

# NATACHA JOUBERT PhD

**Doctor in Psychology  
Mental Health Promotion**

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## EDUCATION

1979 – 1992 **Doctorate in Psychology**

University of Ottawa  
Ontario, Canada

**Bachelor of Arts with Concentration in Philosophy and  
Specialization in Psychology**

University of Ottawa  
Ontario, Canada

**30 years of experience and over 150 publications and public presentations on various issues related to the promotion of mental health and the prevention of distress. (See Annexes)**

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## EMPLOYMENT HISTORY

2018- **Private Practice  
Counselling and training\*  
Mental Health Promotion  
Gatineau – Ottawa**

Building on thirty years of experience in promoting individual resilience and mental health and preventing mental health problems, I offer individual counselling, coaching, professional training, personal development workshops and conferences to professionals, formal and informal caregivers and the general public on how to let go of fear, anger, self-judgment and self-doubt, and better care for themselves and others. (See my website)

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\* Certified trainer

2013-17 **Senior Researcher and Expert-Advisor  
Mental Health Promotion  
Center for Health Promotion**  
Public Health Agency of Canada  
Ottawa, Ontario  
I lead the development of mental health promotion policy, research, practices and training to: promote public awareness and understanding of the importance of positive mental health to prevent mental health problems and maintain overall health; build capacity across sectors, e.g. public health, health and allied sectors, to promote positive mental health; and to better coordinate national efforts and actions on mental health promotion. I also provide senior management expertise and advice related to organizational culture and workplace mental health.

2011 - 2012 **Senior Researcher and Expert-Advisor  
Mental Health Promotion  
Center for Health Promotion**  
Public Health Agency of Canada  
Ottawa, Ontario  
  
I coordinate the Center for Health Promotion engagement and contribution to the development and implementation of a Health Promotion Framework to better align and to facilitate program and policy development work in health and mental health promotion within the Agency and across Canada. I also provide senior management expertise and advice on various population mental health promotion issues.

2010 - 2011 **Senior Researcher and Expert-Advisor  
Mental Health Promotion  
Office of Public Health Practice**  
Public Health Agency of Canada  
Ottawa, Ontario  
  
The purpose of my assignment to the Office of Public Health Practice is to provide senior management with expertise and advice on organizational culture and transformation, leadership development and mentally healthy working environment. These activities are central to the Public Health Agency of Canada's strategic objectives for 2007-2012 and Level 2 (transformation) of the National Quality Institute Progressive Excellence Program.

**Special contribution with the Canadian Institute for Health Information for the development of the report *Improving the Health of Canadians: Exploring Positive Mental Health* (CIHI, 2009) and the writing of a complementary article.**

2010 - 2015 **Board Member**  
Board of Directors, Centre Mechtilde - For women and children experiencing violence and homelessness  
Gatineau, Québec

2006 - 2009 INTERCHANGE CANADA ASSIGNMENT  
**Coordinator and Senior Researcher**  
**Population Mental Health Promotion Initiative**  
University of Ottawa Institute of Mental Health Research  
Ottawa, Ontario

I managed an initiative to support the development of research, practices and training programs on population mental health promotion. This initiative included the creation of an international population mental health promotion post-graduate training program.

**Special contributions to the *Declaration* and to the *Plan of Action for Mental Health in Europe* adopted by 52 Member States in the Euro Region of the World Health Assembly in January 2005, and to the *Bangkok Charter for Health Promotion* approved in August 2005.**

2006 - 2012 **Assistant Professor**  
Department of Psychiatry, Faculty of Medicine  
University of Ottawa, Ontario

2003 - 2005 **Senior Policy Consultant and Researcher**  
**Population Mental Health Promotion**  
Public Health Agency of Canada  
Ottawa, Ontario

My work involved providing advice and expertise on many issues related to population mental health. The information and recommendations were formulated in response to various requests from within the Public Health Agency of Canada, its partners and its collaborating organizations nationally and internationally. I also worked on the development of public policy and public health strategies designed to promote the mental health of populations in Canada and abroad.

**Member of the group of experts created by the federal Deputy Minister of Health to develop a strategic framework that sets out a vision for the future of the health in Canada until 2017.**

2001 – 2003 INTERCHANGE CANADA ASSIGNMENT  
**Senior Researcher and Consultant**  
**Population Mental Health Promotion**  
Institut national de santé publique du Québec  
Montréal, Québec

I developed various mental health promotion research initiatives in Quebec. Specifically, my work served to broaden and enrich the knowledge of the Institute on issues concerning, robustness factors favoring the resilience of individuals and

communities, to prevent and reduce the incidence of mental health problems in the population. It also involved informing, guiding and supporting decision-makers in the development of public health policy.

**Special contribution to the national strategy for mental health promotion titled *Building on Strengths* and put in place by the New Zealand government in 2002.**

2003 – 2006 **Researcher and Associate Professor  
Social Psychiatry**

Fernand-Seguin Research Centre, Hôpital Louis-H. Lafontaine,  
Université de Montréal, Montréal, Québec

1998 – **Founding Member** of the International Editorial Committee for the *International Journal of Mental Health Promotion*.

1990 – 2010 **Member of various peer-review committees** for the Network of Centres of Excellence of Canada, the Canadian Institutes for Health Research, the National Program for Health Research and Development, the Medical Research Council, the Social Science and Humanities Research Council of Canada, and the Population Health Fund.

**Special contributions to the presentations on *Mental Health in Canada* made to the House of Commons Standing Committee on Health and to the Office of the Prime Minister in Ottawa. These presentations led to federal government commitments to mental health outlined in the January 2001 *Speech from the Throne*.**

1990 – 2010 **Committee member** of professional and scientific advisory boards and working groups within and among federal government departments. The focus of this work is on health and social issues in Canada.

1996 – **Keynote speaker** at many conferences and other events, nationally and internationally. Numerous interviews with the media.

1996 – **Mentor and supervisor of graduate students** from Canada and abroad wishing to perfect their knowledge and expertise in mental health promotion. National and international examiner for doctoral thesis.

**Winner of the 1999 Pan-Canadian *Head of the Public Service Award* with which the Government of Canada rewards excellence, innovation and entrepreneurship.**

1995 – 2001 **Head and Researcher  
Mental Health Promotion Unit**

Health Canada  
Ottawa, Ontario

I created the Mental Health Promotion Unit in 1995. I was responsible for the development and implementation of activities involving consultation, research, analysis and planning with a view to the development of strategic plans of action, public policy, research projects and programs focusing on population mental health promotion. The Unit's work is widely acclaimed nationally and internationally for its contribution to the advancement of knowledge in this field. Here are a few examples:

- *Mental Health of the Canadian Population: A Comprehensive Analysis*
- *The Economic Burden of Mental Health Problems in Canada*
- *A Fiscal and Legislative Governance Map of the Canadian Health System and Mental Health System*
- *Measuring Population Mental Health in Canada: An Overview of Positive Mental Health Indicators*
- *Mental Health Policy in Canada*
- *Mental Health Promotion Resource Directory*
- *Mental Health Promotion Practices in Canada*
- *National Strategies for the Prevention of Suicide in Canada*
- *Pan-Canadian Group of Experts on Suicide Prevention*
- *International Network for Mental Health Promotion*
- *Youthquake/Youthnet National Network to Promote Young People's Mental Health*
- *Guide pratique pour la recherche évaluative en santé mentale* (Practical guide for evaluative research in mental health)

**Special contribution to the first comprehensive analysis ever conducted on the mental health status of the Canadian population, and to the first study ever published on the economic burden of mental health problems in Canada.**

1990 – 2001 **Worked on joint projects** including a number of television, film and multimedia initiatives, such as:

- *Hire Learning* (school dropouts)
- *De l'autre bord d'la track* (poverty)
- *Debwengidinook* (mental health of Aboriginal youth)
- *Family Album* (post-traumatic stress)
- *Undying Love* (resilience)
- *Jeunes adultes: par où commencer?* (mental health promotion)

- *M'aimes-tu?* (health promotion)
- *Briser les chaînes* (violence prevention)
- *Take Another Look* (anorexia nervosa)

1990 – 1995 **Researcher and Consultant**  
**Mental Health Division**  
*Department of Health and Welfare*  
 Ottawa, Ontario

- Research and consultation with various divisions of the Department of Health and Welfare and other federal departments and non-governmental organizations, in order to develop public policy and programs with a focus on mental health issues. Here are a few of the major achievements:
- a report on *Suicide in Canada*
- *Exploring the Links Between Mental Health and Substance Abuse*

Special contribution to the production of the *Mauve* CD-ROM for the prevention of distress and suicide among youth. In 1999, *Mauve* won two prestigious awards, from the Association for Media and Technology in Education in Canada, and from the International Festival for Health Multimedia and Video.

1990 – 1996 **Editor**  
***Santé mentale au Canada (Canada's Mental Health)***  
 Scientific peer reviewed journal (more than 40 000 readers)  
 Department of Health and Welfare  
 Ottawa, Ontario

Coauthor of the book titled *Because Life Goes On... Helping Children and Youth Live with Separation and Divorce...* of which more than 2 million copies have been distributed.

1983 – 1990 **Professor**  
 School of Psychology  
 University of Ottawa  
 Ottawa, Ontario

- Teaching the course titled *Learning: principes et laboratoire*
- Teaching the course titled *Introduction à la psychologie*
- Presentations on anorexia as part of the following courses: *Psychologie des femmes*, *Psychologie du développement des adolescents* and *Psychologie de la pathologie*
- Coordinator of laboratory activities for *Apprentissage et Learning*

- Teaching assistantships for *Apprentissage* and *Fondements Biologiques*

1982 – 1991 **Researcher**

School of Psychology  
University of Ottawa  
Ottawa, Ontario

- Basic research on cognitive development mechanisms, psychopathology and anorexia
- Applied psychology research on depression among youth
- French translation, adaptation and psychometric validation of the Life Events Questionnaire (LEQ) and the Inventory for Assessing Memories of Parental Rearing Behaviour (EMBU)
- Collaboration on the following papers: Baron, P. (1986) "The relation between egocentrism and dysfunctional attitudes in adolescents" *British Journal of Cognitive Psychotherapy*, 4, 71-77. Baron, P. (1985) "Crise économique et counselling de carrière : quelques réflexions" *Conseiller canadien*, 19, 186-189.
- Experimental psychology research on animal behaviour
- Collaboration on Leclerc, R. (1985) "Sign-tracking behavior in aversive conditioning: Its acquisition via a Pavlovian mechanism and its suppression by operant contingencies" *Learning and Motivation*, 16, 63-82.

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## AWARDS, SCHOLARSHIPS AND HONOURABLE MENTIONS

1993 –

- Winner of the 1999 prestigious Pan-Canadian *Head of the Public Service Award* with which the Government of Canada rewards excellence, innovation and entrepreneurship.
- Two awards for *Mauve* (1999), the CD-ROM designed to prevent youth distress and suicide, from the Association for Media and Technology in Education in Canada and from the International Festival for Health Multimedia and Video.
- The *Persillier-Lachapelle* award (1997) given by the Quebec Ministère de la Santé et des Services sociaux for the kit promoting optimal well-being among young adults titled "*Jeunes Adultes: par où commencer ?*".
- Research and consultation for the program titled "*M'aimes-tu?*", winner of two Gêmeaux awards in 1994-95.
- Research and consultation for the program titled *M'aimes-tu?*", winner of five Gêmeaux awards in 1993-94.

1982 – 1988

- Medical Research Council of Canada: Scholarship and award of excellence for research practicum (5 years)
- Scholarship and award of excellence from the University of Ottawa
- Natural Sciences and Engineering Research Council of Canada: Research scholarship
- University of Ottawa: Dean's list for academic excellence

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**PRIVATE PRACTICE**

1985 – Mental health promotion practitioner and consultant



# ANNEXE 1

## *Publications*

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- 2020      **Joubert, N.** (2020) Our relationship with the body: A big misunderstanding. Gatineau, Québec: See my website.
- Joubert, N.** (2020) Prendre soin de soi en période difficile, Gatineau, Quebec: See my website.
- 2019      **Liebenberg, L., Joubert, N.** (2019) A Comprehensive Review of Core Resilience Elements and Indicators: Findings of Relevance to Children and Youth, *International Journal of Child and Adolescent Resilience*, 6 (1), 8-18.
- 2017      **Joubert, N.** (2017) Healing the Healers – Promoting the Mental Health of Helping Professionals, Gatineau, Quebec: See my website.
- Joubert, N.** (2017) Self-acceptance is not what we think it is! Gatineau, Quebec: See my website
- Liebenberg, L., Joubert, N. & Foucault, M-L** (2017) Understanding Core Resilience Elements and Indicators: A Comprehensive Review of the Literature, Ottawa: Public Health Agency of Canada.
- 2016      **Joubert, N. & Guy K.** (2016) *Because life goes on – Helping children and youth live with separation and divorce/ Parce que la vie continue – Aider les enfants et les adolescents à vivre la séparation et le divorce*, 3<sup>rd</sup> Edition, Ottawa : Public Health Agency of Canada.
- Joubert, N.** (2016) How to let go of anger, ours and others, Gatineau, Quebec: See my website.
- 2015      **Joubert, N.** (2015) Soigner le regard que l'on pose sur soi et les autres, *le partenaire*, Quebec, Quebec: Association québécoise pour la réadaptation psychosociale, 24 (2), 29-32.
- 2013      **Joubert, N.** (2013) Il faut "se voir autrement" pour faire autrement. Journées annuelles de santé mentale du Québec 2013 – S'adapter ou adapter les services en santé mentale, MSSS, Quebec, Quebec : Direction nationale de la santé mentale, Ministère de la santé et des services sociaux.
- Joubert, N.** (2013) L'empathie...revue et corrigée. Centre Mechtilde, Gatineau, Quebec.
- 2012      **Joubert, N.** (2012) Le passage au monde adulte: Reconnaître et soutenir l'Être qui ne demande qu'à Être. *Équilibre*, Montreal, Quebec: Canadian Mental Health Association (Montreal Division), 7 (2), 26-31.

- Joubert, N.** (2012) *Éclairer le chemin l'un de l'autre vers la guérison. Training manual*, Gatineau, Quebec: CAP Santé Outaouais.
- 2011 **Joubert, N.** (2011) *La confiance vient avec la confiance, Coffre à outils, édition 2011*, 18-19, Quebec: Canadian Mental Health Association (Quebec Division).
- Joubert, N.** (2011) *La confiance vient avec la confiance. Semaine nationale pour la santé mentale*, Gatineau, Quebec: CAP Santé Outaouais.
- 2009 **Joubert, N.** (2009) *Population Mental Health Promotion: What is it? What can it become?* Canadian Institute for Health Information, Ottawa, Ontario: CIHI.
- Lahtinen, E., Joubert, N., Raeburn, J. & Jenkins, R.** (2009) *Strategies for Promoting the Mental Health of Populations. In J. Reynolds, R. Muston, T. Heller, J. Leach, M. McCormick, J. Wallcraft et M. Walsh (eds), Mental Health Still Matters*, chapter 13, pp. 81-87. Great Britain: Palgrave Macmillan.
- Joubert, N.** (2009) *The Missing Piece: The contribution of Mental Health Promotion to weaving the system together*, 2<sup>nd</sup> Mental Health Symposium of the University of Ottawa Department of Psychiatry and Institute of Mental Health Research, the Royal Ottawa Mental Health Centre and The Canadian Mental Health Association, Ottawa, Ontario.
- Joubert, N.** (2009) *Aller plus loin, ensemble*, Maison Communautaire Daniel-Johnson, Gatineau, Quebec: CAP Santé Outaouais.
- Joubert, N.** (2009) *Changer le monde...La promotion de la santé mentale des populations*, Youth Science and Technology Outreach Program, Ottawa, Ontario: University of Ottawa.
- Joubert, N.** (2009) *Changing the World: Population Mental Health Promotion*, Youth Science and Technology Outreach Program, Ottawa, Ontario: University of Ottawa.
- Joubert, N.** (2009) *Population Mental Health Promotion: What is it? What can it become?* Department of Social and Community Health, University of Auckland, New Zealand: School of Population Health.
- Joubert, N.** (2009) *Population Mental Health Promotion*, Youth Psychiatry Program, Ottawa, Ontario: Royal Ottawa Mental Health Centre.
- 2008 **Joubert, N.** (2008) *Excelling from within towards excellence*, Canada Public Service Agency, Ottawa, Ontario: Government of Canada.
- Joubert, N.** (2008) *A New Vision for Promoting Population Mental Health*, Department of Social and Community Health, University of Auckland, New Zealand: School of Population Health.
- Joubert, N.** (2008) *The Essentials of an Action Plan to Promote Child and Youth Mental Health. Canada's Children*, 13 (4), 13-15.
- 2007 **Joubert, N.** (2007) *A New Vision for Promoting Population Mental Health*, Advisory Network on Mental Health Meeting, Toronto, Ontario: Government of Canada.

- 2006 **Joubert, N.** (2006) *Promoting the Mental Health of Populations: A “Must” for Local and Global Public Health*. 11th World Congress on Public Health and 8th Brazilian Congress on Collective Health, Rio de Janeiro, Brazil.
- Joubert, N.** (2006) *La souffrance a ses raisons... que la raison ignore*. National Suicide Prevention Week, La Sarre (Abitibi), Québec.
- Joubert, N.** (2006) La souffrance des « autres ». pp. 2-16, Montréal, Quebec: Canadian Mental Health Association (Montreal Division).
- Joubert, N.** (2006) Besoin d'encadrement et de discipline, *in Mieux vivre avec notre enfant de la naissance à deux ans*, (édition 2006), pp.86-93. Quebec, Quebec: Institut national de santé publique du Québec.
- 2005 **Lahtinen, E., Joubert, N., Raeburn, J. & Jenkins, R.** (2005) Strategies for Promoting the Mental Health of Populations. *In* H. Herman, S. Saxena and R. Moodie (eds), *Promoting Mental Health – Concepts, Emerging Evidence, Practice*, chapter 17, pp.226-242. Geneva: World Health Organization.
- Joubert, N.** (2005) La promotion et la prévention en santé mentale. Quelques précisions, *Équilibre en tête*, 19, 1-5, Montréal, Quebec: Canadian Mental Health Association (Montreal Division).
- Joubert, N.** (2005) Mental Health of Canadians: A Snapshot, Document created while establishing a vision for the future of health in Canada, Ottawa, Ontario: Health Canada.
- Joubert, N.** (2005) La promotion de la santé mentale, dans *Vivre Ensemble – Planification stratégique 2005-2008* (pp.15-19), Montréal, Quebec: Canadian Mental Health Association (Montreal Division).
- 2004 **Joubert, N.** (2004) La souffrance des “autres”, Centre de prévention du suicide et d'intervention de crise du Bas-Saint-Laurent. Rimouski, Quebec.
- Joubert, N.** (2004) Il y a souffrance et souffrir. Semaine provinciale de la prévention du suicide, Centre de prévention du suicide de la Côte-Nord, Baie-Comeau, Quebec.
- Raeburn, J. & Joubert, N.** (2004) Population Health and Mental Health Promotion – A New Paradigm for the World's Wellbeing. Geneva: WHO.
- Lahtinen, E., Joubert, N. & Raeburn, J.** (2004) Strategies for Promoting the Mental Health of Populations. *In Promoting Mental Health – Concepts, Emerging Evidence, Practice, Preliminary Report*, Geneva: World Health Organization.
- Joubert, N.** (2004) Who's afraid of mental health? Ottawa, ON: Canadian Nurses Association.
- 2003 **Joubert, N.** (2003) Pour que se déploie notre résilience à tous, *Équilibre en tête*, 17, 9-11, Montréal, Quebec: Canadian Mental Health Association (Montreal Division).
- Joubert, N. & Nantel, C.** (2003) Créer de l'humanité...n'est-ce pas aussi se réapproprié et agir sur la souffrance qui ultimement pousse au suicide? *Le Vis-à-Vie*, 13, article1.

- Sveidqvist, V., Joubert, N., Manion, I., Greene, J.** (2003) Who am I and why am I here? – The youth perspective on the role of spirituality to promote their mental health. *International Journal of Mental Health Promotion*, 5, 36-44.
- Joubert, N.** (2003) Le besoin d'encadrement et de discipline des enfants, *in Mieux vivre avec son enfant de la naissance à deux ans*, (édition 2003-2004) pp.79-85. Québec, Quebec: Institut national de santé publique du Québec.
- Joubert, N.** (2003) *La résilience et la prévention du suicide: se réapproprier la souffrance de l'«Être» et notre quête de bien-«Être»*, Montréal, Quebec: Institut national de santé publique du Québec.
- 2002 **Joubert, N.** (2002) La prévention du suicide au Québec: À tant vouloir éviter la mort, on finit par éviter la vie, *Frontières*, 15, 52-59.
- Joubert, N.** (2002) La suicidologie face au suicide: ouverture ou fuite?, *Le Vis-à-Vie*, 12, 9-10.
- Breton, J-J., Boyer, R., Bilodeau, H. Raymond, S., Joubert, N. & Nantel, M-A.** (2002) Is Evaluative Research on Suicide Programs for Young People Theory-Driven? The Canadian Experience. *Suicide and Life-Threatening Behavior*, 32, 176-190.
- Joubert, N & Morin, R.** (2002) *Utilisation du Dominique interactif B des fins de dépistage de masse des problèmes de santé mentale des enfants de 6 à 11 ans*. Avis de santé publique. Québec, QC: Institut national de santé publique du Québec.
- 2001 **Joubert, N.** (2001) Promoting the Best of Ourselves: Mental Health Promotion in Canada, *International Journal of Mental Health Promotion*, 3, 35-40.
- Joubert, N.** (2001) Promoting the Mental Health of the Population: Promoting Individual Resilience and Social Support, *Mielenterveys - Finland*, 3, 6-10.
- Stephens, T. & Joubert, N.** (2001) The Economic Burden of Mental Health Problems in Canada, *Chronic Diseases in Canada*, 22, 18-23.
- 2000 **Stephens, T. Dulberg, C. & Joubert, N.** (2000) Mental Health of the Canadian Population: A Comprehensive Analysis. *Chronic Diseases in Canada*, 20, 118-126.
- Joubert, N. & Guy K.** (2000) *Parce que la vie continue – Aider les enfants et les adolescents à vivre la séparation et le divorce/ Because life goes on – Helping children and youth live with separation and divorce*. 2nd Edition, Publication authorized by the Department of Health, Ottawa: Supply and Services Canada.
- Stephens, T. & Joubert, N.** (2000) *Measuring Population Mental Health in Canada: An Overview*. The European Mental Health Agenda: Future Perspectives, Seminar organized by Finland's Department of health and social services and by the European Commission, Helsinki, Finland.
- 1998 **Joubert, N. & Raeburn, J.** (1998) Mental Health Promotion: People, Power and Passion, *International Journal of Mental Health Promotion, Inaugural Issue*, 15-22.
- Joubert, N. & Allard, J-É.** (1998) *Youth Suicide Prevention: A Mental Health Promotion Approach Using a Multimedia Interactive Tool (CD-ROM)*. Promoting Mental Health –

Symposium of the Ayrshire International Mental Health Promotion Conference, M.K. Ross & C. Stark (Editors), 297-302.

**Joubert, N. & Raeburn, J.** (1998) *Mental Health Promotion: What is it? What can it become?* Promoting Mental Health – Symposium of the Ayrshire International Mental Health Promotion Conference, M.K. Ross & C. Stark (Editors), 303-311.

**Lavoie-Orlick, A., Allard, J-É. & Joubert, N.** (1998) *Le cédérom Mauve: promouvoir la santé mentale pour prévenir le suicide. Parce que «vouloir-vivre» rime avec «pouvoir Être».* Recueil de textes – Un Québec sans suicide, Montréal, Quebec: Association québécoise de suicidologie.

**Joubert, N. & Lamontagne, C.** (1998) *Quand «vouloir-Être» ne se conjugue plus sur «vouloir-vivre».* La promotion de la santé mentale et la prévention de la détresse et du suicide chez les jeunes. Québec: Ministère de la santé et des services sociaux.

**Joubert, N., Lamontagne, C., Doré, L. & Nantel, C.** (1998) *Mauve – Guide d'accompagnement pour les intervenants. Pour la prévention de la détresse et du suicide chez les jeunes/ Mauve – Teen Support guidebook.* Montréal, QC: Éditions Médiaspaul.

1997 **Joubert, N., Williams, I. & Taylor, L.** (1997) *Mental Health Promotion: The Time is Now* (Mise à jour). Ottawa, Ontario: Health Canada.

**Breton, J.J., Boyer, R., Raymond, S., Joubert, N. & Bilodeau, H.** (1997) *Bilan des recherches évaluatives sur les programmes d'intervention et de prévention du suicide chez les jeunes au Canada. Rapport de recherche.* Ottawa, Ontario: Health Canada.

1996 **Joubert, N.** (1996) Le meilleur de nous-mêmes, éditorial, *Santé mentale au Canada*, 43,1-2.

**Joubert, N., Williams, I. & Taylor, L.** (1996) *Mental Health Promotion: The Time is Now.* Ottawa, Ontario: Health Canada.

**Joubert, N.** (1996) "Mauve Scrap-CD 12-18". *Une approche «interactive» de promotion de la santé mentale pour la prévention du suicide chez les jeunes.* Recueil de textes du VIII<sup>e</sup> Colloque provincial de l'Association québécoise de suicidologie, Québec, Quebec: Bibliothèque Nationale du Québec.

**Joubert, N. & Allard, J-É.** (1996) *Youth suicide prevention: A Mental Health Promotion approach using a multimedia interactive tool.* Proceedings of the Canadian Association for Suicide Prevention 7th Annual Conference.

1994 **Joubert, N. & Guy, K.** (1994) *Parce que la vie continue – Aider les enfants et les adolescents à vivre la séparation et le divorce/ Because life goes on – Helping children and youth live with separation and divorce*, 1st Edition, Publication authorized by the Department of Health, Ottawa, Ontario: Supply and Services Canada.

**Joubert, N.** (1994) Garder le cap, droites, devant. Les femmes et la santé mentale, éditorial, *Santé mentale au Canada*, 42, Ottawa, Ontario: Health Canada.

1992 **Arrindell, W.A., Perris, C., Eiseman, M., De Aldaz, G., Van Der Ende, J., Kong Sim Guan, D., Richter, J., Gaszner, P., Iwawaki, S., Baron, P., Joubert, N. & Prud'homme,**

L. (1992) Cross-national transferability of the two-factor model of parental rearing behaviour: A contrast of data from Canada, the Fed. Rep. Germany, Hungary, Japan, Singapore and Venezuela with Dutch target ratings on the EMBU. *Personality and Individual Differences*, 13, 343-353.

**Joubert, N.** (1992) *Un modèle théorique de la genèse du trouble d'anorexie mentale*. Doctoral thesis. Ottawa, Ontario: University of Ottawa.

- 1991 **Baron, P., Joubert, N. & Mercier, P.** (1991) Situations stressantes et Symptomatologie dépressive chez les adolescents. *Revue européenne de Psychologie Appliquée*, 41, 173-179.
- 1990 **Joubert, N. & Baron, P.** (1990) Critique sur l'état actuel de la recherche sur l'anorexie mentale. *Psychologie canadienne*, 31, 345-349.
- Baron, P., Joubert, N. & Prud'homme, L.** (1990) Parental rearing and depressive symptoms in adolescents. In C.N. Stefanis, C.R. Soldatos & A.D. Rabavilas (Eds.) *Psychiatry: A world perspective*. (vol. 4) pp.345-349. New York: Elsevier Science.
- 1985 **Joubert, N. & Baron, P.** (1985) Analyse des modèles et des méthodes de traitement behavioral de l'anorexie mentale. *Revue canadienne des Sciences du comportement*, 17, 1-15.
- 1984 **Joubert, N. & Coulombe, D.** (1984) *Programmes SPSS d'analyses multivariées*. School of Psychology, University of Ottawa.

## ANNEXE 2

### Communications

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#### INVITED SPEAKER AND TRAINER

- 2018      **Joubert, N.** (2018) Soigner le regard que l'on porte sur soi et les autres. Forum sur le vieillissement. The Council of Aging of Ottawa, Ottawa, Ontario, June 2018.
- Joubert, N.** (2018) S'accepter tel qu'on est vraiment. National Mental Health Week, Maniwaki, Quebec, May 2018.
- Joubert, N.** (2018) Offrir le meilleur de soi, à Soi et aux autres – Training Program for the Regroupement des communautés de Gatineau-Ouest, Gatineau, Quebec, April 2018.
- 2017      Joubert, N. (2017) Se « transformer » et offrir le meilleur de soi – Training Program for CPE La planète des enfants, Gatineau, Quebec, November 2017.
- Joubert, N.** (2017) Se « transformer » et offrir le meilleur se soi – Training Program for CPE Le Bonjour, Gatineau, Quebec, March-June 2017.
- 2013      **Joubert, N.** (2013) Il faut “se voir autrement” pour faire autrement. Journée annuelles de santé mentale du Québec 2013 – S'adapter ou adapter les services en santé mentale, MSSS, Montreal, Quebec, May 2013.
- Joubert, N.** (2013) Faire plus de place à l'amour, Prévention de la violence faite aux femmes et à leurs enfants, Centre Mechtilde, Gatineau, Quebec, February 2013.
- 2012      **Joubert, N.** (2012) Éclairer le chemin l'un de l'autre vers la guérison. Full-day training workshop, CAP Santé Outaouais, Gatineau, Quebec, November 2012.
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\* Member of the Planning Committee for the Invitational Symposium on Child and Youth Mental Health



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- 1995 **Joubert, N. & Lamontagne C.** (1995) *Le discours tronqué de l'industrie de la bonne conscience*, Annual Conference of the Canadian Psychological Association, Charlottetown, Prince Edward Island, June 1995.
- 1994 **Joubert, N.** (1994) *Les défis et les pièges de l'égalité*, School of Psychology, University of Ottawa, Ottawa, Ontario, November 1994.
- 1993 **Joubert, N.** (1993) *Vers une reformulation constructiviste des notions de symptôme et d'éthique en recherche fondamentale et appliquée*, communication présentée dans le cadre d'un colloque ayant pour thème «Cognition, pratiques pédagogiques et psychothérapeutiques», 61st Conference of the Association canadienne-française pour l'avancement des sciences (ACFAS), Rimouski, Quebec, May 1993.
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- 1987 **Baron, P. et Joubert, N.** (1987) *Situations stressantes et symptomatologie dépressive chez les adolescents*, 10th Annual Conference of la Société québécoise pour la recherche en psychologie (SQRP), Quebec, Quebec, October 1987.
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