



**Dr. Louise Aznavour**

PhD Psychologist  
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**- CURRICULUM VITAE -**

### **LANGUAGES:**

English, French, Armenian, Turkish, Sign Language for the Deaf

### **ACADEMIC DEGREES:**

1974      Université de Montréal, Doctorate in Clinical Psychology

1972      Université de Montréal, Masters in Clinical Psychology

1970      Sir George Williams University (Concordia U.), Bachelors degree with **honors** in Psychology

1982 and 1991      Courses in Sign Language for the Deaf at Gallaudet University (the first University for the Deaf, Washington, D.C.) and courses at Mackay School for the Deaf, Montreal, Canada.

### **ACADEMIC AWARDS**

1961-1965      American College for Girls (Robert College) A.C.G. Alumni Award

### **PROFESSIONAL EXPERIENCE**

(Ongoing)      **Private Practice**

#### **International projects involving general public, businesses and academic settings:**

- Creativity and Innovation Consultation and Seminars
- Effective Business Communication Workshops
- Conflict Management, Negotiation, The Art of Persuasion
- Creativity and Innovation in Global Economies
- Developing a Solution Minded Approach to Problems
- How to Think Globally and Impact Locally
- Stress Management & Burnout Prevention Seminars
- Wellness Training

- 2005, 2006 **Visiting Clinical Psychologist**
- Slavonic University**, Yerevan, Armenia  
Seminar Series: Creativity and Innovation
- American University of Armenia**  
Women's Group: Coping Skills Building
- 2004, 2006 **Visiting Clinical Psychologist**
- American University of Armenia, Yerevan, Armenia**  
Seminar Series: Optimism, Stress Management, Creativity
- 2004 **Visiting Clinical Psychologist**
- American University of Armenia, Yerevan Armenia**  
Seminar Series: Stress and Depression Management  
Hokeban Group
- 1999 **Visiting Scholar**
- Bosphorus University (Previously Robert College)**  
Psychology Department, Istanbul, Turkey  
Course Title: Personality
- 1974-2000 **Clinical Psychologist**
- Behavior Therapy Unit**  
Douglas Hospital Center  
Verdun, Quebec, Canada
- 1976-1982 **Lecturer**
- McGill University** (Liberal Arts Department)  
Montreal, Canada  
Course Titles: Human Relations I & Human Relations II
- 1977 **Lecturer**
- Concordia University**  
Montreal, Canada  
Course Title: Personality, Normal and Abnormal
- 1973-1974 **Clinical Psychologist**
- Ste Anne's Veterans' Hospital**  
Psychology Department  
Ste Anne de Bellevue, Québec, Canada

- 1972            **Research Assistant**
- Reddy Memorial Hospital**  
                  Psychology Department  
                  Montreal, Quebec, Canada
- 1972-1973      **Psychology Intern**
- Ste Anne's Veterans' Hospital**  
                  Ste Anne de Bellevue, Québec, Canada
- 1971-1972      **Psychology Intern**
- Two full terms**  
                  **Behavior Therapy Unit**  
                  Douglas Hospital  
                  Verdun, Quebec, Canada
- 1970-1971      **Research Assistant**
- Sir George Williams University** (presently, Concordia U.)  
                  Montreal, Quebec, Canada

**ADDITIONAL PROFESSIONAL SERVICES:**

- 1983-1993      Consulting Clinical Psychologist**
- Mackay Center School for the Deaf**  
                  Montreal, Quebec, Canada
- 1981-1982      **Consulting Clinical Psychologist**
- Centre d'accueil Le Chainon**  
                  Centre for Retarded Children and Adults. Montreal, Quebec, Canada
- 1974-2000      **Clinical Supervisor**
- Mc Gill U., Concordia U., and Université de Montréal**  
                  Clinical supervision and teaching of Behavior Therapy Theory and Techniques to  
                  Doctorate students interning at the Behavior Therapy Unit &  
                  Presentation of seminars and providing supervision to Psychiatry Residents

**INVITED GUEST SPEAKER TO LECTURE SERIES:****WORKSHOPS & SEMINARS: (Highlights)****Les Journées Dentaires Internationales Du Québec, Palais du Congres,**

(About 1000 professionals attended to my presentation)

Le Stress: Comment Vous Immuniser Contre Ses Effets – Techniques Pratiques

**Shari Zedek Congregation**

Laugh Your Way Out of Stress

**World Federation For Mental Health, World Congress, Dublin, Ireland**

Becoming an Optimist: Prevention of Burnout in Health Care Professionals

**IV WAPR Congress, Dublin, Ireland**

Professional Caretakers Learn Selective Optimism As An Antidote to Burnout

**Center for the Advancement of Nursing Practice**

Nurse's Week: Jewish General Hospital

Antidotes to Burnout

**Mackay Center**

Study day offered to staff and management

Burnout: Prevention and Intervention

Anger Management - groups for the students

Social Skills Training - groups for the students

**Hope and Cope**

**Oncology Department Staff, Jewish General Hospital**

Humor and Positive Imagery in Stress Management

**Cancer Patients Self-Help Group**

Jewish General Hospital

Workshop on Stress Management

**LaColle Center, Concordia University**

Humor, Laughter and Relaxation Training in Stress Management

**Ami Quebec**

Support group for individuals diagnosed as having obsessions and compulsions.  
Over the years periodically invited as a resource professional.

**Jewish General Hospital**

Varied conferences offered to all staff of the hospital over the years on upbeat themes dealing with stress management and motivational themes

**Douglas Hospital**

Highlights of Seminars and workshops spread around different years:

- Positive Power of Humor in stress management
- Behavior Therapy Emphasized Employee Well-Being: "Caretakers Learn to Prevent Burnout"
- Invited address: La Journée d'étude des Propriétaires du Programme des Foyers Gériatriques
- Intensive Training Session on Relaxation Techniques
- Series of seminars to boost the morale of "burnout" staff due to downsizing
- Special conference offered to Cadre (Management of the hospital)
- Downsizing Stress and Expanding Success in Communication

**The Personnel Group of Montreal**

Seminar on Communication Skills Training

**Tekeyan Cultural Association**

Workshop offered to the community  
Invited Address: Metabolic Cueing in the Obese

**Université du Québec a Montréal**

Sieme Colloque Quebecois Sur La Santé Mentale  
Entraînement a l'auto affirmation de Soi Pour Les Femmes  
Workshop offered to general staff, professors and university students

**CEGEP Edouard-Montpetit**

La Semaine de Psychologie Wilhelm Wundt  
Invited Address on Behavior Therapy

**PUBLICATIONS AND STUDIES**

**Ongoing** website: [www.stayingupbeat.com](http://www.stayingupbeat.com), books, CDs, communications etc.

**Becoming an Optimist: Prevention of Burnout in Health Care Professionals, WFMH World Congress, Dublin, Ireland.** Louise Aznavour, Scientific Programme, 109, 1995

**Optimism Knocks.** Louise Aznavour, Maureen Stafford, Michael Perreault. Training and Development, 10, 1994

**Professional Caretakers Learn Selective Optimism as an Antidote to Burnout.** Louise Aznavour, Maureen Stafford. IV WARP Congress, Book of Abstracts, 73, 1993.

Study presented at IVth Congress of World Association for Psychosocial Rehabilitation, Dublin, Ireland, 26-29 September

**Soignez Vos Phobies.** Reader's Digest, 81-84, 1985  
(Article by Madelaine Roy based on interviews including Louise Aznavour)

**The Comparative Effectiveness of Relaxation and Modeling of Self-Instructions in the Treatment of Stuttering.** Louise Aznavour. 1982. (Draft of a research study)

**Treatment of Stuttering by Relaxation, Self-Instructions and Modeling: A Behavioral Treatment Package.** Louise Aznavour, Zahid Wasti, Paul Klodnisky. 1980 (Research study prepared in collaboration with McGill University Psychology students)

**Effects of Volume and Caloric Preloading on Short Term Metabolic Cueing in the Obese.** Louise Aznavour, Walter Watts. 1976.

Research Study done with Dr. Walter Watts, concurrently a professor at University of New Brunswick and doing an internship at Behavior Therapy Unit, Douglas Hospital Center

**Marathon Groups: One Session Behavioral Package for the Overweight.** Louise Aznavour. 1975. (Group therapy offered and data gathered to prepare and propose a model for future treatments, teaching and conferences for the university and hospital settings)

**Effectiveness of Supplied Mediators in Relation to Presentation Modality and Retrieval Cue.** Tannis Y. Arbuckle, Louise Aznavour. J. Experimental Psychology, 1973, 98, 286-290.

## **MASTERS AND DOCTORAL THESIS**

**Self-Regulation. The Concept Its Objectives and Methods.** (Masters Thesis, 1972)

**Comparison of Different Methods of Self-Control in Tolerance of Noxious Stimulation.**  
(Doctoral Thesis, 1974)

This study, based on experimental research protocol, gave promising results reaching statistical significance. A copy of this experimental research can be obtained from the archives of Université de Montréal.

**THERAPY INTERESTS AND EXPERTISE****INDIVIDUAL AND GROUP SESSIONS**

Stress Management (social or work related)

Anxiety, Phobias and Panic

Sexual Problems

Rape Victims

Therapy for the Deaf

**RESEARCH INTERESTS**

Selective Optimism

The Power of Humor

Wellness Training

Mind/Body Connection (Psychoneuroimmunology)

Social Skills Deficits

Obesity/Food related disorders/Body Image

**CERTIFIED MEMBER**

Professional Corporation of Psychologists in Quebec

Ordre Des Psychologues Du Québec