



Research Seminar

Tuesday, November 8, 2016

12:30 PM to 2:00 PM

The Child Psychiatry Research Committee is sponsoring a Child Psychiatry Research Seminar. This seminar is open to all staff and students. The seminar will be informal and encourage active audience participation and discussion.

“ANXIETY, STRESS AND INCREASED RISK FOR SEVERE PSYCHIATRIC DISORDERS: IMPLICATIONS FOR PREVENTION AND EARLY DETECTION”

Presenter: Dr. TINA C. MONTREUIL, OPQ

Assistant Professor of School/Applied Child Psychology at McGill University since 2015, Dr. Tina Montreuil received her PhD and PsyD in Clinical Psychology at UQÀM in 2013. As a licensed member of the Quebec Order of Psychologists and the College of Psychologists of Ontario, as well as a credentialed member of the Canadian Association of Cognitive-Behavioural Therapies, she practices privately with children and adult populations, focusing on cognitive-behavioural and mindfulness approaches, primarily treating anxiety disorders. Dr. Montreuil received a 3-year *Canadian Institutes of Health Research* (CIHR) Doctoral Research Award and her work focused on devising a manualized group CBT intervention for social anxiety in psychosis. Moreover, in 2014, she completed a CIHR-funded Postdoctoral Fellowship with McGill's Psychiatry Department. In 2016, Dr. Montreuil was invited as guest editor to oversee the preparation of a special issue for the *Canadian Journal of School Psychology* entitled “School and Educational Psychology in Canada: A 2016 Perspective”, where 11 provinces and territories reported on the status of school psychology in their respective geographic area. Her current research, for which she was awarded two highly competitive research grants as a principal applicant, one of which, a Social Sciences and Humanities Research Council Insight Development Grant (2016-2018), focuses on investigating the role of emotion regulation and anxiety disorders in children and how related deficits may not only lead to the development of psychopathology, but also affect school adaptation and academic achievement. Furthermore, she has developed a school-based training program aimed at improving emotion regulation and metacognitive skills in children through a mindfulness-based approach that is currently implemented in various elementary schools. Her emotion-focused program is also geared towards teachers and parents, as these two represent key variables that play a critical role in influencing the development of emotion regulation skills in children.

Date: Tuesday, November 8, 2016

Time: 12:30 to 2:00 PM

Place: The Montreal Children's Hospital, Glen Site
1001 Decarie Blvd.
Block B
Conference room – **B 07 1273**



L'Hôpital de Montréal pour enfants
The Montreal Children's Hospital
Centre universitaire de santé McGill
McGill University Health Centre





Learning Objectives:

- Differentiate Childhood Fears, Chronic Stress from Anxiety
- Discuss the Challenges in Assessing Internalizing Disorders such as Anxiety in Children
- Recognize the Current Obstacles to Preventing Childhood Anxiety Problems
- Identify Universal and Targeted Prevention Approaches



L'Hôpital de Montréal pour enfants
The Montreal Children's Hospital
Centre universitaire de santé McGill
McGill University Health Centre

