2017). *The Unique Social, Emotional, and Behavioural Needs of Gifted Children and Arts-based Strategies to Address these Needs from a Second Wave Positive Psychology Perspective*. Creative Therapies Conference, Ottawa, Canada
5. Armstrong, L.L. (June 2017). *Keeping the Shark Away: Parenting Tools to Manage Child Mood, Worries, and Behaviours*. Chinese Christian Church, with Mandarin translation by Mr. Gary Tse.
6. Armstrong, L.L. (December 2016). *Keeping the Shark Away: Parenting Tools to Manage Child Mood, Worries, and Behaviours*. Psychology for Everyday Living, public presentation, Saint Paul University.
7. Armstrong, L.L. (October 2016). *Skills for Positive Mental Health*. Mental Health Day, Bell High School.
8. Armstrong, L.L. (April 2016). *Youth Mental Illness & Skills for Resilience*. Youth Futures, Ottawa, Canada.
9. Armstrong, L.L. (April 2016). *From the Community to the kitchen: Tools & Tips for Parents & Educators to Promote Resilience to Mental Illness*. Keynote speaker at Arnprior Mental Health Education for Teachers (Professional Development Day). Arnprior, Ontario.
10. Armstrong, L.L. (February 2016). *Skills to Promote Mental Health in High School Students: A Workshop for Science Teachers*, Science PD Day, Ottawa-Carleton District School Board.



11. DeCorte, M., Armstrong, L.L. & Eljdupovic, G. (January 2016). *Child & Adolescent Anxiety & Depression: What to Look for & What We Can Do*. Keynote speakers at Arnprior Mental Health Education for Parents Evening. Presented by Walter Zadow Public School Council, Ontario Ministry of Education's Parents Reaching Out (PRO) Grant, & Parents' Lifelines of Eastern Ontario (PLEO).
12. Armstrong, L.L. (February 2015). *D.R.E.A.M.: Developing Resilience through Emotions, Attitudes & Meaning*. The Brain and Behaviour Journal Club, Ottawa, Canada
13. Armstrong, L.L. (April 2014). *From the Community to the Kitchen: What Do We Know About Youth Depression, Suicidal Thoughts & Behaviours? What Can We Do About Them? Keynote speaker*. Public Education Series - Perth District, Perth, Canada
14. Armstrong, L.L. (2009). Program evaluation for recreational therapists. Full day workshop, Ottawa.

Papers & Abstracts in Refereed Conference Proceedings (Presentations & Workshops at Refereed Conferences):

1. Desson, S., **Armstrong, L.L.** (June 2018). A gift to address the double-edged sword of giftedness: Evaluation of the D.R.E.A.M. Program for Gifted Primary School-Aged Children. 29<sup>th</sup> International Congress of Applied Psychology, Montreal, Canada
2. **Armstrong, L.L.** (2016). R.E.A.L. Therapy: Rational Emotive Attachment-based Logotherapy for Families (Workshop). Positive Psychology and Spirituality: Healing Through Pleasure, Ottawa, Canada
3. **Armstrong, L.L.** (2016). The D.R.E.A.M. Program: Developing Resilience through Emotions, Attitudes & Meaning (workshop). Positive Psychology and Spirituality: Healing Through Pleasure, Ottawa, Canada
4. **Armstrong, L.L.** (2016). R.E.A.L. Therapy: Rational Emotive Attachment-Based
5. Logotherapy for Children, Adolescents, & Families. International Meaning Conference, Toronto, Canada.
6. **Armstrong, L.L.** (2015). Improving Child Well-Being and Promoting Resilience through an Original Mental Health Songbook. Canadian Psychological Association, Ottawa, Canada
7. **Armstrong, L.L.** (2013). Meaningful Mental Health Knowledge Mobilization. Institute for Personal Meaning, Summer Institute, Toronto, Canada
8. **Armstrong, L.** (2013). Creative Engagement in Family Therapy: Building Intimacy, Alliance, and Attachment. 2013 International Conference: An identity to build; an intimacy to live; a challenge for families.
9. **Armstrong, L.L.,** & Manion, I.G. (2012, July). Rural and urban youth suicidal ideation: Meaningful youth engagement as a protective factor. Poster Presentation, International Network on Personal Meaning Conference, Toronto.
10. **Armstrong, L.L.** (2012, June). Mind the gap: Mental health literacy and knowledge transfer needs of post-secondary students. Digital Poster Presentation, Canadian Psychological Association Convention, Toronto.
11. **Armstrong, L.L.,** & Manion, I.G. (2012, June). The anatomy of youth suicide ideation:

- Who is at risk, what factors predict risk, how to intervene. Poster Presentation, Canadian Psychological Association Convention, Toronto.
12. Young, K., & **Armstrong, L.** (2012, April). Mind the Gap: An Exploratory Study of Canadian Post-Secondary Students Assessing Youth Friendly Mental Health Needs. BMI Poster Day, Ottawa.
  13. **Armstrong, L.**, & Manion, I. (2011, November). Anatomy of youth suicide ideation: Who is at risk, what factors predict risk, how to intervene. Invited Poster Presentation, Suicide Conference.
  14. **Armstrong, L.**, & Manion, I. (2011, June). Communities at risk: Factors that predict elevated suicidal ideation in rural youth. Poster Presentation, Canadian Psychological Association Convention, Toronto.
  15. Robertson, J., & **Armstrong, L.** (2011, February). Ethnic Differences in Youth Mental Health Literacy & Knowledge Transfer Preferences. University of Ottawa Honours Thesis Conference Poster.
  16. Tahir, S., & **Armstrong, L.** (2011, February). What Post-Secondary Students Know about Mental Health, What they Want to Know, & How they Want that Information Shared with Them: Pilot-Testing a New Measure. University of Ottawa Honours Thesis Conference Poster.
  17. **Armstrong, L.**, & Manion, I. (2009, June). A Time for Change in Addressing Rural and Urban Youth Suicide Risk: Prevention Targeting Group Needs, Oral Presentation, Canadian Psychological Association Convention, Montreal.
  18. **Armstrong, L.**, & Manion, I. (2009, April). Targeted Approaches in Urban and Rural Youth Suicide Prevention, Oral Presentation (top 8 abstracts selected for oral presentation instead of poster), Institute of Mental Health Research Young Researchers Forum, Ottawa.
  19. **Armstrong, L.**, & Manion, I. (2008, October). Youth engagement as a protective factor in rural and urban suicidality. Poster presented as a “Rising Researcher” at the Canadian Child Health Clinical Science Program sixth annual national symposium, Edmonton.
    - a. **Follow-on invitation to, and completion of, “rising researcher” CCHCSP training program**
  20. **Armstrong, L.**, & Manion, I. (2008, June). Youth engagement as a protective factor in rural and urban suicidality. Poster presented at the Canadian Institutes of Health Research, Canadian Student Health Research Forum, Winnipeg.
  21. **Armstrong, L.**, & Manion, I. (2008, June). Speaking a common language: A framework for a youth-friendly definition of “rurality” in Canadian mental health research. Poster presented at the Canadian Psychological Association Convention, Halifax.
  22. **Armstrong, L.**, & Manion, I. (2007, November). Snapshot of youth mental health indicators in rural and urban communities. Oral presentation at the Mental Health Research Showcase, Banff.
  23. **Armstrong, L.**, & Manion, I. (2007, June). The “art” of engagement: Prevention of suicidality in rural female youth. Oral presentation at the Canadian Psychological Convention, Ottawa.
  24. Sibbald, E., & **Armstrong, L.** (2007, June). School-based program, Prescott-Russell. Oral presentation as part of the Contemporary Issues in Foster Care Symposium, Canadian Psychological Association Convention, Ottawa.
  25. MacIntyre, L., **Armstrong, L.**, & Manion, I. (2007, June). The relationship between perceived parental support, self-esteem, and suicidal thoughts and behaviours in

youth. Poster presented at the Canadian Psychological Association Convention, Ottawa.

26. **Armstrong, L.**, & Manion, I. (2006, June). Suicide risk reduction through youth engagement: An exploration of key gender differences. Canadian Psychological Association Convention, Calgary.
27. **Armstrong, L.**, & Manion, I. (2005, October). The protective attributes of youth engagement: Pilot results. Poster presented at the Canadian Association for Suicide Prevention Conference, Ottawa.

#### Books Edited

1. Mothers, Addiction and Recovery. Peterson, W., **Armstrong, L.L.**, & Foulkes, M. (2018), Demeter Press, Canada
2. Existential Elements of the Family. Conflicts, Ethics & Spirituality Series. **Armstrong, L.L.** (2018), Peeters Publishers, Belgium

#### Book Chapters

1. **Armstrong, L.L.** & Watt, E. (in press). The Unique Social, Emotional, & Behavioural Needs of Gifted Children & Arts-Based Therapy Strategies to Address these Needs. Rovers, M. Creative Art Therapies.
2. Bellehumeur, C., **Armstrong, L.L.**, & Bilodeau, C. (in press). Gilbert Durand's model of the imaginary and Second Wave Positive Psychology proposed as theoretical frameworks for enhancing arts-based psychotherapy for traumatized clients. Rovers, M. Creative Art Therapies.
3. Bellehumeur, C., **Armstrong, L.L.**, & Kam, C. (in press). The Archetypal Test with nine elements (AT.9) as a projective tool in the context of art psychotherapies with alexithymic clients. Rovers, M. Creative Art Therapies.
4. **Armstrong, L.L.** (2018). R.E.A.L. Tools for Everyday Parenting: A Rational-Emotive Attachment-based Logotherapy Approach. Armstrong, L.L. Existential Elements of the Family. Peeters, Belgium.
5. **Armstrong, L.L.**, Elward, J., & Elward, C. (2018). Finding meaning: Fertility issues, miscarriage, and early infant loss. Armstrong, L.L. Existential Elements of the Family. Peeters, Belgium.
6. **Armstrong, L.L.** (2018). Introduction to Existential Elements of the Family. Armstrong, L.L. Existential Elements of the Family. Peeters, Belgium.
7. **Armstrong, L.L.** (2018). Conclusion to Existential Elements of the Family. Armstrong, L.L. Existential Elements of the Family. Peeters, Belgium.
8. Watt, E., & **Armstrong, L.L.** (2018). Finding Meaning in Waiting: Challenges & Growth for Families on Psychotherapy Waiting Lists. Armstrong, L.L. Existential Elements of the Family. Peeters, Belgium.
9. **Armstrong, L.L.** (2018). R.E.A.L. Education to Prevent Smartphone Addiction – A Rational-Emotive, Attachment Logotherapy Approach for Expectant Mothers. Mothers, Addiction and Recovery. Peterson, W., Armstrong, L.L., & Foulkes, M. (Eds.). Demeter Press, Canada.
10. Peterson, W., **Armstrong, L.L.**, & Foulkes, M. (2018). Introduction, Mothering with Addiction and Finding Meaning. Mothers, Addiction and Recovery: Finding Meaning

- through the Journey. Demeter Press, Canada.
11. Peterson, W., **Armstrong, L.L.**, & Foulkes, M. (2018). Conclusion, Mothering with Addiction and Finding Meaning. Mothers, Addiction and Recovery: Finding Meaning through the Journey. Demeter Press, Canada.
  12. Sigg, C., & **Armstrong, L.L.** (2018). Confronting the Addictive Nature of Eating Disorder Behaviours: How Mothers Can Provide Meaningful Support to Daughters with Eating Disorders through a Meaning-Centered Framework. Mothers, Addiction & Recovery: Finding Meaning in the Journey. Demeter Press, Canada.
  13. **Armstrong, L.L.** (accepted). Building the D.R.E.A.M.: Developing Resilience through Emotions, Attitudes and Meaning, a Mental Health Promotion Approach. Bellehumeur, C. & Malette, J. (Eds.) Positive Psychology and Spirituality: Healing through Pleasure. Peeters, Belgium.
  14. Sigg, C., & **Armstrong, L.L.** (accepted). Swallowing the 'Givens' of Existence: How Second Wave Positive Psychology Can Contribute to Psychotherapy for Eating Disorder Treatment. Bellehumeur, C. & Malette, J. (Eds.) Positive Psychology and Spirituality: Healing through Pleasure. Peeters, Belgium.
  15. Yagi, I., & **Armstrong, L.L.** (accepted). Meaning-Based Interventions for Addressing End-of-Life Coping. Bellehumeur, C. & Malette, J. (Eds.) Positive Psychology and Spirituality: Healing through Pleasure. Peeters, Belgium.

### Technical Reports

1. **Armstrong, L.** (2009). Pre-post results for Youth Net/Réseau Ado 2008 initiative and support groups. CRECS, Ottawa.
2. **Armstrong, L.**, Flynn, R., Deletic, R., & Bélanger, J. (2008). Evaluation of the tri-district school-based initiative: First year pilot/Évaluation de la première année (2007-2008) du projet pilot de l'initiative d'intervention en milieu scolaire dans trois districts. CRECS, Ottawa.
3. **Armstrong, L.** & Flynn, R. (2008). Timmins data: Pretest. CRECS, Ottawa.
4. **Armstrong, L.** (2008). A utilization-focused approach to evaluating a youth friendly mental health program: The Youth Net/Réseau Ado story. CRECS, Ottawa.
5. **Armstrong, L.** (2007). Evaluability assessment proposal for Youth Net/Réseau Ado 2008 initiatives and support groups. CRECS, Ottawa.
6. **Armstrong, L.**, Flynn, R., & Van Dyke, C. (2007). From prevention science wisdom to community-based practice: Promoting healthy communities. CRECS, Ottawa
7. **Armstrong, L.**, Sibbald, E., Desnoyers, M.P., & Joannis, M. (2007). Evaluability assessment of the Services aux Enfants et Adultes de Prescott-Russell School-Based Program. CRECS, Ottawa.
8. **Armstrong, L.**, & Flynn, R. (2006). Summary of evidence-based programs. CRECS, Ottawa.

### **Invited Media Appearances**

2020 – 3 CBC media invitations (turned down because on maternity leave)  
 2017 (June) – CTV Morning Ottawa tv, with Keriana Hodson (daughter), *Math Whiz*  
*Ottawa Grade 2 student Keriana Hodson got first place at the National Kangaroo Math Competition*

- 2017 (January) – CBC Radio, 12 interviews across Canada on Seasonal Affective Disorder
- 2016 (March) – Saint Paul University advertising campaign; School of Counselling, Psychotherapy & Spirituality B.A. program advertisement
- 2014-01-30 Youth engagement, rural and urban youth suicide prevention, Together to Live, CBC
- 2014-01-16 Youth suicidal ideation in Canadian rural and urban community., CBC Morning
- 2010-10-01 Mental Health Promotion, Today's Parent Magazine, Reader with a Cause Winner (won \$1000 for Youth Net)
- 2010 (Oct.) Today's Parent Magazine, Reader with a Cause Winner (won \$1000 for Youth Net)
- 2006 (Aug.) CTV live interview regarding rural youth suicide pilot research
- 2006 (Sept.) Ottawa Citizen – opinion editorial, rural youth suicide pilot research
- 2006 (Sept.) Le Droit – opinion editorial, rural youth suicide pilot research
- 2006 (Sept.) Radio-Canada – live French language interview, rural youth suicide pilot research
- 2006 (Sept.) CBC Radio Ottawa Morning – Rural youth suicide pilot research live interview
- 2006 (Sept.) CBC Radio Ontario Morning – Rural youth suicide pilot research live interview
- 2006 (Sept.) CBCK-FM Regional News, Kingston – Rural youth suicide pilot research interview
- 2006 (Sept.) CBC Radio One Sudbury – Rural youth suicide pilot research live interview
- 2006 (Sept.) Article in local (e.g. Kanata) and rural papers across Canada