



Department of Psychology

Meet the professors

Written by Alexandra Timmins, Gabrielle Tétreault and Victoria Bourinot.



**Dr. Dale Stout,
Historian of Psychology**

Research Interests

History of psychology, statistics, philosophical thought

Academic Journey

Dale received his B.Sc. and M.Sc. from the University of Calgary and then made the move to Scotland to get his Ph.D. from the University of Edinburgh. He began his academic journey with the intention of becoming a physical education teacher. He then switched to education but after experimenting with classes from various disciplines he fell in love with psychology. Specifically, Dale is passionate about the history of psychology, research methods, statistics, and the history of statistics.

Personal Interests

Outside of being an exceptional professor, Dale has a wide variety of interests. He holds a strong appreciation for art such as paintings and sculptures. He is particularly interested in Folk art. His enjoyment comes from the arts' ability to capture the spirit of nature without necessarily being realistic. Dale does wood carving and photography as well. In his large collection of books can be found history, historical fiction, and books inquiring about philosophical thought. He also enjoys writing historical fiction! He doesn't listen to music often but when he does it's classical or jazz. Some of his go-to musicians are Bach or Canada's very own Stan Rogers. He is also an avid enjoyer of the outdoors. In the warmer months, he enjoys observing the Estrie Region's birds, walking, going for drives, and camping by the ocean in beautiful Nova Scotia. In the colder months, he enjoys cross-country skiing and snowshoeing.

"Dale teaches his class with passion, devotion, and humor! He breathes life into classes that many students are weary of. He's always happy to chat and interact with his students as well as being a legend across campus!"

- Victoria Bourinot, student



**Dr. Claude Charpentier,
Professor of Psychology**

Research Interests

Philosophical Psychology, Social Justice,
Community Empowerment, Community Mental Health

Academic Journey

Claude's impressive and diverse academic history illustrates her wonder; she is a Bishop's University alumna who furthered her studies in Scotland, obtaining her Ph.D. through a selective program at the University of Edinburgh. She has since returned and has worked as a professor of psychological studies since 2003. She inspires her students through enriching courses that allow the formation of values and ethical stances, two fundamental philosophical inquiries she has extensively reflected upon in her studies and personal journey.

Personal Interests

Claude wakes up every day with a smile on her face. Her optimistic attitude and zest for life are contagious, inspiring those around her to embrace each day enthusiastically and joyfully.

She believes each day is a new opportunity to learn, grow, and positively impact the world.

Originally from Magog, Claude has always treasured the beautiful nature the Eastern Townships hold. Whether flora or fauna, she loves to watch and learn about wildlife. She enjoys spending her free time in the woods, exploring the region's many parks and trails. Claude's passion for nature is reflected in her positive outlook on life, as she sees the beauty and history in all things.

“Claude holds many values dear to her heart, including diversity, community empowerment, and social justice. Claude’s advocacy for these values is reflected in her work, where she strives to create safe, equitable spaces and advocate for those experiencing marginalization.

Claude’s efforts toward creating a more inclusive society extend beyond her work as a professor. She has extensive experience in the field, practicing as a social worker for ten years, and is actively involved in various community organizations and initiatives that promote social justice. Her dedication to this cause has earned her recognition and respect from both her colleagues and students alike.

Claude believes that creating a more inclusive society starts with action. She is committed to facilitating empowerment with her students, allowing them to become agents of change in their communities with courses such as Community Psychology and Practicum. She finds teaching most rewarding when there is a cogent flow of ideas and perspectives in her classroom, as it allows for a more enriching learning experience for everyone involved. Claude’s approach to teaching promotes critical thinking and fosters a sense of community among her students. She has the beautiful ability to create an environment that encourages curiosity, creativity, and collaboration.”

- Alexandra L. Timmins, student



**Dr. Adrianna Mendrek,
Neuroscientist**

Research Interests

Non-ordinary states of mind, psychiatric disorders, drug addiction, sex/gender, mindfulness-based interventions, and dance/movement therapy

Academic Journey

Adrianna began her academic journey right inside the beautiful province of Quebec at Concordia, where she obtained her B.A. She moved to British Columbia to get her M.A. and Ph.D. at UBC. After receiving these degrees, she moved to Los Angeles for her Post-Doctoral Fellowship at UCLA. She also graduated from the Dance/Movement Therapy program at the National Center for Dance Therapy (NCDT). Today, Adrianna is the author or co-author of over 90 research articles or book chapters, and close to 200 published abstracts.

Personal Interests

Born in Poland, Adrianna came to Canada when she was a teenager. If you ask her how many languages she can communicate in, she would say three and a half; Polish, English, French, and Russian. She learned French by reading French poetry! Adrianna enjoys body practices or what's called authentic movement or conscious dance. Among the dances she practices are ecstatic dance, butoh dance, flamenco, and African dance. The practices of yoga, Tai chi, and Qigong are also of interest to Adrianna. She is passionate about visual arts, often visiting major museums and obscure galleries whenever she can to admire the works. Her travel adventures often overlap with conferences and contemplative workshops but she loves it all! Although she is allergic to many animals, she adores them all. When it comes to literature, she loves books that share down-to-earth stories about life and death, magical realism, classics, sci-fi, biographies, and poetry. She's a big fan of festival films and multicultural movies.

"Adrianna teaches classes that concern hard-to-swallow topics (e.g. psychology of drug addiction) with empathy and compassion. She brings light and energy to every class she teaches. Adrianna loves to engage her class in open and provocative discussions."



**Dr. Heather Lawford,
Associate Professor
and Tier II Canada Research
Chair in Youth Development**

Research Interests

Youth Generativity and Well-Being

Academic Journey

Heather has an extensive academic journey starting at Trent University, earning her B.A., continuing with her M.A. at Wilfrid Laurier, and later obtaining her Ph.D. from Concordia University. During her academic career, Heather conducted extensive research in the field of psychology and published many papers in peer-reviewed journals. She is renowned in the field of youth generativity and continuously furthers her education by attending frequent youth conferences around the world.

Heather believes the youth hold bountiful amounts of wisdom and lived expertise, which she gives voice to through her extensive collaborative work.

Personal Interests

Heather's belief in the power of undergraduate research and voices shows in her time spent advising and working in collaboration with students in the Community and Youth Lab (CandYLab) and collaboratively teaching in the classroom. Heather's dedication to undergraduate education has impacted her students and contributed to her own personal and professional growth. Through these conversations, she has gained new insights and perspectives that have enriched her research and professor work.

"Heather is a dedicated professor who is always eager to challenge her students with complex and thought-provoking questions. She encourages students to think outside the box in order to develop critical thinking skills. She is known for her engaging lectures and her ability to make even the most difficult concepts understandable.

Heather is an amazing professor that goes above and beyond for her students. No matter how busy her schedule might be, she finds the time to meet with them and help them navigate their academic journey. She is an incredible mentor!"

- Alexandra L. Timmins, student



Dr. Jonathan Carriere
Experimental Psychologist,
Cognitive Neuroscience

Research Interests

Attention, memory failures, mind wandering, fidgeting, and synaesthesia

Academic Journey

Jonathan first started his undergraduate journey in computer science. He quickly realized it was not the program for him and switched to psychology at the University of Winnipeg. He finished his undergraduate (while working full-time!) (B.A) at the University of Waterloo and pursued a Master (M.A) and later a doctorate (Ph.D.) in Cognitive neuroscience at the same university. He joined the BU psychology department in 2015.

Personal Interests

Originally from Manitoba, Jonathan spends most of his free time doing activities with his family!

He has some pop culture favourites such as The Crow and the Harry Potter movie series. When it comes to music, he is a fan of goth-industrial, especially the 1980s band Nine Inch Nails. His most re-watched TV show is Friends! Although he doesn't have as much time as he would like for it, he also enjoys running, especially cross-country. Between his hectic schedule as a professor and spending lots of time with his family, Jonathan really enjoys his routine. Fun fact: He once had to barbeque pancakes for his son's class because the power went out and his class was supposed to be having a pancake breakfast!

"Jonathan is a dedicated and funny teacher. He always takes the time to repeat or explain the concepts he is teaching differently and makes sure his students understand the more complicated material (which is not an easy task considering Jonathan teaches some of the most academically challenging classes in the program!) If ever you have a question, don't hesitate to reach out after class or during his office hours; he will take the time to answer it!"



Dr. Catherine Malboeuf-Hurtubise
Child and Adolescent Clinical
Psychologist

Research Interests

Nature therapy, art therapy, child psychology, mindfulness- based interventions

Academic Journey

Catherine started her secondary education journey in economics at the University of Sherbrooke. She continued to get her B.A. in Psychology at Concordia, a Ph.D. in Clinical Psychology from the University of Montreal, and two Post- Doctoral Fellowships from the University of Quebec and the University of Montreal.

Personal Interests

Catherine is from Montreal, but her heart is in the Eastern Townships. She spends much of her time doing activities with her three children. Every winter she makes an ice rink in her backyard for them to play on! She also contributes two hours every week to her children's school. As well as children, she has a cat, a fish, and a budgie! In her own words, "my house is never clean, it's like a zoo between the kids and the animals!"

Through the pandemic, she learned abstract painting, tapestry making, stain glass making or 'glazing', and knitting. She's an avid plant keeper, plays piano, and is currently taking violin lessons. She can play music by ear! She loves spending time outdoors kayaking, swimming, hiking, and doing anything that will allow her to get up and move. Walking around the beautiful BU campus is an incredible experience!

"Catherine uses a unique grading method to maximize skill building and knowledge sharing. She teaches her classes with high energy and an exceptional attitude!"

- Alexandra L. Timmins, student



Dr. Courtney Plante (Nuka), Social Psychologist

Personal Interests

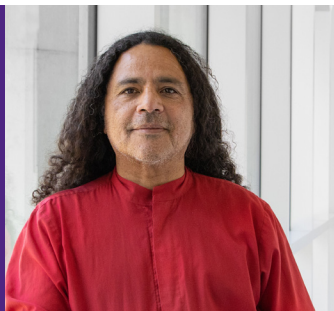
Courtney's professional career overlaps considerably with his life outside of being a professor. Along with studying furies and bronies, he has been part of these communities since graduate school! He has been to more than 50 furry conventions and represents himself within the furry community as his fursona "Nuka", a neon-blue cat with a love of science.

Courtney is also a fan of gaming in all forms: tabletop gaming (e.g., Dungeons & Dragons), board gaming, and video games. He loves the game Undertale for its messages of passivism and kindness, as well as Night in the Woods, for its capturing of the millennial/zoomer spirit. He enjoys watching long-form video essays and documentaries about civic engineering, city design, political discussion, and social issues, as well as many other topics.

Courtney is a vegetarian who greatly savors curry, tacos, and pizza. His music taste is eclectic ranging from electronica to video game soundtracks and classic rock. He lives with his cat who is lukewarm to him but he still loves her.

"Courtney provides an environment where students can be unapologetically themselves. His method of teaching is easily digestible and he has a My Little Pony shirt for every topic!"

- Victoria Bourinot, student



**Dr. Joel Montanez,
Clinical and Humanitarian
Psychologist**

Research Interests

Working with vulnerable populations, Humanitarian Psychology, social filmmaking, psychopathology, health experiences, forensic psychology, and taking students out of their academic zone.

Academic Journey

Joel holds a license in Psychology from the Catholic University of Caracas, a BFA and an MFA in Film Production from Concordia University and a Ph.D. in Psychology from the University of Montreal. However, his favourite degree is a Minor in Film Studies he obtained while studying at night at his most-loved university.

Personal Interests

Born in Venezuela, Joel knew he wanted to study in Canada as it would allow him to live in Inuit communities and learn both Social Film Production and Psychology concurrently. He's fascinated with polyglotism and can speak four languages himself; Spanish, English, French, and Italian! He can also understand other languages passively.

Predictably, due to Joel's passion for working in humanitarian settings, he enjoys contemplating complex situations. Outside of his working life, he's an ardent observer of films from many genres. He deeply appreciates Italian, French, Soviet, Polish, Latin American, and 60s and 70s Cuban cinematography, just to name a few.

He spends much of his time trying to keep up with his children intellectually, socially, and physically. Sometimes this even ends up in broken bones!

If you are looking for Joel, he can almost always be found at a table, as close as possible to natural light, with an extra-large cup of coffee containing a deep blend of fairtrade espressos

"Joel teaches his classes with electric energy! He's always trying to get his class involved in discussions on controversial topics while respecting the sensitivity of those topics. His teaching methods are eccentric but always drive the point home."

What's your favourite class to teach?

Dale Stout

Psychology of Death and Dying

Claude Charpentier

Equally passionate about all her classes!

She walks into every class thinking it is her favourite!

Adrianna Mendrek

Contemplative Practicum

*fun fact: Adrianna will be launching Introduction to Dance/Movement Therapy next year and anticipates it will become her new favourite!

Heather Lawford

Passionate about too many topics to pick one class!

Jonathan Carriere

Psychometrics, but any class where the students are engaged really.

Catherine Malboef-Hurtubise

Positive Psychology and Psychology of Fine Arts

Courtney Plante

Introduction to Psychology, but loves all his classes!

Joel Montanez

Madness & Film and Humanitarian psychology
