

NICOLE LEGG

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EDUCATION

- 2020-Current **Doctor of Philosophy Candidate, Clinical Psychology**
Clinical Lifespan Specialization
University of Victoria, Victoria, BC
Supervised by Dr. Brianna Turner (R.Psych)
Dissertation: *Helpful or harmful? Exercise motivations and consequences for those with and without disordered eating*
- Anticipated Dissertation Defense Date: June 2023
Dissertation Proposal Defense Completed: June 2022
Comprehensive Exams Passed: November 2021
- 2017-2020 **Master of Science, Clinical Psychology**
Clinical Lifespan Specialization
University of Victoria, Victoria, BC
Supervised by Dr. Brianna Turner (R.Psych)
Masters Thesis: *A longitudinal investigation of depression, anxiety, and stress as moderators of the coupled relationship between negative urgency and disordered eating frequency in first-year undergraduates*
- 2012-2016 **Honours Bachelor of Science, Psychology**
University of British Columbia, Kelowna, BC
Supervised by Dr. Maya Libben (R.Psych)
Honours Thesis: *Examining impulsivity in relation to cognitive bias modification and eating disorders*

SUPERVISED CLINICAL EXPERIENCE

- Aug 2021-Current **Clinical Intervention Practicum**
Adult Psychotherapy/Assessment and Group Psychotherapy
Wise Mind Centre, Vancouver, BC
Supervised by Dr. Debbie Leung (R.Psych)
Provide comprehensive Dialectical Behavior Therapy (DBT) services to young adults and adults with acute, complex, and persistent mental health concerns in

an outpatient setting. Clinical activities include providing DBT clinical interventions and conducting crisis management in individual therapy sessions and through phone coaching with clients, preparing content and co-facilitating a weekly 2-hour adult DBT skills group, conducting clinical intake interviews, conducting psychodiagnostic assessments, writing integrated psychological assessment and therapy progress reports, providing assessment feedback, participating in interdisciplinary consultation (e.g., probation officer, inpatient psychiatrists), engaging with didactic DBT training, and attending weekly DBT consultation team meetings along with group and individual supervision meetings.

Presenting concerns include suicidal ideation and attempts, non-suicidal self-injury, Borderline Personality Disorder, severe emotion dysregulation, psychosis, Bipolar I Disorder, depression, anxiety, trauma, disordered eating, substance abuse, Attention Deficit/Hyperactivity Disorder, comorbid medical concerns or treatment (e.g., amputation, chronic and complex pain, masculinizing hormone therapy) and difficulties transitioning from inpatient to outpatient services. Therapeutic approaches include DBT, Prolonged Exposure, and Mindfulness.

Sept 2022-Current

Psychological Assessment Clinician

Child/Adult Psychoeducational and Psychodiagnostic Assessments

Vancouver Psychology Centre, Vancouver, BC

Supervised by Dr. Carla Fry (R.Psych) and Dr. Lisa Ferrari (R.Psych)

Conduct psychodiagnostic and psychoeducational assessments for adolescents and adults. Clinical activities include conducting semi-structured clinical intake interviews and structured diagnostic interviews, administering various psychodiagnostic (psychopathology, personality, functional impairment, etc.), cognitive, academic, executive functioning, and vocational assessment tools, interpreting testing results, writing integrated comprehensive assessment reports, and providing assessment dissemination/feedback.

Mar 2022-Current

Clinical Research Assessment Practicum

Young Adult Risk Assessment

Risky Behaviour Lab, University of Victoria, BC

Supervised by Dr. Brianna Turner (R.Psych)

Conduct supervised, clinical research assessment interviews as part of a study examining the socioemotional antecedents and consequences of engagement in various risky behaviors (e.g., suicidal ideation, self-harm, substance abuse). Clinical activities include providing telehealth (video) structured interviews to assess suicide risk, substance use and disordered eating engagement, as well as safety planning, providing crisis management when needed, attending monthly case consultation and group supervision, and attending individual supervision meetings.

Jan-July 2021

Clinical Intervention Practicum

Adult Psychotherapy

Vancouver Anxiety Clinic, Vancouver, BC

Supervised by Dr. Christine Korol (R.Psych)

Provided individual telehealth (video) therapy to adult clients with anxiety disorders and comorbid mental health concerns in an outpatient setting. Clinical activities included providing individual therapy, conducting psychodiagnostic assessments, writing therapy progress reports and integrated psychodiagnostic assessment reports, providing assessment feedback, engaging with didactic training, and attending weekly group and/or individual supervision meetings.

Presenting concerns included Generalized and Social Anxiety Disorders, Panic Disorder, Obsessive Compulsive Disorder, self-esteem concerns related to gender identity, insomnia and comorbidities including depression, workplace stress and bullying, chronic pain, medical concerns (e.g., cancer, post-partum health complications), and marital concerns. Therapeutic approaches included Cognitive Behavioral Therapy (CBT), Cognitive Processing Therapy, Exposure and Response Prevention, and Mindfulness.

Jan-Apr 2021

Advanced Clinical Assessment Practicum

Adult Psychodiagnostic Assessment

University of Victoria Psychology Clinic, Victoria, BC

Supervised by Dr. Megan Ames (R.Psych)

Conducted a complex and comprehensive psychodiagnostic and psychoeducational assessment with an adult client. Clinical activities included conducting a semi-structured clinical intake interview and a structured diagnostic interview, administering various psychodiagnostic (psychopathology, personality, functional impairment, etc.), cognitive, academic, executive functioning, and vocational assessment tools, writing an integrated assessment report, providing assessment feedback, and attending weekly group and individual supervision meetings to review video-taped assessment sessions.

June-Dec 2020

Clinical Intervention Practicums

Adult Psychotherapy

University of Victoria Psychology Clinic, Victoria, BC

Supervised by Dr. Karen Grant (R.Psych)

Provided individual therapy to adult clients during two separate clinical intervention practicums (June-Aug 2020 and Sept-Dec 2020). Clinical activities included providing individual therapy, writing therapy progress and discharge reports, attending weekly group supervision meetings to review cases and video-taped therapy sessions.

Presenting concerns included depression, anxiety, social anxiety, trauma, as well as difficulties with self-esteem, body image, and coping. Therapeutic approaches included an integration of CBT, Emotion-Focused Therapy, and mindfulness.

June 2019-Oct 2020

Psychoeducational Assessment Practicum

Adolescent/Young Adult Psychoeducational Assessments

University of Victoria Psychology Clinic, Victoria, BC

Supervised by Drs. Lisa Van Bruggen, Louise Fennel, Claire Sira, and Carlton Duff (R. Psych's).

Conducted comprehensive psychoeducational assessments for adolescents and young adults (aged 11-21 years) with learning difficulties and socioemotional or behavioral concerns. Clinical activities included conducting semi-structured

clinical intake interviews, administering cognitive, academic, executive functioning, memory, socioemotional, personality, and functional impairment assessment tools, conducting in-classroom observations of clients, writing integrated psychoeducational assessment reports, providing child-directed and caregiver assessment feedback, attending weekly group supervision and/or individual supervision meetings to review cases and live observation sessions.

FELLOWSHIPS, SCHOLARSHIPS, AND AWARDS

2019-2023	Social Sciences and Humanities Council Doctoral Fellowship (\$80,000)
2018-2022	UVic Presidents Research Award (\$15,000)
2022	UVic Community Engaged Learning Scholarship (\$1,000)
2022	UVic Strategic Framework Experiential Learning Award (\$500)
2021	UVic Graduate Award - Excellence in Conference Achievement (\$1,000)
2019	Council of Canadian Departments of Psychology Teaching Assistant Award
2018-2019	Canadian Institutes of Health Research Fellowship [Masters] (\$17,500)
2018	Sarah Spencer Research Foundation Award (\$1,300)
2018	UVic Centre for Youth & Society Myer Horowitz Award (\$300)
2017-2018	University of Victoria Graduate Entrance Fellowship (\$30,000)
2016	UBCO People's Choice for Best Oral Thesis Presentation
2014-2016	UBCO Deans List Scholar
2014-2016	UBCO Deputy Vice Chancellor Scholarship
2013-2016	Imperial Oil Higher Education Scholarship (\$40,000)

SUPERVISION, TEACHING AND MENTORING EXPERIENCE

2017-Current	<p>Undergraduate Student Supervisor, UVic Risky Behaviour Lab Provide supervision to over 10 undergraduate students in conceptualizing, conducting, and disseminating research for conference presentations, writing psychoeducational blog posts, and data cleaning and management. Responsible for leading a team of six undergraduate research assistants in conducting a large systematic review, including leading weekly meetings with research assistants, supervision of article coding, reviewing discrepancies with research assistants, and editing coding system as needed based on feedback from research assistants.</p>
2017-2021	<p>Undergraduate Student Mentor, UVic Psi Chi and Risky Behaviour Lab Provided volunteer mentorship to five undergraduate students in the context of pursuing graduate training in psychology, which included reviewing, editing, and providing feedback on application materials, meeting with students to discuss training and career goals, and providing supportive guidance.</p>
2020-2021	<p>Undergraduate Honors Student Co-Supervisor, UVic Risky Behaviour Lab Co-supervised an undergraduate Honours student's research project investigating whether difficulties with emotion regulation and impulsivity predict the new onset of disordered eating among young adults. Met regularly with the student to refine research questions, discuss theoretical framework and</p>

literature, review and edit written work, and provide feedback at all stages of the thesis development process.

Jan-Dec 2020

Academic Tutor, UVic Centre for Accessible Learning

Provided one-on-one support and instruction of various undergraduate psychology, counselling, and statistics courses; delivered stress, anxiety, organization, and time-management skill coaching; provided supportive counselling to undergraduate students with various disabilities and/or mental health disorders.

2019-2021

Lab and Tutorial Instructor, UVic (Multiple Departments)

Created original tutorial and lab lesson content; taught supplemental course content in weekly tutorials and labs; provided assistive teaching to students; created grading rubrics; graded and provided feedback on written assignments.

- PSYC 100 – Introduction to Psychology
- PSYC 201 – Research Methods in Psychology
- ED-D101 – Learning Strategies for University Success
- CCS & AE – Canadian Cultural Studies and Advanced English

2019-2021

Teaching Assistant, UVic Psychology Department

Provided assistive teaching to students; created and delivered original guest lectures; created grading rubrics; graded and provided feedback on written assignments.

- PSYC 100A – Introduction to Psychology I (Social/Health Emphasis)
- PSYC 100B – Introduction to Psychology II (Biological/Cognitive Emphasis)
- PSYC 260 – Introduction to Mental Health and Wellbeing
- PSYC 335 – Infant and Child Development
- PSYC 365 – Fundamentals of Clinical Psychology
- PSYC 366 – Psychological Disorders in Childhood and Adolescence

2018-2020

Graduate Student Mentor and Student Orientation Events Coordinator, UVic Department of Psychology

Mentor and coordinator for student orientation and social events for incoming graduate students to the UVic Clinical Psychology program.

Apr 2018-July 2018

MCAT Prep Course Instructor, Prep101

Taught and evaluated ~100 students, which involved creating lesson plans, delivering four hour lectures covering a breadth of psychology curriculum for various readiness levels, and providing test taking strategies and tips.

RELEVANT PROFESSIONAL EXPERIENCE

July 2022-Current

Co-Founder, Chief Executive Officer

WellIntel Talks

Co-founder of WellIntel Inc. (WellIntel Talks), a Vancouver-based company that provides evidence-based and engaging talks to community members, businesses, and organizations on a variety of mental health and wellness topics and is a platform that connects speakers to community groups. The mission of company is to promote and facilitate access to evidence-based mental health and

wellness education in the community. Activities include all aspects of business development and management, marketing, website development, managing contracted speakers, and providing original psychoeducational talks within the community.

- Feb 2022-Current **DBT Skills Group Co-Leader (Casual)**
Borderline Personality Disorder (BPD) Society of Victoria, BC
 Co-facilitate telehealth DBT skills group for adults at the BPD Society of Victoria, a non-profit organization, on an as-needed basis (back-up co-leader). Clinical activities include assisting in the preparation of skills group content, co-facilitating skills group, effectively teaching DBT skills, attending team consultation meetings.
- Jan-June 2020 **Psychologist Assistant**
Homewood Health - Ravensview Inpatient Facility, Victoria, BC
 Assisted in creating presentation content and intervention exercises for group psychoeducation and skill building sessions that focused on trauma-related topics for Dr. Michael Berry (R. Psych).
- Apr 2015-Apr 2017 **Clinical Therapist Assistant**
Okanagan Clinical Counselling Services, Kelowna, BC
 Assisted with client assessment applications; clinical methodology research; created and delivered community psychoeducational workshops; completed administrative tasks including client file management under the supervision of owner Nicole Ripley (RCC).

RESEARCH EXPERIENCE

- Sept 2020-Current **Research Assistant, *Mental Health Impacts of the COVID-19 Pandemic Among Canadians***
 Supervised by: Dr. Theone Paterson and Dr. Brianna Turner, *Behavioural Research on Aging and Illness in Neuropsychology (BRAIN) Lab*
 Research assistant on a collaborative global study examining the mental health impacts of the COVID-19 pandemic on Canadians, as well as two sub-projects investigating impacts among Canadian healthcare workers and those living in rural and remote areas. Assist with creation of several ethics applications, participant recruitment, study marketing, data collection, data management and monitoring, open data curation, generating original research questions, conducting analyses, and scientific and lay community dissemination of results.
- Jan 2020-Current **Research Assistant, *Testing etiological models of self-damaging behaviours in the real world: A multimodal experience sampling study***
 Supervised by: Dr. Brianna Turner, *Risky Behaviours Lab, UVic*
 Assist with finalizing the study design, selecting the study tools and measures, creating study protocol, and completing the ethics application and amendments for a large Ecological Momentary Assessment study examining the antecedents and consequences of engagement in risky behaviours such as non suicidal self-injury, suicidal ideation, substance use, and disordered eating, among young adults.

- Sept 2015-Oct 2016 **Research Assistant**, *Comparing in-person and text message support during stressful experiences*
Supervised by: Dr. Susan Holtzman, *Health Psychology Lab, UBC Okanagan*
Ran participants through a standardized experimental paradigm examining cellphone use and mood, assisted with volunteer training and management, literature reviews, data entry, conference preparation and presentations, organization and delivery of psychoeducational workshops, and manuscript writing.
- Sept 2015-Apr 2016 **Honours Student**
Supervised by: Dr. Maya Libben, *Psychopathology Lifespan and Neuropsychology (PLAN) Lab, UBC Okanagan*
Completed Honours thesis examining the relationship between impulsivity and eating disorder-related manifestations using cognitive bias modification techniques.

PUBLICATIONS

Accepted Publications and Book Chapters:

- Robillard, C. L., **Legg, N. K.**, & Ames, M. E., & Turner, B. J. (2022). Support for a transdiagnostic motivational model of self-damaging behaviors: Comparing the salience of motives for binge drinking, disordered eating, and nonsuicidal self-injury. *Behavior Therapy*.
<https://doi.org/10.1016/j.beth.2022.06.005>. Online ahead of print.
- Legg, N.K.**, Switzer, A.C., & Turner, B.J. (in-press). *Fine-grained assessment of non suicidal self-injury*. Oxford Handbook of Non Suicidal Self-Injury. Oxford University Press.
- Robillard, C.L, **Legg, N.K.**, & Turner, B.J. (in-press). Between- and within-person correlates of alcohol-impaired driving in first-year university students: The roles of impulsivity, binge drinking, depression and anxiety. *Journal of Studies of Alcohol and Drugs*.
- Gregory, **Legg, N. K.**, Senay, Z., Barden, J.-L., Phiri, P., Rathod, S., Turner, B. J., & Paterson, T. S. E. (2021). Mental health and social connectedness across the adult lifespan in the context of the COVID-19 pandemic. *Canadian Journal on Aging*, 40(4), 554–569.
<https://doi.org/10.1017/S0714980821000477>
- Legg, N.K.**, & Turner, B. J. (2021). Personality correlates of eating pathology severity and subtypes in the national comorbidity survey adolescent supplement. *Journal of Clinical Psychology*, 77(1), 189-210. <https://doi.org/10.1002/jclp.23021>
- Turner, B., Prud'homme, J., & **Legg, N.** (2019). *Environmental and socio-cultural influences on personality disorders*. Handbook of Personality Disorders. Cambridge University Press.

Submitted Publications:

- Legg, N.K.**, Robillard, C.L., & Turner, B.J. (submitted). Parsing the components and roles of negative affect in disordered eating frequency. *European Eating Disorders Review*.
- Legg, N.K.**, Switzer, A.C., Senay, Z., Reeves, J.T.H, Phiri, P. PhD, Rathod, S., Paterson, T.S.E., & Turner, B.J. (submitted). Prevalence, correlates and drivers of COVID-19 vaccine hesitancy among Canadians. *Canadian Journal of Public Health*.

Turner, B.J., Switzer, A.C., Welch, B., **Legg, N.K.**, Gregory, M.A., Phiri, P., Rathod, S., & Paterson, T. (revise and resubmit). Psychological mediators of the associations between pandemic-related stressors and suicidal ideation across three periods of the COVID-19 pandemic in Canada. *Journal of Affective Disorders*.

Hofer, M., Robillard, C., **Legg, N.**, & Turner, B. (submitted). Socialization and selection: Bidirectional associations between peer and own engagement in self-damaging behaviors during the transition to university. *Journal of Youth and Adolescence*.

Lagore, B., Barden, J.L., Stewart, R., **Legg, N.K.**, Rathod, S., Phiri, P., Turner, B.J., & Paterson, T. (revise and resubmit). Psychological Impacts of the COVID-19 Pandemic on Canadian Healthcare Workers: Results from the First Six- and Nine-Months of a National Cross-Sectional Survey. *Journal of Affective Disorders*.

CONFERENCE PRESENTATIONS

*Undergraduate mentees are underlined

Symposium and Oral Presentations:

Robillard, C. L., Switzer, A., **Legg, N. K.**, & Turner, B. J. (2022, June). *Does basic psychological need frustration mediate the associations between self-criticism and nonsuicidal self-injury, disordered eating, and substance misuse?* Individual presentation: Annual conference of the International Society for the Study of Self-Injury, virtual.

Hofer, M.H., Robillard, C.L., **Legg, N.K.**, & Turner, B.J. (2022, May). *Peer socialization, selection, or both? Bidirectional associations between own and peer engagement in self-damaging behaviors during the transition to university.* In *This didn't come from nowhere - Contemporary Challenges of Adolescence* [Symposium]. Symposium talk presentation: Biennial Society for Research on Adolescence Conference, New Orleans, LA (virtual presentation).

Robillard, C. L., **Legg, N. K.**, Spargo, E., Gretton, A., & Turner, B. J. (2022, April). *Reciprocal associations between defeat/entrapment and suicidal ideation during the transition to university.* Paper presentation: 54th Annual conference of the American Association of Suicidology, Chicago, IL.

Legg, N.K., Turner, B. J., & Paterson, T. S. E. (2021, Oct). *Comparative examination of reasons driving Canadians' vaccine hesitancy across the adult age-span.* Paper presentation: Canadian Association of Gerontology - CAG2021 Hindsight 20/20: Looking Back for a Vision Forward in Gerontology, Toronto, ON, CA (virtual presentation).

Legg, N. K., Robillard, C. L., Senay, Z. W. & Turner, B. J. (2021, November). Protective factors of nonsuicidal self-injury during the transition to college: The roles of wellbeing, coping, and sleep quality. In M. Southward (Chair), *Identifying strengths for better health: Resilience factors in borderline personality disorder and non-suicidal self-injury* [Symposium]. Symposium talk presentation: 55th Annual Conference of the Association for Behavioral and Cognitive Therapies, New Orleans, LA, USA (virtual presentation).

Legg, N.K., Helps, C., Robillard, C. L., & Turner, B. J. (2021, November). BPD traits moderate the association between hot and cold risk taking and engagement in risky behaviors. In K. L. Dixon-Gordon and E. E. Waite (Co-chairs), *Innovative multimethod approaches to disentangling the interplay of emotions and impulsive behaviors in BPD: Finetuning treatment targets*

[Symposium]. Symposium talk presentation: 55th Association of Behavioral and Cognitive Therapies, New Orleans, LA, USA (virtual presentation).

Robillard, C.L., Switzer, A., **Legg, N.K.**, & Turner, B. (2021, May). Comparing the desirable consequences of nonsuicidal self-injury, disordered eating, and binge drinking: Support for a transdiagnostic model of self-damaging behaviors? Individual presentation: Annual conference of the International Society for the Study of Self-Injury (virtual presentation).

Legg, N.K., Lagore, B., Stewart, R., Paterson, T., & Turner, B. (2021, May). *Examining the impacts of the COVID-19 pandemic on mental health outcomes among Canadian adults*. Individual presentation: 2021 Association for Psychological Science Annual Convention (virtual presentation).

Robillard, C. L., **Legg, N. K.**, Balakrishnan, C., & Turner, B. J. (2021, May). *Self-blame as a coping strategy: An antecedent or consequence of nonsuicidal self-injury?* Individual presentation: 2021 Association for Psychological Science Annual Convention (virtual presentation).

Helps, C. E., Robillard, C. L., Turner, C., **Legg, N. K.**, & Turner, B. J. (2020, November). *When, or for whom? Time-varying and stable associations between self-damaging behaviors and suicidal ideation*. Symposium talk presentation: 54th Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Robillard, C. L., **Legg, N. K.**, Helps, C. E., & Turner, B. J. (2020, May). *Perfectionism, stressors, and anxious symptoms: Testing the personality-event congruence hypothesis*. ‘Gimme-5’ individual presentation: 81st Canadian Psychological Association Annual National Convention, Montréal, QC, Canada

Turner, B., **Legg, N.**, Prud’homme, J., & Helps, C. (2018, November). *Comparing Functions across Self Damaging Behaviours: Matching the ‘What’ to the ‘Why*. Symposium talk presentation: Association for Behavioral and Cognitive Therapies 52nd Annual Convention in Washington, DC.

Legg, N., Misener, K., & Libben, M. (2016, May). *Examining impulsivity in relation to cognitive bias modification and eating disorders*. Individual presentation: 2016 Connecting Minds Conference, Vancouver, BC and the 2016 UBC Okanagan Undergraduate Research Conference, Kelowna, BC.

Holtzman, S., DeClerck, D., Tracy, A., **Legg, N.**, & Woodworth, M. (2016, July). *Can emotional support via text messaging compete with in-person communication?* Individual presentation: 2016 International Association of Relationship Research Biennial Conference, Toronto, ON.

Recent Poster Presentations:

Switzer, A., Robillard, C.L., **Legg, N.K.**, & Turner, B.J., (2021, November). *Examining Concurrent and Lagged Effects of Sleep Quality on Stress, Anxiety, and Depression among First-year University Students*. Poster presented: 55th Annual Convention for the Association of Behavioral and Cognitive Therapies in New Orleans, LA (virtual presentation).

Stewart, R., **Legg, N.**, Paterson, T., Turner, B. (2021, May). *Investigating Changes in Suicidal Ideation across Age Groups and Geographical Regions in Canada during the COVID-19 Pandemic*. Poster presented: 2021 Association for Psychological Science Virtual Convention and Poster Showcase.

- Robillard, C. E., **Legg, N. K.**, Lozinski, T., & Turner, B.J. (2020, November). *Differences in Self-Oriented Perfectionism and Socially Prescribed Perfectionism in Predicting Functions of Self-Damaging Behaviours*. Poster presented: 54th Annual Convention for the Association of Behavioral and Cognitive Therapies in Philadelphia, PA.
- Helps, C. E., **Legg, N. K.**, Switzer, A., & Turner, B. J. (2020, November). *Predictors of disordered eating in undergraduate students with and without a history of nonsuicidal self-injury*. Poster presented: 54th Annual Convention for the Association of Behavioral and Cognitive Therapies in Philadelphia, PA.
- Senay, Z., **Legg, N.K.**, & Turner, B.J. (2020, June). *A longitudinal study of new onset binge eating in first-year undergraduate students*. Poster presented: International Conference of Eating Disorders, Sydney, Australia.
- Helps, C. E., Robillard, C. L., **Legg, N. K.**, & Turner, B. J. (2020, June). *Co-occurrence of nonsuicidal self-injury and self-damaging behaviors in undergraduate students*. Poster presented: International Society for the Study of Self-Injury Annual Meeting, Vienna, Austria.
- Helps, C., E., **Legg, N. K.**, Gretton, A., & Turner, B. J. (2020, April). *Resolution or recovery? Mental health in students with recent, lifetime, or no history of suicidal ideation*. Poster presented: 53rd annual American Association of Suicidology Conference, Portland, OR.
- Robillard, C. L., **Legg, N. K.**, Helps, C. E., & Turner, B. J. (2020, April). *Suicide attempts versus ideation in youth: The influence of frequency and versatility of self-damaging behaviors*. Poster presented: 53rd Annual Conference of the American Association of Suicidology, Portland, OR.
- Senay, Z., **Legg, N.K.**, & Tuner, B.J. (2020, April). *New onset of disordered eating among first year undergraduates*. Poster presented: Making Waves Undergraduate Research Conference in Victoria, BC.
- Robillard, C. L., Helps, C. E., **Legg, N. K.**, & Turner, B. J. (2019, October). *Borderline personality disorder traits and depressive symptoms in first-year undergraduate students: The moderating role of self-critical perfectionism*. Poster presented: International Society for the Study of Personality Disorders Congress, Vancouver, BC.
- Legg, N.**, Helps, C., & Turner, B. (2019, October). *Examining moderators of borderline personality disorder traits and diversity of risky behaviors among first-year undergraduates*. Poster presented: International Society for the Study of Personality Disorders Annual Convention, Vancouver, BC.
- Legg, N.**, Prud'homme, J., Milligan, K., Turner, B. (2019, August). *The stability of negative urgency and its coupled relationship with disordered eating frequency*. Poster presented: American Psychological Association's Annual Convention, Chicago, IL.
- Legg, N. K.**, Helps, C. E., Robillard, C. L., Senay, Z., & Turner B. J. (2019, June). *The role of social influence on engagement in nonsuicidal self-injury among first-year undergraduate students*. Poster presentation: International Society for the Study of Self-Injury Annual Meeting, Orlando, FL.

3 more first-authored and 10 more co-authored posters between 2015-2019.

INVITED TALKS AND OTHER PROFESSIONAL TALKS

- 2019-2022 **Invited Community Speaker, UVic Speakers Bureau:** Invited speaker to deliver 13 psychoeducational talks on mental health and engagement in risky behaviours to various provincial and local government organizations, private organizations, health facilities, and schools including:
- Canadian Armed Forces – Esquimalt Navy Base, Department of National Defense
 - Legislative Assembly of British Columbia, Administrative and Executive Assistant Employees
 - BC Government Ministry of Citizens' Services, Department of Citizens' Records Employees
 - Island Health Authority, Yakimovich Wellness Centre
 - MxN's (Men's) Therapy Network, Clinical Team
 - St. Vincent De Paul, Rosalie's Village Transitional Housing
 - Victoria Single Parent Resource Centre
 - Jesken Aerie Assisted Living, Support Staff
 - Gordon Head Middle School, Students
 - Belmont Secondary School, Students
 - UVic Retirees Association, Members
- 2019-2021 **Invited Guest Panelist, Psi Chi, University of Victoria Chapter:** Invited guest panelist for various panel discussions pertaining to research involvement and graduate school admissions.
- 2018-2021 **Guest Lecturer, Introduction to Psychology, Fundamentals of Clinical Psychology, and Psychological Disorders in Adolescence and Childhood UVic Undergraduate Courses:** Delivered several original lectures to large classes (>100 students) of UVic psychology undergraduate students
- Clinical Assessment Considerations for Disordered Eating
 - An Overview of Clinical Intervention Approaches
 - Disordered Eating: An Overview
 - Introduction to Memory
- 2020 **Guest Speaker, UVic Clinical Psychology Program:** Delivered a talk on ethics within the context of psychologist-client relationships for incoming students to the UVic Clinical Psychology program.
- 2019 **Invited Guest Speaker, UVic Rising Stars Awards Ceremony:** Invited keynote speaker for a UVic awards ceremony for top achieving undergraduate students from the Faculty of Social Sciences who had won faculty scholarships.
- 2019 **Invited Guest Panelist, UVic Office of Student Life:** Invited guest panelist for a panel discussion on supporting undergraduate students' mental health and wellbeing during the transition to post-secondary education.
- 2019 **Guest Speaker, UVic Clinical Psychology Program:** Delivered a talk on ethical social media use and social media considerations, in the context of being a clinical care provider to junior graduate students in the UVic clinical psychology program.

RELEVANT SERVICE

June 2020	Volunteer Grant Co-Writer , <i>UVic Anti-Racism Education Initiative Grant</i>
Sept 2019–2020	Elected Student Representative , <i>UVic Standing Committee for Clinical Training in Psychology</i>
Sept 2019–2020	Student Representative , <i>UVic Clinical Rounds Committee</i>
March 2018	Abstract Peer-Reviewer , <i>UVic Making Waves Undergraduate Conference</i>

PROFESSIONAL DEVELOPMENT

- Workshop: Suicide Assessment Workshop (Oct, 2022). *McLean Hospital*.
- Workshop: Trauma Training Master Series (5 Modules; Oct 2022). *National Institute for the Clinical Application of Behavioral Medicine*.
- Workshop: Advanced Report Writing (Aug, 2022). Dr. Stephanie Nelson. *British Columbia Children's Hospital*.
- Webinar: How can we use technology to prevent suicide? (Aug, 2022). Dr. Evan Kleiman. *Suicide Prevention Summit 2022*.
- Webinar: Addressing Trauma in Relationships (Nov, 2021). *National Institute for the Clinical Application of Behavioural Medicine*.
- Webinar: Treating Trauma Induced Shame (Oct, 2021). *National Institute for the Clinical Application of Behavioural Medicine*.
- Workshop: Introductory Workshop to the Unified Protocol (Oct, 2021). *Unified Protocol Institute*.
- Workshop: Decolonizing Ourselves and Politicizing Our Clinical Practices (Feb, 2021). Dr. Jennifer Mullan. *UVic Clinical Psychology Rounds*
- Workshop: Pursuing Indigenous Truth and Reconciliation through Clinical Psychology Training (Nov, 2020). Dr. Joseph Gone. *UVic Clinical Psychology Rounds*
- UVic Disability Awareness in Everyday Life Training (Jan, 2018), Sexualized Violence and Prevention Training, and Suicide Awareness Training (Apr, 2019)
- UBCO Teaching Scholars Credentialing Program: Foundations of Teaching Assistance Certificate (Jan, 2016)
- Tri-Council Policy Statement: Ethical Conduct for Research Involving Humans Course on Research Ethics (2014)
- UBCO Cultural Awareness in Higher Education Teaching Training (2014)

