

Julie Beaulac, Ph.D., C. Psych. (CPO Reg #: 5093)

EDUCATIONAL HISTORY

MA/PhD Clinical Psychology **September 2003-August 2009**
University of Ottawa, Ottawa, Ontario

- Completed with recognition of Professional Bilingual Competence

B.A. (Honours) Psychology Co-op **September 1997- June 2002**
University of Waterloo, Waterloo, Ontario

OTHER EDUCATIONAL HISTORY

200 Hour Yoga Alliance Certified Teacher Training **February 2015 - July 2016**
Santosha, Ottawa, Ontario

Certificate Program in French **September 2009 – August 2011**
Université de Saint-Boniface, Winnipeg, Manitoba

- Completed all five *perfectionnement du français* courses (highest level of French second language) and passed final exam

PUBLICATIONS

Refereed Papers:

Beaulac J, Balfour L, Corace K, Kaluzienski M, & Cooper C (2019). Access and Preferences for Mobile Technology among Diverse Hepatitis C Patients: Implications for Expanding Treatment Care. *Journal of Mobile Technology in Medicine*, 8 (1): 11-19. doi:10.7309/jmtm.8.1.2

Beaulac J, Corace K, Balfour L, Kaluzienski M, & Cooper C (2018). Hepatitis C Patient Communication Source and Modality Preferences in the Direct Acting Antiviral Era. *Canadian Liver Journal*. <https://doi.org/10.3138/canlivj.2018-0007>

Beaulac, J., Sandre, D. & Mercer, D. (2018). Impact on mindfulness, emotion regulation, and emotional overeating of a DBT skills training group. A pilot study. *Eat Weight Disord.* <https://doi.org/10.1007/s40519-018-0616-9>

Tasca, G.A., Koszycki, D., Brugnera, A., Chyurlia, L., Hammond, N., Francis, K., Ritchie, K., Ivanova, I., Proulx, G., Wilson, B., **Beaulac, J.**, Bissada, H., Beasley, E., Mcquaid, N., Grenon, R., Fortin-Langelier, B., Compare, A., & Balfour, L. (2018). Testing a stepped care model for binge-eating disorder: A two-step randomized controlled trial. *Psychological Medicine*, 1-9.

- Kehler DS, Kent D, **Beaulac J**, Stachan L, Wangasekara N, Chapman S, Luchik D, Lamont D, Lerner N, Boreskie S, Avery L, & Duhamel TA (2017). Examining Patient Outcome Quality Indicators Based on Wait Time From Referral to Entry Into Cardiac Rehabilitation. A Pilot Observational Study. *Journal of Cardiopulmonary Rehabilitation and Prevention*; 37(4): 250-256.
- Beaulac, J.**, Edwards, J., & Steele, A. (2017). Formative Evaluation of Practice Changes for Managing Depression in Primary Care in Manitoba. *Primary Health Care Research & Development*;18:50-63.
- Beaulac, J.**, & Sandre, D. (2016). A Critical Review of Bariatric Surgery, Medically Supervised Diets, and Behavioural Interventions for Weight Management in Adults. *Perspectives in Public Health*. Prepublished June 27, 2016 as doi:10.1177/1757913916653425
- Beaulac J**, Westmacott R, Walker JR, Vardanyan G & The Mobilizing Minds Research Group (2016). Primary Care Provider Views About Usefulness and Dissemination of a Web-Based Depression Treatment Information Decision Aid. *J Med Internet Res*;18(6):e153
- Beaulac, J.**, & Sandre, D. (2015). Impact of a CBT Psychotherapy Group on Post-Operative Bariatric Patients. *SpringerPlus*, 4:764.
- Beaulac, J.**, & Bailly, M. (2015). Impact of a Mindfulness-Based Stress Reduction treatment group for patients with chronic pain in a primary care setting. *Primary Health Care Research & Development*, 16 (4), 424-8.
- Beaulac, J.**, Vincent, N., & Walsh, K. (2015). Dissemination of an Internet-Based Treatment for Chronic Insomnia into Primary Care. *Behavioral Sleep Medicine*, 13, (2), 124-39.
- Tiessen, M., & **Beaulac, J.** (2013). Implications of community-based research for Professional Psychology Training: Reflections from two early career psychologists. *Global Journal of Community Psychology Practice*, 4(3), 1-11.
- Rodriguez, P., **Beaulac, J.**, Walker, J., & the Child Health Research Group (2013). A consumer approach to knowledge translation of health promotion information within primary care. *Global Journal of Community Psychology Practice*, 4 (1), 1-9.
- Beaulac, J.**, Kristjansson, E., & Calhoun, M. (2011). “Bigger than hip-hop?” Impact of a community-based physical activity program on youth living in a disadvantaged neighbourhood in Canada. *Journal of Youth Studies*, 14 (8), 961-974.
- Fortier, M. S., Hogg, W., O’Sullivan, T. L., Blanchard, C., Sigal, R. J., Reid, R. D., Boulay, P., Doucet, E., Bisson, E., **Beaulac, J.**, & Culver, D. (2011). Impact of integrating a physical activity counsellor into the primary care team: Physical activity and health outcomes of the Physical Activity Counselling (PAC) randomized controlled trial. *Applied Physiology, Nutrition, and Metabolism*, 36, 503-514.
- Beaulac, J.**, Carlson, A-M., & Boyd, R. J. (2011). Counselling on physical activity to promote mental health. Practice guidelines for the family physician. *Canadian Family Physician*, 57, 399-401.

- Fayter, R., Adamson, K., **Beaulac, J.**, & Mace, C. (2010). Collaboratively envisioning the future of community psychology in Canada: From talk to action. *Canadian Psychology, 51* (2), 106-116.
- Beaulac, J.**, Olavarria, M., & Kristjansson, E. (2010). A community-based hip-hop dance program for youth in a disadvantaged community in Ottawa: Implementation Findings. *Health Promotion Practice, 11* (S1), 61S-69S.
- Beaulac, J.**, Bouchard, D., & Kristjansson, E. (2009). Physical activity for adolescents living in an underprivileged neighbourhood: Views of parents and adolescents on needs, barriers, facilitators, and programming. *Leisure, 33* (2), 537-561.
- Olavarria, M., **Beaulac, J.**, Bélanger, A., Young, M., & Aubry, T. (2009). Organizational cultural competence in community health and social service organizations: How to conduct a self-assessment. *Journal of Cultural Diversity, 16*(4).
- Beaulac, J.**, Kristjansson, B., & Cummins, C. (2009). Food deserts. A systematic review, 1966-2007. *Preventing Chronic Disease, 6*(3).
- Fortier, M. S., Hogg, W., O'Sullivan, T.L., Blanchard, C., Reid, R.D, Sigal, R.J., Boulay, P., Doucet, E., Sweet, S., Bisson, E. & **Beaulac, J.** (2007). The physical activity counselling (PAC) randomized controlled trial: Rationale, methods, and interventions. *Applied Physiology, Nutrition and Metabolism, 32*, 1170-1185.
- Fuller, P., Browne, L., **Beaulac, J.**, & Aubry, T. (2007). Developing a report card on homelessness for a Canadian city: A case study. *Canadian Review of Social Policy, 58*, 108-116.
- Flynn, R. J., **Beaulac, J.**, & Vinograd, J. (2005). Participation in structured voluntary activities, substance use, and psychological outcomes in out-of-home care. In R. J. Flynn, P. M. Dudding, & J. G. Barber (Eds.), *Promoting resilience in child welfare* (pp. 216-230). Ottawa, ON: University of Ottawa Press.

Unpublished Materials

Beaulac J, Gauthier-Maltais A, Cooper C (2018). Évolution de la santé mentale à la Clinique d'Hépatite C de l'Hôpital d'Ottawa de 2003 à 2015. Unpublished manuscript.

Beaulac, J., & Wallbridge, H. (2011). Psychological self-help workbook for adults with attention problems. Unpublished manuscript.

Non-Refereed Papers:

Sandre, D. & **Beaulac, J.**, (2014). Psychology in bariatric surgery: A review of the evidence for best practices. *Hospital Psychology, 2* (1), 4-6.

Presentations and Workshops:

Beaulac, J. & Williams, M. (2024, June). Psychedelic-Assisted Psychotherapy. Issues of Consideration for Practicing Psychologists. Panel discussion session presented at the Canadian Psychological Association Convention, Ottawa, Ontario.

Beaulac, J. (2024, June). Embodied Leadership: The Mind-Body Way as an Antidote to Toxic Workplaces and Overwhelm. Poster session presented at the Canadian Psychological Association Convention, Ottawa, Ontario.

Beaulac, J., Wood, M., La Torre, J.T., & Krause, A. (2022, June). Assessing Cannabis Use Among a Cohort of Individuals with First Episode Psychosis at an Outpatient Clinic in Ottawa, Ontario. Snapshot session presented at the Canadian Psychological Association Convention, Calgary, Alberta.

Dyck, K., Dalglish, T., **Beaulac, J.** & Tiessen, M.. (2020, May 27-30). Taking psychology out of the office. Symposium. 81st Canadian Psychological Association Annual National Convention, Montréal, Quebec, Canada.
https://cpa.ca/docs/File/Convention/2020/Abstract%20Book%202020%20-%20v1.2%20-%20Indexed_1Oct2020.pdf (Conference cancelled due to COVID-19)

Beaulac, J. & Sadeh, E. (2019, November). Resourcing Family Members of First Episode Psychosis Patients with Self-Compassion Training. Pilot project findings and simple techniques. Oral session presented at the Early Psychosis Intervention Services in Ontario (EPION) Conference Toronto, Ontario.

Beaulac, J. & Sadeh, E. (2019, May). Self-compassion training for family members of first episode psychosis patients: A pilot project. Gimme-5 session presented at the Canadian Psychological Association Convention, Halifax, Nova Scotia.

Sandre, D., **Beaulac, J.** & Mercer, D. (2019, April). Impact on mindfulness, emotion regulation, and emotional overeating of a DBT skills training group. A pilot study. Oral session presented at the Canadian Obesity Summit, Ottawa, Ontario.

Sadeh, E., **Beaulac, J.,** Robertson, S., Gillis, K. (2019, April). Impact of Treatment on Client Quality of Life in a Canadian First Episode Psychosis Program. Poster presented at the Congress of the Schizophrenia International Research Society, Orlando, FL.

Beaulac, J., Nugent, L., & Sadeh, E. (2018, June). Psychotherapy group enhances psychological flexibility for first episode psychosis patients. Gimme-5 session presented at the International Congress of Applied Psychology, Montreal, Québec.

Sandre, D. & **Beaulac, J.** (2018, June). A 12-week DBT skills training group for patients at a hospital-based weight management program: Outcomes in mindfulness, emotion regulation, and emotional overeating. Poster presented at the International Congress of Applied Psychology, Montreal, Québec.

Beaulac, J., Corace, K., Balfour, L., Kaluziński, M., & Cooper, C. (2018, February). Mobile Technology Access and Patient Preferences for HCV Care in the new Era of DAAs. Poster session presented at the 7th Canadian Symposium on HCV and the Canadian Liver Meeting, Toronto, Ontario.*

**presentation awarded the 2018 Poster of distinction award*

Beaulac, J., Corace, K., Balfour, L., & Cooper, C. (2017, October). Improving Hepatitis C Treatment Engagement: Getting at the What and How of Patient Information Needs and Preferences. Poster session presented at the Liver Meeting of the American Association for the Study of Liver Diseases (AASLD), Washington, DC.

Gauthier-Maltais, A., **Beaulac, J.,** & Cooper, C. (2017, March). Est-ce que le fardeau concernant la santé mentale des patients ayant accédé à la Clinique d'Hépatite C de l'Hôpital d'Ottawa a changé à travers le temps de 2003 à 2015? Poster session presented at the 39e congrès annuel de la Société Québécoise de Recherche en Psychologie, Montréal, Quebec.

Beaulac, J., Balfour, L., Corace, K., Kaluziński, M., & Cooper, C. (2016, June). Enabling patient access to highly effective hepatitis C treatments. Poster session presented at the Canadian Psychological Association Convention, Victoria, BC.

Beaulac, J., McShane, K., & Volk, J. (2016, June). Community psychology within CPA: Still alive or has it left for greener pastures? Theory Review session presented at the Canadian Psychological Association Convention, Victoria, BC.

Beaulac, J. (2016, May). Telehepatitis at TOH. Oral talk presented at the National Aboriginal Hepatitis C Awareness Month Launch Event, Ottawa, Ontario.

McGuinty, M., Corsi, D., **Beaulac, J.,** & Cooper, C. (2016, May). HCV Direct Acting Antivirals (DAA) are Metabolically Safe and Highly Curative Irrespective of HIV Status. Poster session presented at the 25th Annual Canadian Conference on HIV/AIDS Research, Winnipeg, Manitoba.

Beaulac, J.* (2015, September). Patient information needs and treatment engagement. Oral session presented at Learning for Life Series. Sickle Cell and Thalassemia Diseases: Adhering to HU, Iron Chelators, and Other Therapies. Toronto, Ontario.

* invited speaker and panelist

Klink, D., Meeker, T., & **Beaulac, J.** (2015, June). Groups: Gains & Goals. A review of Ottawa's Group Therapy Program. Paper session presented at the Collaborative Mental Health Care Conference, Calgary, Alberta.

Beaulac, J., Westmacott, R., Walker, J., & the Mobilizing Minds Research Group (2015, June). Disseminating Information Aids Concerning Treatment Options for Depression in Primary Care Settings. Symposium session presented at the Canadian Psychological Association Convention, Ottawa, Ontario.

- Beaulac, J. & Klink, D.** (2015, April). Delivery of a Wellness Psychotherapy Group in Primary Care. Workshop presented at the International Mental Health Congress, Lille, France.
- ***Beaulac, J.** (2014, November). Clinical Pearls in Prescribing Psychotherapy for Treatment of Mood & Anxiety Disorders in Women. Workshop presented at the 4th Annual Women's Mental Health Professional Conference: Trauma and Resilience, Ottawa, Ontario.
- * invited workshop
- Beaulac, J.,** Walker, J., & the Mobilizing Minds Research Group (2014, June). Evidence-Based Educational Materials to Support Treatment Choices about Depression in Shared Care. Paper session presented at the Collaborative Mental Health Care Conference, Toronto, Ontario.
- Beaulac, J. & Sandre, D.** (2014, June). Impact of a CBT psychotherapy group on post-operative bariatric patients. Poster session presented at the Canadian Psychological Association Convention, Vancouver, BC.
- Chan, S. & **Beaulac, J.** (2014, June). Treatment options for weight management: A critical review. Poster session presented at the Canadian Psychological Association Convention, Vancouver, BC.
- ***Mothersill, K., Beaulac, J., & McIlwraith, B.** (2013, June). Training Psychologists for Future Practice: the Role of Academic and Internship Programs in Creating a Vision for the Future Practice of Psychology. Workshop presented at the Canadian Psychological Association Convention, Québec, Québec.
- * invited workshop
- Beaulac, J.,** Vincent, N., & Walsh, K. (2012, November). Evaluation of the dissemination of an internet-based treatment for chronic insomnia in primary care. Poster session presented at the Association for Behavioral and Cognitive Therapies Annual Convention, National Harbour, MD.
- Beaulac, J.,** Goossen, R., Jones, T., Botting, I., Edwards, J., Steele, A., Taillefer, D., & Falk, M. (2012, June). Formative Evaluation of Practice Changes for Managing Depression in Primary Care in Manitoba. Oral session presented at the Collaborative Mental Health Care Conference, Vancouver, British Columbia.
- Rodriguez, P. & **Beaulac, J.** (2012, May). A Consumer Approach to Knowledge Translation of Health Promotion Information within Primary Care. Poster session presented at the National Canadian Community Psychology Conference, Waterloo, Ontario.
- Beaulac, J.,** Bailly, M., Korban, S., & Ens, C. (2012, May). Evaluation of a Mindfulness-Based Stress Reduction Program for Chronic Pain in Primary Care. Poster session presented at the National Canadian Community Psychology Conference, Waterloo, Ontario.
- Beaulac, J.,** Goossen, R., Jones, T., Botting, I., Edwards, J., Steele, A., & Taillefer, D. (2012, April). Screening and Managing Depression in Primary Care: A Formative Evaluation of a Manitoba Health Initiative in Shared Mental Health Care. Oral session presented at the Department of Clinical Health Psychology Annual Research Day, Winnipeg, Manitoba.

Wallbridge, H. & **Beaulac, J.** (2012, April). Here, There, and Everywhere: Adult ADD. Oral session presented at The Manitoba College of Family Physicians Annual Scientific Assembly, Winnipeg, Manitoba.

Beaulac, J. & White, C. (2012, March). Career Balance & Decision Making. Oral session presented at the Manitoba Psychological Society Annual Conference, Winnipeg, Manitoba.

Beaulac, J., Ediger, J., Fatoye, T., & Piotrowski, A. (2011, November). The Joy of Intersects: Psychology in a Family Practice Setting. Oral session presented at the Family Medicine Forum, Montréal, Québec.

Beaulac, J., Goossen, R., Jones, T., Botting, I., Edwards, J., & Steele, A. (2011, June). Managing Depression in Primary Care: Formative Evaluation of a Manitoba Health Initiative. Oral session presented at the Collaborative Mental Health Care Conference, Halifax, Nova Scotia.

Beaulac, J. (2011, June). Practicing collaborative care as a psychologist in an urban primary care setting. Oral session presented at the Canadian Psychological Association Convention, Toronto, Ontario.

Beaulac, J., Robillard, S., & Cooper, P. (2010, June). Psychologists as members of shared mental health care: What is our role? Conversation session presented at the Canadian Psychological Association Convention, Winnipeg, Manitoba.

Beaulac, J. (2010, May). Striving to do community psychology as a shared care psychologist in Manitoba. National Conference on Community Psychology, Ottawa, Ontario.

Beaulac, J., Olavarria, M., & Holmqvist, M. (2010, May). Cultural competence: Strategies for working more effectively cross-culturally. Interactive session presented at the Collaborative Mental Health Care Conference, Winnipeg, Manitoba.

Beaulac, J. & Carlson, A-M. (2010, May). Promoting physical activity for mental health: The state of the evidence and practical tips. Interactive session presented at the Collaborative Mental Health Care Conference, Winnipeg, Manitoba.

***Beaulac, J.,** Beck, A., & Lee, A. (2009, May). Working with client ambivalence: Strategies to promote lifestyle change. Workshop presented to Burntwood Regional Health Authority, Thompson, Manitoba.

* invited workshop

Beaulac, J.* (2008, November). A promising community-based hip-hop dance intervention for the promotion of psychosocial and physical well-being among youth living in a disadvantaged neighbourhood. Oral session presented at the second Sport Canada Research Initiative Conference, Gatineau, Quebec.

* invited speaker

Beaulac, J., Tonner, K., & Clément, M-A. (2008, June). Hip Hop and Health - A Youthful Intervention. Workshop presented at the Association of Ontario Health Centres Conference, Ottawa, Ontario.

Beaulac, J., Kristjansson, E., & Calhoun, M. (2008, June). Impact of a hip-hop intervention on the well-being of underprivileged adolescents. Oral session presented at the second International Conference on Community Psychology, Lisbon, Portugal.

Beaulac, J., Kristjansson, E., & Olavarria, M., & Leclair, S. (2008, June). Implementation Findings from a Hip-Hop Dance Program for Underprivileged Adolescents. Poster session presented at the second International Conference on Community Psychology, Lisbon, Portugal.

Beaulac, J., Calhoun, M., & Kristjansson, E. (2008, May). Lessons learned from a community-based hip-hop dance intervention for adolescents living in a disadvantaged neighbourhood. Poster session presented at the fourth Québec-Ontario Conference in Community Psychology, Montreal, Quebec.

Beaulac, J.* (2007, November). A community-based hip-hop intervention for underprivileged adolescents: Impact on psychosocial and physical well-being. Poster session presented at the Inaugural Sport Canada Research Initiative Conference, Gatineau, Quebec.

* invited speaker

Beaulac, J., Kristjansson, B., & Bouchard, D. (2007, June). Planning a Hip-Hop Dance Program for Adolescents in an Underprivileged Community in Ottawa. Oral session presented at the IUHPE World Conference on Health Promotion and Health Education, Vancouver, British Columbia.

Beaulac, J., Bouchard, D., & Kristjansson, B. (2007, June). Marginalized adolescents' participation in physical activity: What helps and what hinders. Poster session presented at the Canadian Psychological Association Convention, Ottawa, Ontario.

Beaulac, J., Calhoun, M., Leclair, S., Kristjansson, B., Runnels, V., Garahan, M., Keeley, M., Tonner, K., Clément, M-A., Mawby, R., Gaze, C., & Musiol, A. (2007, June). Strengthening academic research through collaborative community-academic partnerships. Conversation session presented at the Canadian Psychological Association Convention, Ottawa, Ontario.

Beaulac, J., Kristjansson, B.*, Cummins, S. (2007, May). Food deserts: Are there spatial inequalities in access to food? Paper presented to the SPHRU Medical Research Council for Lily Bank Gardens, Glasgow.

* invited speaker

Beaulac J., Kristjansson, E.,* Cummins, S. (2007, February). "Food Deserts" as a determinant of urban health: a multinational literature review & synthesis. Paper presented at the Inaugural Conference of the Globalization and the Health of Canadians research network, Edmonton, Alberta.

* invited speaker

- Olavarria, M., **Beaulac, J.**, Bélanger, A., Chin, E., Court, M., Young, M., & Aubry, T. (2006, June). *Organizational cultural competence: What is it and how can you measure it?* Workshop session presented at the United Way 5th Annual Sharing our Strengths Community Conference, Ottawa, Ontario.
- Beaulac, J.**, Kristjansson, B., & Cummins, S. (2006, June). *Food deserts: Are there spatial inequalities in access to food?* Oral session presented at the Canadian Association for Food Studies 1st Annual Conference, Toronto, Ontario.
- Beaulac, J.** (2006, May). *Doing community psychology research within a clinical psychology program: Moving beyond the institution to study the impact of a community-based hip-hop dance program on the well-being of marginalized adolescents.* Oral session presented at the third Québec-Ontario Conference in Community Psychology, Waterloo, Ontario.
- Beaulac, J.**, Kristjansson, E., & Bouchard, D. (2006, May). *Planning a physical activity intervention for teenagers in South-East Ottawa.* Poster session presented at the third Québec-Ontario Conference in Community Psychology, Waterloo, Ontario.
- Beaulac, J.**, Olavarria, M., Bélanger, A., Young, M., & Aubry, T. (2006, May). *Self-assessment of organizational cultural competence: Standards and tools for community health and social service organizations.* Poster session presented at the third Québec-Ontario Conference in Community Psychology, Waterloo, Ontario.
- Gibson, S., **Beaulac, J.**, L. Markon, M.P., & Lee, J.E.C. (2006, May). *Coming soon to a university near us: Introducing the Community, Health, and Applied Psychology Students' group (CHAPS).* Poster session presented at the third Québec-Ontario Conference in Community Psychology, Waterloo, Ontario.
- Fortier, M., Sweet, S., Hogg, W., O'Sullivan, T., Blanchard, C., **Beaulac, J.**, & Williams, G. (2006, March). *Testing a self-determination theory model of physical activity behavior change: Preliminary analysis.* Poster session presented at the Annual Meeting of the Society of Behavioral Medicine, San Francisco, California.
- Beaulac, J.**, Fortier, M., Hogg, W., & The PAC Investigative Team (2006, March). *An overview of the PAC Project using a logic model.* Oral session presented at the 10th Annual Eastern Canada Sport and Exercise Psychology Symposium, Ottawa, Ontario.
- Sweet, S., Fortier, M., Kowal, J., **Beaulac, J.**, & Williams, G. (2006, March). *Testing a self-determination theory model of physical activity behavior change: Preliminary analysis.* Oral session presented at the 10th Annual Eastern Canada Sport and Exercise Psychology Symposium, Ottawa, Ontario.
- Beaulac, J.**, Olavarria, M., Bélanger, A., Young, M., & Aubry, T. (2005, December). *Evaluation of organizational cultural competence for community health and social service organizations.* Poster session presented at the University of Ottawa Applied Health and Social Research Network Third Annual Symposium, Ottawa, Ontario.

- Fortier, M., Hogg, W., Culver, D., Bisson, E., **Beaulac, J.**, & the PAC investigative team (2005, December). *The Physical Activity Counselling Project: Preliminary findings*. Poster session presented at the University of Ottawa Applied Health and Social Research Network Third Annual Symposium, Ottawa, Ontario.
- Beaulac, J.** (2005, October). *Food deserts: Do food deserts exist in more disadvantaged communities and how are they studied?* Oral session presented at the 4th International Conference on Urban Health, Toronto, Ontario.
- Beaulac, J.** & Kristjansson, E. (2005, June). *Community interventions that aim to improve well-being and reduce health inequalities: Implications for doing research with marginalized populations*. Theory review session presented at the Canadian Psychological Association Convention, Montreal, Quebec.
- Aubry, T., **Beaulac, J.**, & Hunt-Shanks, T. (2005, June). *Using program logic models & performance measurement in human service programs*. Workshop session presented at the United Way 4th Annual Sharing our Strengths Community Conference, Ottawa, Ontario.
- Fuller, P., **Beaulac, J.**, Goodine, L., Browne, L., & Aubry, T. (2005, May). *Report card on homelessness: Developing a first report card for Ottawa*. Poster session presented at the First Canadian Conference on Homelessness, Toronto, Ontario.
- Kristjansson, B., Mackenbach, J., Petticrew, M., Heywood, P., White, M., Tugwell, P., Robinson, V., **Beaulac, J.**, & McGowan, J. (2005, February). *Conducting Campbell reviews on interventions to reduce health inequalities*. Symposium conducted at the Fifth Annual Campbell Collaboration Colloquium, Lisbon, Portugal.
- Olavarria, M., **Beaulac, J.**, Bélanger, A., Young, M., & Aubry, T. (2005, February). *Cultural competence and standards in human service organizations: An overview*. Paper presented at the University of Ottawa Annual Interdisciplinary Conference, Ottawa, Ontario.
- Beaulac, J.**, & Hunt-Shanks, T. (2005, January). *Introduction to program logic models*. Workshop given at the 4th Annual National Peer Support Conference, Ottawa, Ontario.
- Beaulac, J.**, Goodine, L. A., & Aubry, T. (2004, November). *Overview of report card methodology for the Ottawa Report Card on Homelessness*. Poster session presented at the University of Ottawa Applied Health and Social Research Network Second Annual Symposium, Ottawa, Ontario.
- Flynn, R. J., **Beaulac, J.**, & Vinograd, J. (2004, August). *Frequency of participation in structured voluntary activities and positive outcomes among young people in care*. Paper presented at the 6th International Looking After Children conference: Promoting Resilient Development in Children Receiving Care, Ottawa, Ontario.
- Beaulac, J.**, & McCabe, S. B. (2004, June). *Relationship perfectionism, hostile interpersonal behaviours, depression, and sex*. Poster session presented at the Canadian Psychological Association Convention, St. John's, Newfoundland.

Beaulac, J., & Kristjansson, E. (2004, May). *Physical activity community interventions for disadvantaged and marginalized youth. Their effectiveness in improving physical and psychological health and in reducing socio-economic inequalities in health. Proposal for Cochrane Developmental, Psychosocial and Learning Problems Group.* Poster session presented at the second Québec-Ontario Conference in Community Psychology, Quebec, Quebec.

The Ottawa Hospital In-service Presentations:

Beaulac, J. & Mulligan, B.P. (February 5, 2018). Techno-perils & Techno-pleasures Personal Computing Goods & Evils. Hospital wide talk for Psychology Month.

Beaulac, J. (March 31, 2017). Mindfulness Clinic. Endoscopy Clinic Staff, General Campus, The Ottawa Hospital.

Beaulac, J. (March 8, 2017). Mindfulness Clinic. Patient Flow Clinic, General Campus, The Ottawa Hospital.

Poulin, P. & **Beaulac, J.** (2016, November). Engaging Patients in Conversations about Substance Use: Practical Skills and Reflections. Oral talk presented at the Nursing Professional Practice Substance Use Disorder Education Day, Ottawa, Ontario.

Beaulac, J. (May 3, 2016). Enhancing resilience: mindfulness, getting a good night's sleep, and stress'entials. Perioperative Services Staff, The Ottawa Hospital.

Beaulac, J. (April 25, 2016). The Stress'entials: Navigating Everyday Stress for resilience and health. Short Term Rehabilitation Unit, General Campus, The Ottawa Hospital.

Beaulac, J. (April 6, 2016). Mindfulness & Sleep for resilience and health. Ambulatory Care Staff, Civic Campus, The Ottawa Hospital.

Beaulac, J. & Kadulina, Y. (March 17, 2016). Stress'entials: Navigating Everyday Stress for resilience and health, including some exercises in mindfulness. Pharmacy Department, The Ottawa Hospital

Beaulac, J. (February 9, 2016). Enhancing resilience: mindfulness, getting a good night's sleep, and stress'entials. Perioperative Services Staff, General Campus, The Ottawa Hospital.

Beaulac, J. (February 8, 2016). The Stress'entials: Navigating Everyday Stress for resilience and health. Birthing Unit Staff, General Campus, The Ottawa Hospital.

Beaulac, J. (February 5, 2016). Mindfulness & Sleep. Ambulatory Care Staff, General Campus, The Ottawa Hospital.

The Ottawa Hospital Family Education Sessions

Beaulac, J. (4-session series in 2018 and ongoing in 2019). Self-Compassion Training for Caregivers. First Episode Psychosis, Family Education Session presented to families.

Marquardt, M. & **Beaulac, J.** (April 16, 2018 & July 9, 2018). The Neurocognitive Effects of Psychosis. First Episode Psychosis, Family Education Session presented to families.

Morris, C., Deslauriers, C. & **Beaulac, J.** (April 23, 2018). Behavioural Activation. First Episode Psychosis, Family Education Session presented to families.

Roy, M.F., Ledoux-Burns, A.M. & **Beaulac, J.** (May 1, 2017 & April 30, 2018). Why am I Gaining Weight. First Episode Psychosis, Family Education Session presented to families

Beaulac, J. & McDonough, P. (July 23, 2018). **Peer.** First Episode Psychosis, Family Education Session presented to families

Technical Reports:

Sylvestre, J., Anderson, M., Jamshidi, P., & **Beaulac, J.** (2015, March). *An evaluation of the implementation of the Primary Care Outreach Program for Seniors.* Report for South East Ottawa Community Health Centre. Ottawa: University of Ottawa, Centre for Research on Community Services.

Olavarria, M., **Beaulac, J.**, Bélanger, A., Young, M., & Aubry, T. (2005). *Organizational cultural competence: Self-assessment tools for community health and social service organizations. Report for Centretown Community Health Centre.* Ottawa: University of Ottawa, Centre for Research on Community Services.

Bélanger, A., **Beaulac, J.**, Crabb, R., & Aubry, T. (2005). *Evaluation of client satisfaction of Centretown Community Health Centre's Seniors' Tea Program.* Ottawa: University of Ottawa, Centre for Research on Community Services.

Olavarria, M., **Beaulac, J.**, Bélanger, A., Young, M., & Aubry, T. (2005). *Standards of organizational cultural competence for community health and social service organizations. Report for Centretown Community Health Centre.* Ottawa: University of Ottawa, Centre for Research on Community Services.

Beaulac, J., Goodine, L. A., & Aubry, T. (2004). *Overview of report card methodology for the Ottawa Report Card on Homelessness. Report for the Alliance to End Homelessness.* Ottawa: University of Ottawa, Centre for Research on Community Services.

Flynn, R. J., & **Beaulac, J.** (2003). *Positive psychology: Implications for population health promotion.* Ottawa: Report to Mental Health Promotion Branch, Health Canada.

Books:

Amo, C., **Beaulac, J.**, & Berglund, C. (2023). *The Mind-Body Way: The Embodied Leader's Path to Resilience, Connection, and Purpose*. Vancouver: Page Two Press.

PROFESSIONAL EXPERIENCE

CLINICAL EXPERIENCE

Clinical, Health, Rehab Psychologist

Private practice and consulting
Ottawa, ON

May 2019 - Present

Clinical, Health, Rehab Psychologist

The Ottawa Hospital and Champlain District Regional
On Track, First Episode Psychosis Program

April 2017 - December 2021

Clinical, Health, Rehab Psychologist

The Ottawa Hospital
Regional Hepatitis Program, Ottawa, Ontario

May 2015 – March 2017

Clinical and Health Psychologist

The Ottawa Hospital
Shared Mental Health Care, Ottawa, Ontario

January 2014 – May 2015

Clinical, Health, Rehab Psychologist

Centre for Interpersonal Relationships
Ottawa, ON

April 2013 – April 2019

Clinical and Health Psychologist

The Ottawa Hospital, Civic Campus
Weight Management Clinic, Ottawa, Ontario

September 2012 – January 2014

Assistant Professor and Clinical Psychologist

Department of Clinical Health Psychology, Faculty of Medicine
University of Manitoba, Winnipeg, Manitoba
& Shared Mental Health Care, Winnipeg Regional Health Authority

September 2009 – August 2012

Clinical Psychology Resident

Pre-Doctoral Internship: Generalist Program: Adult Stream
Department of Clinical Health Psychology, Faculty of Medicine
University of Manitoba, Winnipeg, Manitoba

September 2008 – August 2009

Clinical Practicum Student

Psychology Department
Ottawa-Carleton Detention Centre, Ottawa, Ontario

October 2007 – March 2008

Clinical Practicum Student **March 2007 – Oct 2007**
Psychology Department - Behavioral Medicine - Immunodeficiency Clinic
The Ottawa Hospital – General Campus, Ottawa, Ontario

Clinical Practicum Student **May 2004 – July 2007**
Centre for Psychological Services
University of Ottawa, Ottawa, Ontario

Clinical Practicum Student **September 2006 – February 2007**
Geriatric Psychiatry Program
Royal Ottawa Mental Health Centre, Ottawa, Ontario

Clinical Practicum Student **June 2005 – April 2006**
Youth Psychiatry Program
Royal Ottawa Mental Health Centre, Ottawa, Ontario

Recreation Therapist **August - December 2000, May - August 2001**
Geriatric Psychiatry Program
Royal Ottawa Hospital, Ottawa, Ontario

RESEARCH EXPERIENCE

Affiliate Researcher **May 2013 - Present**
Centre for Research on Educational and Community Services (CRECS)
University of Ottawa
Ottawa, Ontario

Clinical, Health, Rehab Psychologist **September 2012 – December 2021**
Ottawa hospital Research Institute, Clinical Epidemiology Program
The Ottawa Hospital, Ottawa, Ontario

Assistant Professor and Clinical Psychologist **September 2009 – August 2012**
Department of Clinical Health Psychology, Faculty of Medicine
University of Manitoba, Winnipeg, Manitoba
& Shared Mental Health Care, Winnipeg Regional Health Authority

Research Assistant **September 2004 – May 2006**
School of Human Kinetics
University of Ottawa, Ottawa, Ontario

Research Assistant **September 2003 – July 2004**
School of Psychology
University of Ottawa, Ottawa, Ontario

Research Coordinator **January 2002 - May 2003**
Centre for Research on Educational and Community Services
University of Ottawa, Ottawa, Ontario

Research Assistant January - April 2001, September - December 2001
School of Psychology
University of Waterloo, Waterloo, Ontario

Research Assistant May - August 2000
School of Psychology
University of Waterloo, Waterloo, Ontario

Research Analyst January - April 2000
Human Resources Development Canada (HRDC)
Applied Research Branch, Gatineau, Quebec

Research and Program Assistant September - December 1999
Grand River Hospital, Kitchener, Ontario

Corrections Analyst May - August 1999
Correctional Service of Canada
Women Offender Sector, Ottawa, Ontario

TEACHING EXPERIENCE

Clinical Professor July 2013 - Present
School of Psychology, University of Ottawa
Ottawa, Ontario

Assistant Professor and Psychologist September 2009 – August 2012
Department of Clinical Health Psychology, Faculty of Medicine
University of Manitoba, Winnipeg, Manitoba
& Shared Mental Health Care, Winnipeg Regional Health Authority

Teaching Assistant Sept 2004 – April 2007
School of Psychology
University of Ottawa, Ottawa, Ontario

AWARDS AND SCHOLARSHIPS

Recipient of the Scott Rafter Memorial Award 2007
(Awarded to recognize excellence in both research and clinical work)
University of Ottawa, School of Psychology

Recipient of a SSHRC Sport Participation Research Initiative Program 2007
(Awarded to promote research on matters related to participation in sport in Canada)
University of Ottawa, School of Psychology

Recipient of a SSHRC Doctoral Fellowship 2006, 2007

University of Ottawa, School of Psychology	
<i>Recipient of the Monseigneur Joseph Aurèle Plourde Scholarship</i> (Awarded to recognize research that aims to improve the quality of life of underprivileged groups) University of Ottawa, School of Psychology	2005
<i>Recipient of student award for best oral presentation (academic stream)</i> 4 th International Conference on Urban Health, Toronto, Ontario	2005
<i>Recipient of an Ontario Graduate Scholarship</i> University of Ottawa, School of Psychology	2003, 2005
<i>Recipient of a University of Ottawa Excellence Scholarship</i> University of Ottawa, School of Psychology	2003/5/6/7
<i>Recipient of a University of Ottawa Admission Scholarship</i> University of Ottawa, School of Psychology	2004
<i>Recipient of an Admission Scholarship in the Strategic Areas of Development</i> University of Ottawa, School of Psychology	2003
<i>Psychology Honours Roll</i> University of Waterloo, School of Psychology	1999-2002
<i>Dean's Honours List</i> University of Waterloo, School of Psychology	1998-2002