

KAREN BOUCHARD

PhD, MEd, BEd, BA

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CURRENT POSITION

Postdoctoral Fellow in Behavioural Medicine and Health Psychology, 2018-present

Jan & Ian Craig Cardiac Prevention and Rehabilitation Endowed Fellow

Social Sciences and Humanities Research Council Postdoctoral Fellow (2019-2021)

Division of Cardiac Prevention and Rehabilitation

University of Ottawa Heart Institute

Supervisor: Dr. Heather Tulloch, C. Psych

Program of research: caregiver-patient relationship quality, psychosocial correlates of cardiovascular disease, cardiac caregivers' physical and mental health

EDUCATION

Doctor of Education, PhD, 2018

University of Ottawa, Faculty of Education

Program of research: peer/adult-child relationships, aggression/bullying, intersections of cognitive, relational and sociocultural forces on adolescent development, online qualitative methodologies

Dissertation title: Bullying victimization within friendships: An individual and context sensitive analysis

Supervisor: Dr. David Smith, C. Psych

Committee Members: Dr. Ruth Kane (PhD Education), Dr. Tina Daniels (PhD Developmental Psychology), Dr. Cristelle Audet (PhD Counselling Psychology)

Master of Education, MEd, 2012

Queen's University, Faculty of Education

Concentration: Cognitive Studies

Supervisor: Dr. Derek Berg

Bachelor of Education, BEd, 2010

Queen's University, Faculty of Education

Concentration: Guidance and Career Education

Professional Affiliation: Ontario College of Teachers

Bachelor of Arts, BA, 2009

Queen's University, Faculty of Arts and Sciences, Faculty of Education

Concentration: Concurrent Education

HONOURS & AWARDS (totalling \$256,500)

- Social Sciences and Humanities Research Council Postdoctoral Fellowship (\$90,000), 2019-2021
 - Ranked 1st among all applicants in committee
- Jan & Ian Craig Cardiac Prevention and Rehabilitation Endowed Fellowship, University of Ottawa Heart Institute (\$45,000), 2018
- University of Ottawa Admissions Scholarship (\$9000), 2017

- Social Sciences and Humanities Research Council “honourable mention” Storytellers Competition (\$1000), 2016
- Social Sciences and Humanities Research Council Doctoral Fellowship (\$40,000), 2015/2016
- University of Ottawa Excellence Scholarship (\$7500), 2016
- Ontario Graduate Scholarship (\$15,000 – *declined due to SSHRC award*), 2015
- University of Ottawa Excellence Scholarship (\$7500), 2015
- Ontario Graduate Scholarship (\$15,000), 2014
- University of Ottawa Excellence Scholarship (\$7500), 2014
- University of Ottawa Admissions Scholarship (\$9000), 2013
- Queen’s Graduate Award, Queen’s University (\$10,000), 2011-2012

PUBLICATION CAREER SUMMARY

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|-----------------------------------|----|
| Papers in Refereed Journals | 5 |
| Papers in Non-Refereed Journals | 4 |
| Papers Submitted/In-Review | 4 |
| Book Reviews | 1 |
| Refereed Presentations | 20 |
| Invited Presentations & Workshops | 13 |

Refereed Papers

Bouchard, K. L., Forsberg, C., & Smith, J. D., & Thornberg, R. (2018). Showing friendship, fighting back, and getting even: Resisting bullying victimization within adolescent girls' friendships. *Journal of Youth Studies*, DOI: 10.1080/13676261.2018.1450970

Bouchard, K. L., & Smith, J. D. (2017). Within the mesosystem: Considering the role of teachers in children’s bullying experiences with peers. *The Educational Forum*, 81, 1-18.

Bouchard, K. L., & Berg, D. H. (2017). Students’ school belonging: Juxtaposing the perspectives of teachers and students in the late elementary school years. *School Community Journal*, 27(1), 107-135.

Bouchard, K. L., Hollweck, T., & Smith, J. D. (2017). Fostering classroom communities through circling with teacher candidates. *McGill Journal of Education*, 51(3), 1103-1120.

Bouchard, K. L. (2016). Anonymity as a double-edge sword: Reflecting on the implications of online qualitative research in studying sensitive topics. *The Qualitative Report*, 21(1), 59-67.

Non-Refereed Publications

Bouchard, K. L. (2018). Bullying within friendships: What can adults do to help? *Promoting Relationships and Eliminating Violence Network*, www.prevnnet.ca/blog/general/bullying-within-friendships

Bouchard, K. L., & Smith, J. D. (2016). Linking teacher-student relationships and children’s bullying experiences. *Canadian Teacher Magazine*, 30-31.

Bouchard, K. L. (2015). Beyond intervention: Highlighting the subtle nature of teachers-student relationships in children’s bullying experiences. *Le/The Journal*, 4(1), 5-6.

Bouchard, K. L., Hollweck, T., & Kraft, E. (2015). Room for growth?: Enhancing restorative practices for peer victimization intervention by considering implicit theories of malleability. *Le/The Journal*, 4(1), 7-9.

O'Shea, K. L., & Smith, J. D. (2013). *Bullying in schools: Guidelines for intervention and prevention in secondary schools*. A pamphlet created by PREVNet for the Canadian Association of Principals.

Manuscripts in Review

Hollweck, T., Reimer, K., & **Bouchard, K.L.** *Promoting relationships amongst teachers: The potential of restorative practices and relational pedagogies*. (In Review: *The New Educator*)

Bouchard, K. L., & Tulloch, H. T. *Stemming the burden of cardiovascular disease among caregivers*.

Bouchard, K. L., & Tulloch, H.T. *Strengthening behavioural clinical trials through online qualitative research methods*. (Submitted: *Health Psychology*)

Bouchard, K. L., Smith, J. D., & Woods, H. *Why do adolescents remain in victimizing friendships?* (Submitted: *Journal of School Health*).

Refereed Book Reviews

Bouchard, K. L. (2015). [Review of the book *Sexting and Cyberbullying: Defining the Line for Digitally Empowered Kids*]. *McGill Journal of Education*, 50(2), 1-4.

Refereed Conference Presentations

Bouchard, K. L., Smith, J. D., & Woods, H. (April, 2019). *Bullying victimization within adolescent friendships*. Accepted for a presentation at the annual meeting for the American Education Research Association, Toronto, Canada.

Bouchard, K. L., Woods, H. Whitley, J., Smith, J. D., & Marini, Z. (2018). *School bullying in Canada: Insights, challenges, and opportunities for future research*. Presented at the annual meeting for the Canadian Society for the Study of Education, Regina, Saskatchewan.

Bouchard, K. L. (2018). *Using online qualitative methods for investigating sensitive topics*. Presented at the annual meeting for the Canadian Society for the Study of Education, Regina, Saskatchewan.

Bouchard, K. L., Forsberg, C., Smith, J. D., & Thornberg, R. (2018). *Showing friendship: Negotiating resistance to victimization within adolescent friendships*. Presented at the annual meeting of the American Education Research Association, New York City, New York.

Hollweck, T., Reimer, K., & **Bouchard, K. L.** (2017). *A missing piece: Embedding restorative justice and circling pedagogy into the teacher education classroom*. Presented at the annual meeting for the Canadian Society for the Study of Education, Toronto, Ontario.

Bouchard, K. L., & Berg, D. (2017). *Exploring the interpersonal and contextual dimensions of elementary students' school belonging*. Poster presentation at the annual meeting of the American Education Research Association, San Antonio, Texas.

Bouchard, K. L. (2017). *Seeking help online: The experiences of victimized youth using online peer support*. Presentation at the World Anti-Bullying Forum, Stockholm, Sweden.

Bouchard, K. L., Woods, H., & Smith, J. D. (2017). *Relationship solutions: Fostering positive teacher-student relationships for bullying prevention and intervention*. Presentation at the World Anti-Bullying Forum, Stockholm, Sweden.

Bouchard, K. L., & Smith, J. D. (2016). *With friends like these, who needs enemies? Reporting on preliminary results from a dissertation investigating victimization within adolescent friendships*. Poster presented at the biannual meeting of the International Association of Relationship Research, Toronto, Ontario.

Bouchard, K. L., Hollweck, T., Smith, J. D., & Kane, R. (2016). *Reflections on circling as a pedagogical tool to build teachers' social-emotional competencies*. Paper presented at the annual meeting of the Canadian Society for the Study of Education, Calgary, Alberta.

Hollweck, T., & **Bouchard, K. L.** (2016). *Teachers need healthy, safe and supportive learning environments too! Circling as a pedagogical tool to build community and teachers' social emotional competencies*. Paper presented at the annual meeting of the International Congress for School Effectiveness and Improvement, Glasgow, Scotland.

Bouchard, K. L. (2015). *Methodological and ethical reflections on the use of online asynchronous interviews and focus groups to conduct research on sensitive topics*. Paper presented at the Canadian Society for the Study of Education, Ottawa, Ontario.

Bouchard, K. L. (2015). *Adolescents' experiences with victimization within friendships: A proposed dissertation*. Poster presented at the *Understanding the Developmental Relationship between Peer Victimization and Psychosocial Functioning* symposium at the Society for Research on Child Development Annual Meeting, Philadelphia, Pennsylvania.

Bouchard, K. L., Kraft, E., & Hollweck, T. (2015). *Room for growth?: Enhancing restorative practices for peer victimization intervention by considering implicit theories of malleability*. Paper presented at the Rosa Bruno-Jofre Symposium in Education, Queen's University.

O'Shea, K. L. (2014). *"I like it when my teachers ask me how I am doing": Exploring teacher support and teacher care in one elementary school*. Paper presented at the Canadian Society for the Study of Education, St. Catharines, Ontario.

O'Shea, K. L. (2013). *Students' experiences and teachers' perceptions of student belonging in elementary school*. Paper presented at the Rosa Bruno-Jofre Symposium in Education, Queen's University.

Marie Hill, A., Anstey, L., Gallinger, K., Penn, A., & **O'Shea, K.** (2013). *(Dis)assembling (dis)abled education for 'developmentally disabled' students: Abilizing the Curriculum*. Paper presented at the Provoking Curriculum Studies Conference, Ottawa, Ontario.

Berg, D. H., **O'Shea, K.**, O'Shea, L., Matheson, I., & Hutchinson, N. L. (2012). *Cognitive contributors to children's written calculation fluency*. Paper presented at the Canadian Society for the Study of Education, Waterloo, Ontario

Berg, D. H., Hutchinson, N. L., **O'Shea, K.**, Wylie, B., O'Shea, L. & Matheson, I. (2011). *Mapping interventions onto cognitive impairments in calculation difficulties in children*. Paper presented at the Ontario Council for Exceptional Children, Toronto, Ontario.

O'Shea, K. L. (2011). *Teachers' perceptions of grade retention and social promotion*. Paper presented at the Rosa Bruno-Jofre Symposium in Education, Queen's University.

Invited Presentations

Tulloch, H., & **Bouchard, K.** (2018). *Caring for caregivers of patients with ICDs*. An invited lecture to the ICD Patient Support Group, University of Ottawa Heart Institute

Tulloch, H., & **Bouchard, K.** (2018). *Living with a chronic illness: Stress and coping strategies for patients and their caregivers*. An invited lecture to the Aortic Diseases Patient Support Group, University of Ottawa Heart Institute.

Bouchard, K., & Hollweck, T. (2018). *Parents as allies: How can parents support their children as they navigate bullying/cyberbullying experiences?* An invited lecture for the Ottawa Catholic District School Board.

Bouchard, K., & Woods, H. (2018). *Leveraging positive teacher-student relationships to address school bullying and support student mental health*. An invited workshop for the Faculty of Education, University of Ottawa

Bouchard, K. (2017). *Investigating school bullying using online research methods*. An invited lecture for EDU8192: Qualitative Research II, University of Ottawa.

Woods, H., & **Bouchard, K.** (2017). *It's not just kids being kids: Parents and caregivers supporting young people with invisible disabilities navigate experiences of bullying*. An invited lecture for the Fetal Alcohol Spectrum Disorder Symposium, Ottawa, ON.

Bouchard, K., & Woods, H. (2017). *It's not just kids being kids: Teachers supporting young people with invisible disabilities navigate experiences of bullying*. An invited lecture for the Fetal Alcohol Spectrum Disorder Symposium, Ottawa, ON.

Woods, H., **Bouchard, K.** (2017). *Building relationship solutions for bullying and victimization*. An invited lecture for PED3153: The Context of Ontario Middle and Secondary Schools, University of Ottawa.

Bouchard, K., & Woods, H. (2017). *Relationship solutions: Fostering positive teacher-student relationships for bullying prevention and intervention*. An invited lecture for PED3106: Education of Exceptional Students, University of Ottawa.

Bouchard, K. (2014). *An update on the Promoting Relationships and Eliminating Violence Network*. NSERC/SSHRC, Ottawa, ON.

O'Shea, K. (2014). *Bullying intervention in secondary school*. An invited lecture for PED 3133 C: Counselling Applications in Secondary Schools, University of Ottawa.

O'Shea, K. (2014). *Considering our perceptions of bullying: How our knowledge and experience may impact how we intervene*. An invited lecture for PED 3133A, University of Ottawa.

O'Shea, K. (2013). *Bullying in our schools*. An invited lecture for PED 3102: Schooling and Society, University of Ottawa.

O'Shea, K. (2013). *Belonging, its dark side, and bullying behaviour in children*. An invited lecture for PED 3139: Creating Safe, Supporting, and Caring Learning Environments, University of Ottawa.

RESEARCH PROJECTS

Postdoctoral Fellow: Healing Hearts Together: Evaluating a Couples-Based Intervention to Improve Health Outcomes, University of Ottawa Heart Institute, 2019

- CIHR Project Grant: \$684,675
- Principal Investigators: Dr. Heather Tulloch, Dr. Paul Greenman

- Lead investigator of spousal caregiver measures

Co-investigator: Cardiac Couples' Attachment, Relationship Quality, and Effective Coping (CARE-2), University of Ottawa Heart Institute, 2019

- Principal Investigator: Dr. Heather Tulloch

Lead Investigator: Systematic Review: Patient-Caregiver Relationship Quality and Caregiver Distress, University of Ottawa Heart Institute, 2019

- Co-investigator: Dr. Heather Tulloch

Lead Investigator: Environmental Scan of Canadian Cardiac Rehabilitation Programs: Couples' Programming, University of Ottawa Heart Institute, 2019

- Co-investigator: Dr. Heather Tulloch

Research Assistant: RFS#3260 Literature Review and Environmental Scan of K-12 Well-Being, Ministry of Education, Ontario, 2017

- Lead investigator: Dr. Jess Whitley, University of Ottawa

Lead Investigator: *Bullying victimization within friendships: An individual and context sensitive analysis.* University of Ottawa, 2013-2018

- Externally funded: Social Sciences and Humanities Research Council, Doctoral Fellowship (2015), Ontario Graduate Scholarship (2015 - declined), Ontario Graduate Scholarship (2014)
- Co-investigator: Dr. David Smith, C. Psych

Principal Investigator: *Reflections on circling as a pedagogical tool to build teachers' social emotional competencies,* University of Ottawa, 2015-2016

- Co-investigators: Trista Hollweck, Dr. David Smith, Dr. Ruth Kane

Research Assistant: *Counsellor awareness, attitudes, and practices related to international counselling: A Canadian survey,* University of Ottawa, 2015

- Internally funded: Research Development Grant, University of Ottawa
- Principal Investigator: Dr. Cristelle Audet

Research Assistant: *Violence prevention program annotations - Canadian Best Practices Portal, Promoting Relationships and Eliminating Violence Network,* 2013-2015

- Supervisors: Dr. David Smith, Dr. Danielle Quigley

Research Assistant: *WITS Bullying Prevention Program (Walk Away, Ignore, Talk it out, Seek Help),* University of Ottawa/University of Victoria, 2013

- Supervisors: Dr. David Smith, Dr. Bonnie Leadbeater

Research Assistant: *(Dis)assembling (dis)abled education for 'developmentally disabled' students: Abilizing the curriculum,* Queen's University, 2011-2013

- Externally funded: Social Sciences and Humanities Research Council Grant
- Principal Investigator: Dr. Ann Marie Hill

Principal Investigator: *Students' experiences and teachers' perceptions of student belonging to elementary school,* Queen's University, 2010-2012

- Internally funded: Queen's Graduate Award
- Co-investigators: Dr. Derek Berg, Dr. Nancy Hutchinson

Research Assistant: *Cognitive contributors to children's written calculation fluency*, Queen's University, 2010-2012

- Externally funded: Social Sciences and Humanities Research Council Grant
- Principal Investigator: Dr. Derek Berg

Research Assistant: *Psychosocial experiences and the educational implications for children and adolescents with Congenital Heart Defects*

- Internally funded SEED grant – Queen's University
- Principal Investigator: Dr. Derek Berg

MEDIA INTERVIEWS

Bouchard, K. L. (2016, April 6). Interview by Mike Foster. *Why do friends bully friends?* University of Ottawa Gazette, Ottawa, ON.

Bouchard, K. L. (2016, September). Interview by Maria Mendoza. *Toward a world without bullying.* University of Ottawa Tabaret, Ottawa, ON.

Bouchard, K. L. (2016, April). Storytellers Honourable Mentions by the Social Sciences and Humanities Research Council. *With friends like these, who needs enemies?* Youtube video: <https://www.youtube.com/watch?v=THMVfiOnDb4&list=PLww1dvjSoO4OgNCCw1Yw8j1hkFPamuSc0&index=1>

TEACHING EXPERIENCE

Non-Violent Crisis Intervention Trainer

Faculty of Medicine, Faculty of Health Sciences, University of Ottawa, 2016-present

Centre for Continuing and Online Learning, Algonquin College, 2017-present

- Instructing medical, nursing, allied-health professionals/students on principles of crisis de-escalation, including verbal communication and physical disengagement strategies, empathic relationships, and crisis debriefing
- Conducting one-day trainings with range of 20-50 students

Teaching Assistant: EDU5271 – Counselling and Psychotherapy: Theories and Practices

Faculty of Education, Counselling, University of Ottawa, 2017

- Provided feedback on assignments
- Facilitated small-group discussions on counselling theories

Part-time Professor: PED3133 – Counselling Applications in Secondary School (BEd)

Faculty of Education, University of Ottawa, 2015

- Examined counselling concepts in its application to secondary teaching contexts
- Designed course curriculum/syllabus, including course content, assignments, assessment strategies, online course website

Seminar Instructor: PED3102 – Schooling and Society (BEd)

Faculty of Education, University of Ottawa, Winter 2014; Fall 2013; Winter 2013

- Examined the roles of teachers in reproducing and challenging social inequalities
- Instructed 2, 1.5 hour seminars/week, building on course themes introduced in lecture

Elementary Occasional Teacher: Ottawa Carleton District School Board, 2012-2014

- Qualifications in primary, junior, intermediate (history/geography) and senior (history) levels and guidance and career education

SERVICE

Graduate Student Executive Member

- Promoting Relationships and Eliminating Violence Network (PREVNet), 2013-present
- Primary responsibilities include: (1) presenting on behalf of PREVNet to SSHRC about PREVNet's activities; (2) interviewing officers at the Public Health Agency of Canada about violence prevention programming and producing a report to be submitted for PREVNet's NCE grant renewal; (3) developing research summaries and pamphlets to be distributed to stakeholders (e.g., principals, community leaders, parents); and, (4) annotating violence prevention/intervention research to be profiled on the Canadian Best Practices Portal (<http://cbpp-pcpe.phacaspc.gc.ca/>)

Reviewer

- **Journals:** Social Development, McGill Journal of Education, Exceptionality Education International
- **Conferences:** PREVNet, Canadian Association of Educational Psychology
- **Awards:** Government of Canada History Awards

Mentorship Activities

- #RedCrossRespect, Canadian Red Cross, 2015
- RCMPtalks: Bullying and Cyberbullying, RCMP, 2015

University Leadership

- Founder and Co-lead, EduGrad Collective Peer Mentorship Program, University of Ottawa, 2015
- Academic and Social Events Coordinator, Education Graduate Students' Association, University of Ottawa, 2014-2016
- Social and Athletic Events Coordinator, Education Graduate Students' Society, Queen's University, 2010-2012

Memberships on Scholarly and Professional Societies

- Ontario College of Teachers
- Crisis Prevention Institute - Trainer
- International Association for Relationship Research
- International Bullying Prevention Association
- Society for Research on Child Development
- Canadian Society for the Study of Education
- Canadian Association for Educational Psychology
- American Education Research Association