

Curriculum Vitae
Laura Lynne Armstrong
Full Professor
Saint Paul University
223 Main Street – Room 323
613-236-1393 x 2341
larmstrong@ustpaul.ca

Department/School: School of Counselling, Psychotherapy & Spirituality

May 2025

CURRICULUM VITAE

a) NAME:

Armstrong, Laura Lynne, Full 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 recipient - highest academic average university-wide)

CREDENTIALS:

- Clinical and Counselling Psychologist
 - **Registered with the College of Psychologists for autonomous practice with children, adolescents, adults, couples and families** – assessment, treatment, teaching, and research
- Diplomate in Logotherapy, Viktor Frankl Institute, Texas.

c) EMPLOYMENT HISTORY:

- January 2024-present **Full professor**, Counselling, Psychotherapy & Spirituality, Saint Paul University
- May 2019-January 2024 **Associate professor**, Counselling, Psychotherapy & Spirituality, Saint Paul University
- July 2013-April 2019 **Assistant professor**, Counselling, Psychotherapy & Spirituality, Saint Paul University
- 2015-present **Private practice, Tomorrow Me Psychological Services (Executive Director)**, Clinical Psychologist
- 2011-2012 - **Lecturer**, Counselling, Psychotherapy & Spirituality, Saint Paul University
- 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, **1st 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 (2013-2023):

- Ted Talk (September 2025). Music is the Soundtrack to Empathy.
 - Rector's Podcast (August 2025). Disseminating findings on music and the arts in enhancing well-being
 - Director, Research Centre of Excellence in Counselling & Spirituality, Saint Paul University (May 2025-present)
 - Co-Chair, Equity, Diversity, Inclusivity Committee, School of Counselling and Spirituality, Saint Paul University (September 2024-present)
 - Foundations in Ombuds Training certification (September 2024)
 - Co-director Centre of Excellence for Research in Psychotherapy and Spirituality – CERPS (May 2025-present)
 - Member, Professor social committee, Faculty of Human Sciences (Fall-Winter 2023-2024)
 - Member, Professor selection committee (Fall 2023)
 - Member, Dean selection committee (Spring/Summer 2022)
 - Member, Professor selection committee (Fall 2022)
 - Ph.D. coordinator (May 2021-August 2022)
 - Co-director Centre of Excellence for Research in Psychotherapy and Spirituality – CERPS (May 2018-September 2021)
 - B.A. Coordinator - Human Sciences & Spirituality, Saint Paul University (June 2017-January 2018; January 2021-September 2021)
 - Co-organizer, Psychology for Everyday Living public presentations to provide wellness skills (families, couples, children, youth), Saint Paul University (2015-2016)
 - Member, Saint Paul University Library Committee (2018-present, but the committee hasn't met recently)
 - Member, Saint Paul University Research Scholarship Selection Committee (2015-2016)
 - 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 (2015)
 - Member, Couple and family program committee (2015-2018)
- 2012-2013 *Editor*. 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 *Student Representative* (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:

- 8 Ph.D. dissertation supervisions (September 2016 onward)
- 16 M.A. thesis supervisions (December 2015-present)
- 14 M.A. research assistant supervisions (2014-present)
- 2 M.A. clinical supervisions, 2013-2014
- 5 graduate clinical psychology supervisions (therapy), 2012-2013
- 14 memberships on graduate thesis committees, theses defended (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):

Longfei Wang (M.A.). *Gifted Children: What and How to Care?* April 2025.

Elaine Galicia-Connolly (M.A.). *Kids Helping Other Kids Develop Mental Resilience Using a "Book of Light."* April 2025.

Houda Ismaili (M.A.). *One Less Barrier to Alliance: Improving Outcomes of Psychotherapy and Ombuds Practice in Visible Minority Communities.* April 2025.

Joelle Ciccarelli (M.A.). *ADHD, Interoceptive Awareness and Intuitive Eating – Are they interrelated?* April 2024.

Keltie Gardiner (M.A.). *Moods Managed: Refining a Mental Health Education Game for Children and Youth in Rural Ontario.* April 2024.

Elyse Champaigne-Klassen (M.A.). *The DREAM Program: Developing Resilience through Emotions, Attitudes, & Meaning – A Community-Based Program to Enhance Child Mental Health for Gifted Children and their Families.* April 2024.

Rudaina Halabi (M.A.). *Lebanese Women's Sexuality in Lebanon and Canada:*

Culture, Meaning, and Mental Health. September 2023.

Odera Odenigbo (M.A.). *Ethnic-Racial Socialization & Child Mental Health as a Function of Parental Stress*. May 2023.

Catherine Potter (M.A.). *Evaluability Assessment for the DREAM Program Using Magic Mirror Webisodes & French Translation*. March 2022.

Mariam Hanna (M.A.). *Religious or Spiritual Coping to Promote Post-Traumatic Growth for Youth Experiencing Trauma or Loss*, nominated for Governor General's Medal. March 2021.

Robert Fabes (M.A.). *Meaning Exploration and Homeless People: Client and Staff Requirements for Programming at The Ottawa Mission*, nominated for Governor General's Medal. March 2020.

Julia Parrott (M.A.). *Recommendations for Translating the DREAM Program: Gifted Edition to an Online-Live Hybrid Model*, nominated for Governor General's Medal. March 2020.

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

Beatrice Abourizk – September 2023-present

Ph.D. Theses (Saint Paul University):

Emmalynne Watt (Ph.D. – Nominated for Governor General's Medal). *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*, February 2020.

Robert Fabes (Ph.D.). *Meaning-based programming for homeless persons*. January 2024.

Stephanie Larrue (Ph.D.). *Workshops to Promote Resilience in Blended Families: Emotion-Focused, Traditional, and Second Wave Positive Psychology Approaches*, Expected date of completion, August 2025.

In progress:

Pooneh Montazeralsedgh (Ph.D. candidate). *Parenting behaviours and child social connectedness in relation to child mental health, as mediated by meaning mindset*, Expected date of completion, Spring 2025.

Catherine Potter (Ph.D. candidate). *Mental health promotion in rural communities through the DREAM Program and Parenting Programming*. Expected date of completion, Spring 2026.

Meghan Billings (Ph.D. candidate). *Neurodivergence (giftedness, ADHD, autism spectrum) in relation to trauma symptoms post-pandemic, parental stress, mental health, and meaning mindset*. Expected date of completion, Spring 2026.

Reyaldo de Jesus Valerio (Ph.D. candidate). *Resilience programming for emerging adults*. Expected date of completion, Spring 2028.

Lourdes Valerio (Interdisciplinary Ph.D. candidate). *Applying EASE in the workplace*.

Longfei Wang (M.A.). *Needs of first year university students who are intellectually gifted*. April 2029.

Elaine Galicia-Connolly (M.A.). *Kids helping other kids develop mental resilience using a game to enhance well-being*. April 2029.

Thesis Committee Membership

Member of several thesis committees wherein theses were successfully defended (Laure-Marie Carignan, Ph.D.; Ariel Jacobson, M.A.; Michaela Whitley, M.A.; Sabrina Lacasse, M.A.; Sara Kriplani, M.A.; Monica Bridge, M.A.; Reesa Packard, Ph.D.; Pooneh Montazeralsedgh, M.A.; Laura D'Amico, M.A.; Gwendolyn Adams, M.A.; Rebecca Potter, M.A.; Sydney Robertson, M.A.). Currently a member of further M.A. and Ph.D. committees.

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

g) GRADUATE COURSES TAUGHT:

Ph.D. Research Methods
 Special Topics in Child & Adolescent Psychotherapy
 Ph.D. Research Seminar
 Psychopathology and Treatment
 Methodology of Empirical Research
 Practicum in Individual Counselling
 Theories of Individual Counselling
 Couples, Family Development & Growth
 Ethics and Professional Issues

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>
2024-2025	Applied for 3 grants (New Frontiers; CIHR; SSHRC Insight grant)				
2024	Social Sciences & Humanities Research Council: Insight Grant	F	\$298,034	Research	Living the DREAM (Developing Resilience through Emotions, Attitudes and Meaning): An Online Education Approach to Enhancing Meaning Mindset & Social, Emotional, and Behavioural Well-Being
2018	Social Sciences & Humanities Research Council: Insight Development Grant	F	\$64,473	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.

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>
2023-2024	SPU		\$11000	DREAM program (additional video webisodes & songs; community action research)	Promoting Ethnicity, Diversity, Inclusion (EDI), Fundability, & Sustainability of the DREAM Program: Developing Resilience through Emotions, Attitudes, & Meaning – A School-Based Program to Enhance Child & Youth Mental Health
2022-2023	SPU		\$32000	DREAM program	The DREAM Program:

				French translation (video webisodes & songs)	Developing Resilience through Emotions, Attitudes, & Meaning – A School & Community-Based Program to Enhance Child Mental Health
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)

- Textbooks authored4
- Novels authored 4 (unpublished, editing)
- Books edited3
- Refereed Chapters in books17
- Non-refereed Chapters in books0
- Papers in refereed journal 20 (6 submitted)
- Papers in refereed conference proceedings (posters, presentations, workshops).36
- Invited keynote addresses (invited workshops).....20
- Major invited contributions and/or technical reports8

2) Details:

Papers in refereed Journals:

1. Epperson, B.L., **Armstrong, L.L.**, and Ismaili, H. (submitted). Reframing Ombuds

- Practice to Support Mental Health with the "EASE" Conflict Coaching Method"
2. Wang, L. & **Armstrong, L.L.** (submitted). Gifted children: What's important and how to provide care?
 3. Ismaili, H., **Armstrong, L.L.**, & Epperson, B. (submitted). EASE in Psychotherapy Services as Usual – Relationship with Alliance, Mental Health, & Service Retention for Visible Minorities.
 4. Ismaili, H., Epperson, B., & **Armstrong, L.L.** (submitted). EASE in Ombuds Services as Usual – Relationship with Alliance, Mental Health, & Service Retention for Visible Minorities.
 5. Odenigbo, O., & **Armstrong, L.L.** (submitted). Parental Racial Stress and Child Mental Health: Mediated by Meaning Mindset and Ethnic-Racial Socialization.
 6. Larrue, S., & **Armstrong, L.L.** (submitted). Blended Family Integrated Treatment Protocol Aimed at Helping Blended Families Flourish: A Pilot Study.
 7. **Armstrong, L.L.**, Watt, E., Potter, C.L., & Epperson, B.L. (2025). Meaning mindset theory: A transdiagnostic approach to mental health promotion and intervention for children. *Frontiers in Psychology*, 15, doi: 10.3389/fpsyg.2024.1467332
 8. Epperson, B.L., & **Armstrong, L.L.** (2024). Reconceptualising Ombuds Practice to Improve Mental Health with "EASE." *ENOHE Yearbook*, p. 10-20.
 9. St. John, E., **Armstrong, L. L.**, & Watt, E. (2023). Meaning as an early determinant of mental health in children. *The Humanistic Psychologist*. Advance online publication. <https://doi.org/10.1037/hum0000328>
 10. **Armstrong, L.L.** & Potter, C.L. (2022). Measuring Child Coping in Times of Global Crises: Pilot Development, Reliability, as well as Mental Health and Meaning Mindset Convergent Validity of the Child COVID Coping Scale (3Cs). *Frontiers in Psychology, Spirituality & Positive Psychology*, Online first. <https://doi.org/10.3389/fpsyg.2022.947507>
 11. Parrot, J., **Armstrong, L.L.**, Watt, E., Fabes, R., & Timlin, R. (2021). Building resilience during COVID-19: Recommendations for adapting the DREAM program – live edition to an online-live hybrid model for in-person and virtual classrooms. *Frontiers in Psychology, Educational Psychology*, Online first. doi: 10.3389/fpsyg.2021.647420
 12. **Armstrong, L.L.**, Watt, E., St. John, E., & Desson, S. (2020). The Interactive Symptoms Assessment: I.S.A. – Development and Validation Using a Knowledge Translation-Integrated Model. *Current Psychology*, Online first. DOI: <https://doi.org/10.1007/s12144-020-00801-5>
 13. **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*, Online first, DOI: <http://dx.doi.org/10.1037/hum0000147>
 14. **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*, Online first. Doi: [10.1080/09515070.2018.1559798](https://doi.org/10.1080/09515070.2018.1559798)
 15. **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
 16. 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
17. Yagi, I., & **Armstrong, L.L.** (2018). Meaning-Based Interventions for Addressing End-of-Life Coping. *Spirituality & Counselling, special edition (Positive Psychology)*, 36.
 18. **Armstrong, L.L.** (2016). The Child Identity & Purpose (Ch.I.P.) Questionnaire: Pilot assessment and development. *The International Forum for Logotherapy*, 39, 78-88.
 19. **Armstrong, L.L.** (2016). R.E.A.L. Therapy: Rational-Emotive Attachment-based Logotherapy for Families. *The Family Journal*. DOI: 10.1177/1066480716628626
 20. **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.
 21. **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.
 22. **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.
 23. **Armstrong, L.L.** (2012). Initial development and validation of the Checklist of Risk Behaviours for Youth (CORBY). *Psychology, Health & Medicine*, 17, 116-124.
 24. **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.
 25. **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.
 26. **Armstrong, L.L.** (2006). Barriers to intimate sexuality: Concerns and meaning-based therapy approaches. *The Humanistic Psychologist*, 34, 281-298.
-

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 – Community Workshops Presented):

1. Armstrong, L.L. (April 2025). *Strategies to Promote Child Mental Health: A Hands-On Workshop*, Rotary Club of West Ottawa.
2. Armstrong, L.L. (April 2024). *Strategies to Promote Child Mental Health*, Rotary Club of West Ottawa.
3. Armstrong, L.L. (May 2023). *Strategies for Mental Health*, keynote, mental health days. Glashan Public School, Ottawa.
4. Armstrong, L.L. (April 2022). *How to have fun with virtual therapy: Experiential activities for children and adolescents from a Second Wave Positive Psychology Perspective*. Ottawa Academy of Psychology continuing education workshop, Ottawa.

5. Armstrong, L.L. (May 2022). *Parenting during uncertain times: Helping children thrive in the face of worries, stress, & sadness*. Saint Paul's Presbyterian Church, Ottawa.
6. Armstrong, L.L. (February 2022). *Parenting during uncertain times: Helping children thrive in the face of worries, stress, & sadness*. Shared Services, Government of Canada, national presentation.
7. Armstrong, L.L. (November 2018). *Career Day: The Many Hats of a Psychologist*. West Carleton Secondary School.
8. Armstrong, L.L. (November 2017). *Learning About Teenagers' Emotions & How to Communicate with Them*. Chinese Christian Church, with Mandarin translation by Mr. Gary Tse.
9. Armstrong, L.L. (November 2017). *Career Day: The Many Hats of a Psychologist*. West Carleton Secondary School.
10. 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
11. 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.
12. 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.
13. Armstrong, L.L. (October 2016). *Skills for Positive Mental Health*. Mental Health Day, Bell High School.
14. Armstrong, L.L. (April 2016). *Youth Mental Illness & Skills for Resilience*. Youth Futures, Ottawa, Canada.
15. 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.
16. 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.
17. 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).
18. Armstrong, L.L. (February 2015). *D.R.E.A.M.: Developing Resilience through Emotions, Attitudes & Meaning*. The Brain and Behaviour Journal Club, Ottawa, Canada

19. 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
20. 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. Potter, C., Armstrong, L.L., Quinn, S. (November 2025). *The Need for a COMPASS: Supporting Graduate Researchers and Professors with Standardized Methods for Detecting Fraudulent AI Participants in Online Studies*. Canadian Psychological Association Satellite Conference, Vancouver, Canada.
2. Epperson, B., & Armstrong, L.L. (June 2025). *The EASE Model: Effective Conflict Management Coaching in Ombuds Practice*. European Network of Ombuds in Higher Education (ENOHE), Amsterdam, The Netherlands.
3. Armstrong, L.L., & Epperson, B. (May 2025). *Advancing Conflict Coaching in Ombuds Practice: The EASE Model*. Symposium on Informal Conflict Resolution, Ottawa, Canada.
4. Epperson, B., & Armstrong, L.L. (April 2025). *Effective Coaching in Ombuds Practice: The EASE Model*. International Ombuds Association Conference 2025, Miami, Florida.
5. Epperson, B., & Armstrong, L.L. (June 2024). *Reconceptualising Ombuds Practice to Improve Mental Health with "EASE."* ENOHE Conference 2024: From Plato's Academy to Portugal: Democracy, diversity, and the role of the ombudsperson in higher education. Covilhã, Portugal.
6. Armstrong, L.L. & Epperson, B. (May 2024). *Reconceptualising Ombuds Practice to Improve Mental Health with "EASE" Through Meaning Mindset Theory (MMT), the Stoic Dichotomy of Control, and the Empathy, Attention, and Respect (EAR) Approach*. The Ombuds: Foundations, Best Practices, and Development conference. Centre for Informal Dispute Resolution, Saint Paul University, Ottawa.
7. Armstrong, L.L. & Potter, C. (June 2023). *Using original music & experiential activities to enhance mental health and meaning mindset in school children: A Third Wave Positive Psychology approach*. Workshop (85-minutes). Canadian Psychological Association Convention.
8. Armstrong, L.L. (June 2023). *Music in meaning-centred mental health education for children*. Symposium: Development of musical knowledge and engagement: Implications for K-12 education in singing, music, and mental health. Canadian Psychological Association Convention.
9. Armstrong, L.L. (June 2021). *Experiential virtual psychotherapy & educational exercises for children: A Second Wave Positive Psychology approach*. Canadian Psychological Association Convention.

Association Convention workshop. **Recorded presentation via Zoom later edited by CPA into an educational workshop for psychologists across Canada* (March 2022).

10. 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. 29th International Congress of Applied Psychology, Montreal, Canada
11. **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
12. **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
13. **Armstrong, L.L.** (2016). R.E.A.L. Therapy: Rational Emotive Attachment-Based
14. Logotherapy for Children, Adolescents, & Families. International Meaning Conference, Toronto, Canada.
15. **Armstrong, L.L.** (2015). Improving Child Well-Being and Promoting Resilience through an Original Mental Health Songbook. Canadian Psychological Association, Ottawa, Canada
16. **Armstrong, L.L.** (2013). Meaningful Mental Health Knowledge Mobilization. Institute for Personal Meaning, Summer Institute, Toronto, Canada
17. **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.
18. **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.
19. **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.
20. **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.
21. 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.
22. **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.
23. **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.
24. Robertson, J., & **Armstrong, L.** (2011, February). Ethnic Differences in Youth Mental Health Literacy & Knowledge Transfer Preferences. University of Ottawa Honours Thesis Conference Poster.
25. 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.
26. **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.
27. **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.
 28. **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**
 29. **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.
 30. **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.
 31. **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.
 32. **Armstrong, L., & Manion, I.** (2007, June). The “art” of engagement: Prevention of suicidality in rural female youth. Oral presentation at the Canadian Psychological Association Convention, Ottawa.
 33. 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.
 34. 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.
 35. **Armstrong, L., & Manion, I.** (2006, June). Suicide risk reduction through youth engagement: An exploration of key gender differences. Canadian Psychological Association Convention, Calgary.
 36. **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 Authored

1. **Armstrong, L.L.** (revision phase; post-editor review – editor suggested turning novel into a trilogy; unpublished):
 - *4 Fiction novels* (trilogy, plus an unrelated novel grounded in gifted research and meaning mindset/third wave positive psychology framework, EASE): Non-traditional knowledge mobilization, weaving my theoretical framework for research and research findings into storylines.
2. **Armstrong, L.L.** (2021). *How to Have Fun While Promoting Mental Health Virtually: Games & Activities for Online Psychotherapy & Classrooms*. KDP Publishers, Ottawa.
3. **Armstrong, L.L.** (2020). *The Worry Wind*. Illustrated by Marieke Douma. KDP Publishers, Ottawa.
4. **Armstrong, L.L.** (2020). *Vent de l'inquietude*. Illustrated by Marieke Douma. KDP

Publishers, 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
3. Creative Art Therapies. Maisha, B., Armstrong, L.L., Larrue, S., eds.. (*in press*).

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. Maisha, B., Armstrong, L.L., Larrue, S. 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. Maisha, B., Armstrong, L.L., Larrue, S. 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. Maisha, B., Armstrong, L.L., Larrue, S. Creative Art Therapies.
4. **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. In *A Second-Wave Positive Psychology in Counselling Psychology A Paradigm Shift* (Ed. P.T.P. Wong). Routledge.
5. **Armstrong, L.L.** (2021). An Experiential Learning Tool for Teaching About the Promotion of Child Resilience to Mental Health Concerns: Moods Managed. Maisha, B., Massicotte, S., & Morin, M. Fostering Resilience Before, During and After Experiences of Trauma. Routledge.
6. **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.
7. **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.
8. **Armstrong, L.L.** (2018). Introduction to Existential Elements of the Family. Armstrong, L.L. Existential Elements of the Family. Peeters, Belgium.
9. **Armstrong, L.L.** (2018). Conclusion to Existential Elements of the Family. Armstrong, L.L. Existential Elements of the Family. Peeters, Belgium.
10. 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.
11. **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.

12. 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.
13. 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.
14. 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.
15. **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.
16. 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.
17. 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.

Novels

1. Armstrong, L.L. *Meaning in the Moment*. 330pp. (with professional book editor). Threads my research (Meaning Mindset theoretical framework) throughout.
2. Armstrong, L.L. *First Mission*. 220pp. (with professional book editor). Threads my research (EASE – conflict coaching strategy) throughout.

Invited Media Appearances

- 2022 – Talking to children about the war in Ukraine – Radio Canada (French interview)
- 2020 – 5 CBC media invitations (turned down because was 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