

Brigitte Lavoie

M. Psyc.

Trainer, supervisor, psychologist

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Profile

Psychologist and trainer committed to improving the quality of services. Focused on making the state-of-the-art accessible to practitioners. Works closely with therapists and mental health workers to ensure that the process of change is both meaningful and healthy.

Experience

Lavoie Solutions, 2011 to present

Develop and offer training in Solution Focused Brief Therapy and applied Positive Psychology

Provide clinical supervision for therapists in individual practice and agency settings

Consultant in health and social services, 2006-2011 ¹

Major partners: Ministry of Health and Social Services (Quebec), Dollard-Cormier Research and Treatment Center for Addiction, Quebec Association for Suicide Prevention, Suicide Action Montreal

Co-authored the *Estimation scale for suicidal danger*, the clinical assessment tool recommended by the Ministry of Health and Social services for its mental health workers in Quebec

Co-authored the accredited training program in suicide intervention for Quebec: *Intervention with people who are suicidal: Best practices*

Developed and offered training for trainers to experts in all regions of Quebec and acted as consultant in the implementation of changes

Validated the official guides for suicide prevention published by the Ministry of Health and Social Services for mental health workers and managers: *Best practices in suicide prevention for health and social services centers* and *Best practices in management for improving services in suicide prevention*

Presented and promoted projects with major partners: Department of Youth Protection, psychiatrists and psychiatric hospitals, Ministry of Justice, Public Health, Quebec Association of Addiction Treatment Centers, health and social services centers.

¹ Please note: Organization and document titles have been translated from French. The documents cited are not available in English. For access to French language documents, please contact lavoie.solutions@bell.net.

Executive Director (Suicide Action Montreal), 1997-2004

Implemented new practices based on latest research (e.g. adoption of Solution Focused Brief Therapy to better adapt to the needs of men, improvements in follow-up care following suicide attempts, changes to school awareness campaigns)

Initiated and led the development and implementation of service and referral agreements among hospitals, health and social service centers, and crisis centers to improve the continuity of care

Initiated, implemented and managed organizational changes with employees and partners in social services and health systems

Coordinated research projects to measure the impact of new programs

Developed and implemented media awareness campaigns (e.g. mental health needs of men), developed and implemented communication strategies to increase the profile and funding of the organization, and acted as media spokesperson for suicide prevention in Quebec

Served on the expert committee consulted for the evaluation of the National Suicide Action Strategy

Served as President of the board of directors for the Quebec Association for Suicide Prevention (*AQPS: Association québécoise de prévention du suicide*)

Prizes awarded to Suicide Action Montreal during mandate:

- Health and psychological wellbeing prize, College of Psychologists of Quebec (*Prix de la santé et du bien-être psychologique, Ordre professionnel des psychologues du Québec*) — 2004
- Crisis center excellence award for outstanding work in the field of suicide prevention, American Association of Suicidology — 2004
- Honorable mention in the category Community impact for the Quebec Ministry of Health and Social Services Prize for Excellence (*Prix d'excellence du MSSS*) — 2003

Consultant in school psychology (New Brunswick Ministry of Education), 1990-1995

Identified best practices for reducing violence and behavior problems in schools and managed the implementation of changes

Developed and offered training to school administration, psychologists, and teachers (e.g. Non-violent crisis intervention, restitution, conflict resolution)

Produced a guide for school psychology, peer help programs for youth, and clinical record keeping reflecting best practices

Conducted needs analyses and organized training for school psychologists and social workers

Served on inter-ministerial committees on addiction, suicide, violence, and mental health

Served as Vice President for the Canadian Association of Suicide Prevention and acted as consultant in the development of a national strategy for suicide prevention

Psychotherapist and clinical supervisor (schools, employee assistance programs, private practice), 1988-2012

Provided individual and family therapy for adults and youth

Acted as consultant and therapist in work places dealing with major events (e.g. violence, post-trauma, homicides, hold-ups, downsizing, employee-management conflicts)

Developed and offered a program to improve support and conflict resolution and to prevent psychological distress for Montreal municipal police officers

Developed and offered a post-deployment program addressing the psychological needs of police officers returning from international missions in Haiti, Sudan, the Ivory Coast, and Afghanistan

Speaker at national and international conferences, 1991-2015

European Brief Therapy Association, Vienna

Solution Focused Brief Therapy Association, Sante Fe

Canadian Positive Psychology Association

International conference on police crisis intervention: Nicolet (Quebec)

Quebec Association for School Psychology (AQPS): Trois-Rivières (Quebec)

International Suicide Prevention Association (AIPS): Liege, Athens

American Association of Suicidology (AAS): Santa Fe

Canadian Psychiatric Association: Montreal

Canadian Association for Suicide Prevention: Moncton, Saskatoon, Montreal, Iqaluit, Quebec

College of Psychologists of Quebec: Montreal

College of Psychologists of New Brunswick: Moncton

Education and major training

Bachelor and Master of Psychology, Université Laval — 1983-1989

Brief Strategic Therapy, Centre René Lavigne Sabourin — 1988-1992

Suicide intervention: Trainer level, Living Works — 1992

Non-violent crisis intervention: Trainer level, Crisis Prevention Institute — 1993

Intervention following a disaster or tragedy, Health Canada — 1994

Reality Therapy : Supervisor level, William Glasser Institute — 1993-1995

Solution Focused Brief Therapy, Centre de Psychothérapie Stratégique - 1999-2001

Finding your mission, Centre de Psychothérapie Stratégique — 2006

Intercultural intervention, Danielle Gratton — 2009

Positive Psychology, New England Educational Institute — 2009

Narrative Therapy with victims of violence and abuse, Michael White — 2009

Trainer-supervisor training, Solution Focused Brief Therapy Conference— 2011