

# Nicolas Galton

MA, RP, PhD (Cand.)

## Contact

### Email

ngalton@ustpaul.ca / ngalton@uottawa.ca  
contact@nicolasgalton.com

### Website

nicolasgalton.com

## Education

2019 - Current

**PhD Counselling and Spirituality**  
Saint Paul Univeristy

2017 - 2019

**MA Counselling and Spirituality**  
Saint Paul Univeristy

2013 - 2017

**BA Psychology (Cum Laude)**  
University of Ottawa

## Skills

- Cognitive Behavioral Therapy
- Acceptance & Commitment Therapy
- Public Speaking
- Academic and Technical Writing
- Quantitative/Qualitative Analysis
- Computer Literacy

## Languages

French



English



Spanish



I am a dedicated scholar and psychotherapist seeking to contribute to the study of consciousness from a multidisciplinary perspective. I have taught multiple university courses on the topics of psychotropic substances and contemplative, religious and spiritual practices, and am conducting my PhD thesis on the role of individual's religious and spiritual background in shaping psychedelic experiences and their outcomes, using qualitative research methods. My clinical expertise is in addressing existential concerns (meaning in life, fear of death...) and life transitions (grief and loss, illness...) using Acceptance and Commitment Therapy. In the future, I am planning to build a large-scale cross-cultural synthesis of the predictors, phenomenology and impacts of psychedelic-facilitated mystical-type experiences using heterogenous samples.

## Current Positions

### 2024 - Current

Saint-Paul University | 223 Main Street, Ottawa

#### Lecturer

- I use Brightspace, Zoom and PowerPoint to create and administer hybrid university classes based on a multidisciplinary body of academic literature related to psychotropic substances, esotericism and research methods.
  - IPA 3125 - Drugs and Behavior
  - IPA 3525 - Drogues et comportement
  - IPA 2524 - Thèmes particuliers : Renaissance psychédélique & thérapies
  - IPA 2124 - Chosen Topics : Western Esotericism: from Antiquity to Today
  - IPA 2523 - Méthodes de recherche quantitatives

### 2021 - Current

University of Ottawa | 75 Laurier Avenue East, Ottawa

#### Part-Time Professor

- I use Brightspace, Zoom and PowerPoint to create hybrid university classes based on a multidisciplinary body of academic literature related to psychedelics, psychology and world religions.
  - SRS 5109 - Psychedelics, Politics & Harm Reduction
  - SRS 2751 - Psychologie de la religion
  - AHL 2550 - Initiation aux études contemplatives et bien-être (co-taught with Cassandre Gratton, MA, PhD (Cand.), RP (Qual.))
- My teaching is part of the Master's and Microprogram in Psychedelic and Consciousness Studies.
- Creation and grading of online questionnaires and long-form essay evaluations.
- Managing the administrative processes related to student accommodations, evaluations and request for exam deferrals.

### 2020 - Current

Ottawa Therapy Group | 356 MacLaren Street, Ottawa

#### Registered Psychotherapist (Independent Practice)

- Deliver online and in person mental health support to adult clients of various social and cultural backgrounds presenting with depression, anxiety, existential-spiritual concerns and life transitions.
- Use evidence-based approaches such as CBT and ACT paired with philosophical approaches such as humanist therapy and existentialism for case conceptualization, treatment planning and interventions,
- Provide a workshop about psychedelic preparation and integration for the clinic, as well as a workshop on communication in the workplace at the Canadian Border Services Agency.

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## Previous Experience

2020 - 2024

Saint-Paul University | 223 Main Street, Ottawa

### Part-Time Professor

- I use Brightspace, Zoom and PowerPoint to create hybrid university classes based on a multidisciplinary body of academic literature related to psychotropic substances, esotericism and statistics.
- Creation and grading of online questionnaires and long-form essay evaluations.
- Managing the administrative processes related to student accommodations, evaluations and request for exam deferrals.

2019 - 2023

Saint-Paul University & Counselling Centre | 223 Main Street, Ottawa

### Clinical Teaching and Administrative Assistant

- Assisted Dr. Judith Malette in teaching and student overview for the courses IPA 5546 - Éthique professionnelle and IPA 6535 - Practicum clinique interne en counselling individuel.
- Assisted Dr. Judith Malette in translating and teaching of Powerpoints (French to English) for a virtual class on professional ethics in psychotherapy at Oh Chi Minh City University (Vietnam) in 2020 and again in 2022 (volunteer).
- Track, process and follow-up on the submission of MA students' mid-term and final evaluations for internal and external placements using the Microsoft Suite (Word and Excel).
- Provide reminders, answer questions and redirect students and external supervisors to appropriate resources or faculty members when necessary.
- Welcome clients to the Center, log clients' sessions and process payments the system.
- Open and close client files following the Center's protocols, and as request by students/clients.
- Assign client files to students according to the Center's and their supervisor's recommendations.

2017 -2018

Saint-Paul University | International Journal of Transpersonal Studies

### Assistant Managing Editor

- Manage the peer-review process of a special issue of the journal on spiritual awakenings.
- Review and organize the feedback provided by reviewers in a standardized format.
- Ensure the timely and clear communication of reviews between reviewers and authors.

2015 - 2020

Centre d'Accueil Champlain | 275 rue Perrier, Ottawa

### Spiritual and Palliative Care Volunteer

- Provide friendly visits to long-term care residents on a weekly basis.
- Assist the priest in providing religious services in French to the residents on a monthly basis.
- Provide occasional palliative care services to end-of-life residents (a few times a year).
- Receive a 15-hours informal training in palliative care.

2014 - 2016

University of Ottawa | 75 Laurier Avenue East, Ottawa

### Research Assistant at the INSPIRE Laboratory

- Manage the research environment and randomization process of an experimental doctoral thesis research on cognitive performance and male body image.
- Administer intervention conditions and Stroop tasks to multiple participants simultaneously.
- Backup and store all data according to the established ethics protocol.
- Create the first draft of a conference poster based on this research.

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## Research Contributions

### Peer-Reviewed Contributions

- Galton, N., Hammond, N., & Stinchcombe, A. (2020). Attitudes towards death and personality traits predict ageism. *Death Studies*.
- Malette, J. & Galton, N. (2021). Accueil et écoute des victimes adultes. Dans S. Joulain, K. Demasure & J.-G. Nadeau (Eds.), *Comprendre les abus sexuels dans l'Église catholique*. Paris: Bayard Presse.
- Malette, J. & Galton, N. (2021). Resilience in the Older Adult. In B. Maisha (Ed.) *Resilience and Identity*. Bruxelles: Peeters.

### Conference Presentations

- Galton, N & Malette, J. (2023). A Framework for Psychedelic Education. The 7th International Conference on School Psychology at the University of Social Sciences and Humanities, Vietnam National University, Ho Chi Minh City, Online event.
- Yagi, I., Malette, J. & Galton, N. (2023). Redefining Masculinity After Sexual Trauma: Archetypes of Manliness. The 7th International Conference on School Psychology at the University of Social Sciences and Humanities, Vietnam National University, Ho Chi Minh City, Online event.
- Galton, N., (2021, June 7-25). Personality traits and the fear of death as predictors of ageism. [Paper within a symposium]. 82nd Canadian Psychological Association Annual National Convention. Online Event.
- Galton, N. Gratton, C., (March 2020) Archetypal dialogue: A narrative approach to self-awareness for therapists. *Mental Health and Spirituality: Contemporary Issues and Practical Implications for Practitioners and Researchers*. Ottawa, Ontario, Canada. (Cancelled due to COVID-19).

### Research Posters

- Galton, N., Malette, J., (March 2020). Entering the Artificial Paradises: A comparison of psychedelic experiences and existential concerns across religious orientation. 7th Graduate Poster Conference in Counselling, Psychotherapy and Spirituality at Saint Paul University. Ottawa, Canada. (Cancelled due to COVID-19).
- Galton, N., Stinchcombe, A. (March 2019). The relationships between Personality, Death Attitudes and Ageism. 6th Annual Graduate Poster Conference in Counselling, Psychotherapy and Spirituality at Saint Paul University, Ottawa, Canada.
- Baker, A., Blanchard, C. M., & Galton, N. (June 2016). Understanding cognitive performance variations through the Self-Determination Theory: A contemporary perspective on male body image. The 6th International Conference on Self-Determination Theory at the Victoria Conference Centre, Victoria, British Columbia.
- Baker, A., Galton, N., Zavarella, E., & Blanchard, C. M. (May 2016). Exploring individual differences in Stroop task performance and the moderating effect of global motivation. 5th Interdisciplinary Conference in Psychology at the University of Ottawa, Ottawa, Canada.

### Thesis

- Galton, N. (April 2019). The relationships between Personality, Death Attitudes and Ageism. (M.A Thesis), Saint Paul University, Ottawa.

### Contributions in Progress

- Galton, N. (Data Analysis in Progress). Comparing the psychedelic experiences of individuals across religious identities. (Ph.D. Thesis), Saint Paul University, Ottawa.
- Galton, N. (Writing in progress). De-reifying the Science-Religion-Magic Triad in Psychedelic Research.

### Academic Services

- Peer-Reviewer for the journal *Death Studies* 5 Reviews Completed
- Peer-Reviewer for the *Journal of Psychedelic Studies* 4 Reviews Completed

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## Scholarships & Awards

○	<b>2023 - 2024</b> Government of Ontario & Saint-Paul University <b>Ontario Graduate Scholarship</b>	"15,000\$"
	Scholarship awarded, but refused by student due to exceeding the maximum number of OGS granted during the PhD.	
○	<b>2022 - 2023</b> Government of Ontario & Saint-Paul University <b>Ontario Graduate Scholarship</b>	15,000\$
○	<b>2021 - 2022</b> Government of Ontario & Saint-Paul University <b>Ontario Graduate Scholarship</b>	15,000\$
○	<b>2020 - 2021</b> Government of Ontario & Saint-Paul University <b>Ontario Graduate Scholarship</b>	15,000\$
○	<b>2019 - 2020</b> Government of Ontario & Saint-Paul University <b>Ontario Graduate Scholarship</b>	15,000\$
○	<b>2020</b> International Order of the King's Daughters and Sons <b>King's Daughters and Sons Scholarship</b>	1,200\$
○	<b>2017 - 2019</b> Saint-Paul University <b>Admission Scholarships</b>	6,000\$
○	<b>2016 - 2017</b> University of Ottawa <b>Merit Scholarship</b>	2,000\$
○	<b>2016</b> Psychology Students Association of the University of Ottawa <b>Scholarship in psychology of the PSAEP</b>	1,000\$

## Certifications

○	<b>2020 - Current</b> College of Registered Psychotherapists of Ontario   License: 009089 <b>Registered Psychotherapist</b>
○	<b>2020 - Current</b> Interagency Advisory Panel on Research Ethics <b>TCPS 2: CORE</b> Tri-Council Policy Statement: Ethical Conduct for Research Involving Humans Course on Research Ethics.