

**Dr. Lyndsay Evraire**  
**C. Psych, Psychologist in Supervised Practice**

**EDUCATION**

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2010- 2015	<b>Doctorate of Philosophy, Clinical Psychology</b> The University of Western Ontario, London, Ontario, Canada
2008-2010	<b>Master of Science, Clinical Psychology</b> The University of Western Ontario, London, Ontario, Canada
2003-2007	<b>Bachelor of Science, Honours Psychology with Distinction</b> Queen’s University, Kingston, Ontario, Canada

**WORK**

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**Gilmour Psychological Services** (August, 2015-Present)

- Psychologist in Supervised Practice (registered with the College of Psychologists of Ontario) with a group practice in Ottawa, Ontario

**The Children’s Hospital of Eastern Ontario** (February, 2016 -May 2016)

- Psychologist in Supervised Practice (registered with the College of Psychologists of Ontario) with the Behavioural Neurosciences and Consultation Liaison Team

**AWARDS AND SCHOLARSHIPS**

<b>Date</b>	<b>Award</b>	<b>Value</b>
2015-2017	SSHRC Postdoctoral Fellowship (declined)-Waterloo	\$81,000
2014-2015	Western Graduate Research Scholarship	\$8000
2013-2014	Western Graduate Research Scholarship	\$10,900
2010-2013	Joseph-Armand Bombardier Canadian Graduate Scholarship – Doctoral (SSHRC-CGS)	\$105,000
2010-2011	Ontario Graduate Scholarship (OGS) – Doctoral (declined)	\$15,000
2009-2010	Ontario Graduate Scholarship (OGS) – Master’s	\$15,000
2008-2009	Joseph-Armand Bombardier Canadian Graduate Scholarship – Master’s (SSHRC-CGS)	\$17,500
2008-2009	Western Graduate Research Scholarship	\$8,000
2007-2008	Ontario Graduate Scholarship (OGS) – Master’s (declined)	\$15,000
2007	Dean’s Honour List with Distinction – Queen’s University (Top 3% of program)	Non-monetary
2006	National Science and Engineering Research Council (NSERC) – Summer Scholarship	\$5,600
2006	Queen’s Appeal Undergraduate Scholarship (Top 3% of program)	\$1,200
2005-2007	Dean’s Scholar, Queen’s University	Non-monetary

## PUBLICATIONS

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### *Peer-Reviewed Journal Articles and Book Chapters*

- Rehman, U. S., **Evraire, L. E.**, Karimiha, G., & Goodnight, J. A. (2015). Actor-partner effects and the differential roles of depression and anxiety in intimate relationships: A cross-sectional and longitudinal analysis. *Journal of Clinical Psychology, 71*, 715-724.
- Evraire, L. E.**, & Dozois, D. J. A., & Hayden, E. P. (2014). Assessment of Cognitive Vulnerability to Psychopathology: Issues in Theory and Practice. In G. P. Brown & D. A. Clark (Eds.). *Assessment in cognitive therapy* (pp. 94-120). New York: The Guilford Press.
- Dozois, D. J. A., Bieling, P. J., **Evraire, L. E.** et al. (2014). Changes in core beliefs (early maladaptive schemas) and self-representation in cognitive therapy and pharmacotherapy for depression. *International Journal of Cognitive Therapy, 7*, 217-234.
- Evraire, L. E.**, Ludmer, J. A., & Dozois, D. J. A. (2014). The influence of priming attachment styles on excessive reassurance seeking and negative feedback seeking. *Journal of Social and Clinical Psychology, 33*, 295-318.
- Dozois, D. J. A., **Evraire, L. E.** (2014). Theoretical perspectives on abnormal behaviour. In D. J. A. Dozois (Ed.). *Abnormal psychology: Perspectives (DSM-5 ed.)*. Toronto, Ontario: Pearson.
- Evraire, L. E.**, & Dozois, D. J. A. (2014). If it be love indeed tell me how much: Early core beliefs associated with excessive reassurance seeking in depression. *Canadian Journal of Behavioural Science, 46*, 1-8.
- Dozois, D. J. A., **Evraire, L. E.** (2013). Theoretical perspectives on abnormal behaviour. In D. J. A. Dozois (Ed.). *Abnormal psychology: Perspectives (5<sup>th</sup> ed.)*, pp. 23-47). Toronto, Ontario: Pearson.
- Evraire, L. E.**, & Dozois, D. J. A. (2011). An integrative model of excessive reassurance seeking and negative feedback seeking in the development and maintenance of depression. *Clinical Psychology Review, 31*, 1291-1303.
- Sabbagh, M. A., Bowman, L. C., **Evraire, L. E.**, & Ito, J. M. B. (2009). Neurodevelopmental correlates of theory of mind in preschool children. *Child Development, 80*, 1147-1162.

### *Other Publication*

- Evraire, L. E.**, & Kryski, K. R. (Winter, 2013 Issue). Advocacy through action: A clinical psychology graduate student initiative. *Psynopsis Magazine-Canadian Psychological Association*, p. 13.

*Manuscript Under Review*

Evraire, L. E., & Dozois, D. J. A. The contribution of attachment styles and reassurance seeking to trust in romantic couples. *Journal of Social and Personality Psychology*.

**CONFERENCE PRESENTATIONS**

**Evraire, L. E., & Dozois, D. J. A.** (2015, June). *The Role of Attachment Styles on the Relationship Between Daily Excessive Reassurance Seeking and Trust*. Symposium presenter for the Canadian Psychological Association Conference, Ottawa, Ontario.

**Evraire, L. E., & Dozois, D. J. A.** (2014, July). *A Daily Diary Analysis of the Cognitive Origins and Dynamics of Excessive Reassurance Seeking in Depression*. Presenter for the International Congress of Applied Psychology: From Crisis to Sustainable Well-Being, Paris, France.

**Evraire, L. E., Rehman, U. S., & Dozois, D. J. A.** (2014, June). *An examination of the influence of relationship satisfaction and depression on conflict frequency in romantic couples*. Presenter at the Society for Interpersonal Theory and Research, New Haven, Connecticut.

**Evraire, L. E., & Dozois, D. J. A.** (2013, September). *The role of early core beliefs and excessive reassurance seeking in the development and maintenance of depression*. Presented by Dr. Dozois at the European Association for Behavioural and Cognitive Therapies, Marrakech, Morocco.

**Evraire, L. E., McDermott, R., & Dozois, D. J. A.** (2013, June). *Exploring the relationship between excessive reassurance seeking and stress reactivity*. Poster presented at the Canadian Psychological Association Conference, Quebec City, Quebec.

McDermott, R., **Evraire, L. E., & Dozois, D. J. A.** (2013, June). *Attentional allocation in insecure attachment: The importance of exposure durations*. Poster presented at the Canadian Psychological Association Conference, Quebec City, Quebec.

Ludmer, J. A., **Evraire, L. E., & Dozois, D. J. A.** (2013, June). *The influence of attachment style on excessive reassurance seeking and negative feedback seeking*. Poster presented at the Canadian Psychological Association Conference, Quebec City, Quebec.

**Evraire, L. E., & Dozois, D. J. A.** (2012, July). *Exploring the cognitive origins of excessive reassurance seeking in depression*. Presenter for the International Congress of Psychology: Psychology Serving Humanity, Cape Town, South Africa.

Lowe, E. M., **Evraire, L. E., Dozois, D. J. A.** (2012, July). *Intolerance of uncertainty and excessive reassurance seeking in depression*. Poster presented at the International Congress of Psychology: Psychology Serving Humanity, Cape Town, South Africa.

- Evraire, L. E., & Dozois, D. J. A.** (2012, June). *Examining the relationships between adult attachment styles, early maladaptive schemas and excessive reassurance seeking.* Symposium presenter for the Canadian Psychological Association Conference, Halifax, Nova Scotia.
- Lowe, E. M., **Evraire, L. E., & Dozois, D. J. A.** (2012, June). *Excessive reassurance seeking and intolerance of uncertainty as related to depression and worry.* Symposium presented at the Canadian Psychological Association Conference, Halifax, Nova Scotia.
- McDermott, R., **Evraire, L. E., & Dozois, D. J. A.** (2012, June). *Exploring the relationship between attentional bias and excessive reassurance seeking.* Symposium presented at the Canadian Psychological Association Conference, Halifax, Nova Scotia.
- Sussman, K. T., **Evraire, L. E., & Dozois, D. J. A.** (2012, June). *Biased interpretation of social threat and excessive reassurance seeking.* Symposium presented at the Canadian Psychological Association Conference, Halifax, Nova Scotia.
- Evraire, L. E., & Dozois, D. J. A.** (2010, November). *If it be love indeed tell me how much: Exploring the origins and dynamics of excessive reassurance seeking.* Poster presented at the 44<sup>th</sup> Annual Association for Behavioral and Cognitive Therapies Conference, San Francisco, California.
- MacGregor, K. E., Fabrigar, L. R., & **Evraire, L. E.** (2008, February). *The role of extraversion in self-enhancement strategy effectiveness.* Poster presented at the 9th annual Society for Personality and Social Psychology Conference, Albuquerque, New Mexico.
- Evraire, L. E., & Rehman, U.** (2007, November). *Using daily diary methodology to examine exposure to marital conflict: A comparison of depressed and nondepressed couples.* Poster presented at the 41<sup>st</sup> Annual Association for Behavioral and Cognitive Therapies Conference, Philadelphia, Pennsylvania.
- Evraire, L. E., & Rehman, U. S.** (2007, April). *Using daily diary methodology to examine exposure to marital conflict: A comparison of depressed and nondepressed couples.* Symposium presenter at the Psychology Undergraduate Thesis Conference, Toronto, Ontario.

## **OTHER PROFESSIONAL PRESENTATIONS**

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- Evraire, L. E.** (2015, November). *Clinical psychology and mental health.* Presented at Blyth Academy to Grade 11 and 12 students as part of their psychology class, Ottawa, Ontario.
- Evraire, L. E.** (2014, April). *Psychology and ethics from a clinical and research perspective.* Presented at All Saints Catholic High School to Grade 11 and 12 students as part of their ethics and religion classes, Ottawa, Ontario.
- Evraire, L. E.** (2012/2013, February). *Relationships: Why we behave the way we do?* Community lecture presented at the London Public Library as a member of Advocacy through Action, London, Ontario.

- Evraire, L. E.** (2012, December). *The importance of having a mental health toolkit*. Community workshop presented at the London Public Library in collaboration with Connect for Mental Health, London, Ontario.
- Evraire, L. E.** (2012, September). *Stress management workshop*. Presented at Sir Frederick Banting Secondary School to Grade 11 students as a part of their healthcare class, London, Ontario.
- Evraire, L. E.** (2012, February). *Building your mental health tool box*. Community lecture presented at the London Public Library as a member of Advocacy through Action, London, Ontario.
- Evraire, L. E., & Edwards, K.** (2011, Summer). *Girl power workshop*. Community workshop presented as part of Big Brothers, Big Sisters of London, Ontario.
- Evraire, L. E.** (2011, May). *Building your mental health tool box*. Community lecture presented at an employee meeting at Home Hardware in London, Ontario.
- Evraire, L. E., Edwards, K., & Schraeder, K.** (2011, May). *Why YOU should consider becoming a doctor in clinical psychology*. Workshop presented to high school students as part of Discovery Days in Health Sciences at the University of Western Ontario, London, Ontario.
- Evraire, L. E., & Edwards, K.** (2011, February). *The pursuit of happiness*. Community lecture presented at the London Public Library as a member of Advocacy through Action, London, Ontario.
- Evraire, L. E.** (2010, December). *If it be love indeed tell me how much: An exploration of the origins and dynamics of excessive reassurance seeking*. Talk presented at the Clinical Area Research Brownbag, Department of Psychology, The University of Western Ontario, London, Ontario
- Evraire, L. E., & Edwards, K.** (2010, February). *Building youth self-esteem: An interactive seminar*. Community lecture presented at the London Public Library as a member of Advocacy through Action, London, Ontario.
- Evraire, L. E., & Edwards, K.** (2009, February). *Girl power: Ways of fostering self-esteem in young girls*. Community lecture presented at the London Public Library as a member of Advocacy through Action, London, Ontario.

## RESEARCH EXPERIENCE

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### **Diagnostician, The University of Western Ontario, London, Ontario** (Spring, 2013)

- Administered and scored Structured Clinical Interviews (SCID) for DSM-IV to students at risk for anxiety and depression

### **Diagnostician, The University of Western Ontario, London, Ontario** (2011-2012)

- Administered Structured Clinical Interviews for DSM-IV Axis I (SCID-I) and UCLA Life Stress Interviews to a community sample of parents of 5-year-old children

**Research Assistant, Queen's Mental Health Team-Youth in Transition Clinic at Ongwanda (2007-2008)**

- Reviewed client files and created a clinical database of clients at the Dual Diagnosis Clinic at Ongwanada, Kingston, Ontario
- Mailed out, scored and analyzed measures (demographics; CBCL; ABAS)
- Participated in a concise course on dual diagnosis and received a certificate

**Research Assistant and Lab Manager, Social Influence Lab, Queen's University (2004-2008)**

- Head research assistant for a project examining the role of extraversion and introversion on the use of various self-enhancement strategies
- Organized and managed members of the lab along with their various research projects
- Assisted with project development, preparation, data collection and analyses
- Organized and developed the psych 1000 mass subject pool data collection initiative

**Research Assistant, Canadian Armed Forces, Royal Military College (2007)**

- Transcribed audio recordings of military leaders from England, Canada, Germany, and the United States discussing the topic of propaganda use by the military

**Research Assistant, Queen's University, Kingston, Ontario (2006-2007)**

- Examined the role of depression in the generation of stress in romantic couples
- Conducted a research protocol with married community couples, with wives who had a history of, or current depression, consisting of semi-structured interviews, self-report questionnaires, computer tasks and dyadic interactions; scored measures and inputted data

**National Science and Engineering Research Council Summer Project, Queen's University, Kingston, Ontario (2006)**

- Examined the neurodevelopmental correlates of theory of mind in preschool children  
Conducted over 200 lab visits with children aged 3 to 5-years-old and their parents; conducted EEG measures with each of the children; scored and coded video taped measures of executive functioning and theory of mind

**TEACHING AND SUPERVISION EXPERIENCE**

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*Teaching Assistantships:*

- PSYC 2043: Exceptional Children: Developmental Disorders (2011-2014)
- PSYC 2042: Exceptional Children: Behavioural Disorders (2011)
- Developmental Psychology King's University College (2010)
- PSYC 2800: Research Methods in Psychology – Lab Instructor (2009-2010)
- PSYC 2800: Research Methods in Psychology- Exam Marker (2008-2009)

***Invited Lectures:***

*Building your Mental Health Toolbox*-Presented to the Clinical Psychology Course at the University of Western Ontario-King's College (Nov, 2011)

*Cognitive Development*-Presented to the Developmental Psychology Course at the University of Western Ontario-King's College (Oct, 2010)

***Supervision of Honours Students:***

2012-2013 Jaclyn Ludmer (co-supervised with David Dozois)

2011-2012 Katie Sussman (co-supervised with David Dozois)

2009-2010 Erin Lowe (co-supervised with David Dozois)

**SERVICE ACTIVITIES****Internship Selection Committee: Children's Hospital of Eastern Ontario (2014-2015)**

- Participated in the review of applications, interviews, and the selection of the following year's residents

**Advocacy through Action (2008-2013)**

- Advocacy through Action is a graduate student run group that strives to bring psychology to the community of London, Ontario, through an annual series of public talks ("Finding Your Way") on various topics related to mental health and well-being. Along with being an active member of this group throughout my graduate studies, I have also held the following leadership positions:
  - **Co-President (2012-2013)**: responsible for liaising with the library regarding scheduling of the series; monitoring and overseeing the duties of the various committees; coordinating members and running meetings; disseminating the success of our group through articles and conference publications
  - **Co-chair - Pamphlets Committee (2009-2011)**: in charge of collecting brochures and resources from local mental health agencies to distribute to individuals attending the library talks
- Advocacy Through Action has received the following awards:
  - 2009 Finalist, Pillar Community Innovation Award, *Pillar Nonprofit Network*
  - 2009 Outstanding Contribution by a Psychology Student (Group), *London Regional Psychological Association (LRPA)*
  - 2008 Public Education Award. *Ontario Psychological Association (OPA)*

**Clinical Student Advisory Committee (2010-2014)**

- Responsibilities include organizing an annual series of seminars and workshops for clinical psychology graduate students, faculty, and adjuncts; collecting/preparing documents for CPA accreditation; liaising between faculty and students; and welcoming and orienting new students to the clinical program.

**Ad Hoc Reviewer** (November, 2011)

- For the *Journal of Consulting and Clinical Psychology*

**Professional Affiliations:**

2015-Present	College of Psychologists of Ontario
2010-Present	Canadian Psychological Association (CPA; student member)
2009-2013	London Regional Psychological Association (LRPA; student member)
2007-2008; 2010-2011	Association for Behavioral and Cognitive Therapies (ABCT; student member)

**CLINICAL EXPERIENCE****Pre-Doctoral Internship In Clinical Psychology, The Children's Hospital of Eastern Ontario** (2014-August 2015)

- Internship accredited by the Canadian Psychological Association
- Major rotations in Outpatient Mental Health Team (Mood and Anxiety Clinic and ADHD and Disruptive Behaviour Disorder Team); Health Psychology; and Neuropsychology. Minor rotations in family therapy, long-term individual therapy and with the Canadian Psychological Association (CPA) doing program evaluation and policy research
- Conduct comprehensive psycho-educational and neuropsychological assessments and provide therapy to children, adolescents and their families using a number of therapeutic approaches (DBT; solution focused family therapy; CBT; client-centered)

**Therapist, Lewis J. Leikin Psychology, Professional Corporation** (2013-2014)

- Provided ongoing therapy to children, adolescents, young adults and their families presenting with a variety of concerns (e.g., symptoms of anxiety, low mood, PTSD, emotional regulation, defiance, school avoidance, anger) using a variety of therapeutic techniques (CBT; parent training; client-centered)

**Student Development Centre, The University of Western Ontario, London, Ontario** (Summer, 2013)

- Provided ongoing individual therapy to clients presenting with a variety of concerns (e.g., Bulimia Nervosa, Generalized Anxiety Disorder, Major Depressive Disorder, Social Anxiety Disorder, Autism Spectrum Disorder, Panic Disorder, PTSD, family and relationship problems) using a variety of therapeutic approaches (e.g., CBT; client centered; Gestalt techniques; behavioural skills training)

**Private Practice, London, Ontario** (Summer, 2013)

- Conducted comprehensive psycho-educational assessments with adults/adolescents using the Cross-Battery assessment approach



**Child and Adolescent Mental Health Care Program, London Health Sciences Centre, London, Ontario (2012-2013)**

- Completed psychodiagnostic assessments and corresponding integrated reports with children/adolescents
- Provided individual and group CBT to children and adolescents suffering from anxiety disorders and their parents

**Early Years Program - Vanier Children's Services, London, Ontario (Summer, 2012)**

- Completed cognitive and psychosocial assessments and corresponding integrative reports on preschool-aged children presenting with externalizing/internalizing difficulties, attention issues, learning problems and family difficulties

**Operational Stress Injury Clinic – Parkwood Hospital, London, Ontario (2012)**

- Completed comprehensive assessments and corresponding integrative reports to determine the presence of operational stress injuries (including PTSD, Major Depressive Disorder, Substance Dependence)
- Provided ongoing prolonged exposure therapy to an individual client diagnosed with PTSD

**Psychological Services, Thames Valley District School Board, London, Ontario (2011-2012)**

- Provided short-term crisis counselling and ongoing individual therapy to adolescents presenting with a variety of concerns (e.g., anxiety, sexuality/gender, bereavement, trauma, depression, non-suicidal self-harm, body image/eating, relationship and family issues, anger and bullying) using a variety of therapeutic approaches (e.g., CBT, IPT, client-centered)
- Completed gifted/comprehensive psycho-educational assessments with adolescents
- Provided consultation and support to school staff

**Residential and Outpatient Services - Child and Parent Resource Institute, London, Ontario (2010-2012)**

- Developed and implemented a CBT-based anger management program/manual for clients on the inpatient boys' and girls' units
- Provided individual therapy (client-centered; CBT and/or DBT) to adolescent girls in residential treatment with presenting concerns of anxiety (Social Anxiety Disorder, Separation Anxiety Disorder, Specific Phobia), gender identity and borderline personality traits.
- Provided outpatient therapy (CBT) to two children with anxiety (GAD, OCD symptoms, Specific Phobia)
- Conducted comprehensive psycho-educational and psycho-social assessments

**Forensic Unit - Regional Mental Health Care, St. Thomas, Ontario (2010)**

- Completed a comprehensive psychodiagnostic assessment on an adult male with Schizophrenia

**Eating Disorders Unit – London Health Sciences Centre, London, Ontario (2010)**

- Completed comprehensive psycho-social assessments and corresponding integrative reports to determine the presence of an eating disorder (Anorexia Nervosa, Bulimia Nervosa or Eating Disorder-Not Otherwise Specified).

**Girl Power Camp Facilitator-Kingston Military Family Resource Centre (Summer, 2008)**

- Designed and implemented 4 week long summer camp (Girl Power) for girls (aged 8-15) from military families that targeted topics such as self-esteem, body image, bullying, healthy eating, the importance of physical activity, healthy relationships, self-defence, creativity and intelligence

**RELEVANT COMMUNITY SERVICE**

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**Big Brothers, Big Sisters of London and Area – Big Sister (2009-2014)**

- Big sister to a 16-year old teenager from London, Ontario (with a neuro-developmental disorder and ADHD).

**Cross-Cultural Solutions – International Volunteer (Summer 2005, 2011)**

- Volunteered for 3 weeks at a primary school (taught English and psychological concepts such as self-esteem, healthy relationships etc.) in one of the poorest townships (Khayelitsha) in Cape Town, South Africa, while living in the local community, learning the local languages, history and culture
- Volunteered for 3 weeks at a children’s orphanage in Tanzania, Africa while living in the local community, learning the local language and culture

**Queen’s Dance Club - Ballet Instructor (2004-2008)**

- Developed lessons and taught weekly classes to 40 students; classes taught included intermediate ballet, pointe, variations and advanced ballet
- Choreographed class numbers that were performed at biannual recitals
- Taught creative movement classes to 3 to 5-year-olds at the local YMCA, including two children suffering from Down Syndrome