

Stéphane de LEYMARIE (She/Her)

PhD Researcher in Counselling Studies, The University of Edinburgh
Neurodivergence, Burnout, and Lived Experience

PROFILE

PhD researcher in Counselling Studies at the University of Edinburgh, working at the intersection of neurodivergence, burnout, and lived experience. My interdisciplinary background spans cognitive neuroscience, design, and experiential practices, informing my interest in perception, environments, and mental states. My work combines **microphenomenology, autoethnography, and experiential inquiry** to investigate extreme mental states and transformative processes associated with burnout. My research draws on **process philosophy and neurodivergent epistemologies** to explore new ways of understanding and articulating lived experience in mental health research.

INTERESTS

Neurodivergence – Counselling & Psychotherapy Research – Cognitive Neuroscience – Microphenomenology
Autoethnographic Methods – Extreme Mental States – Mental Health – Psychedelic Science

APPOINTMENTS

Doctoral Fellow in Counselling Studies , The University of Edinburgh, UK	2025 – (2028)
Doctoral Fellow in Psychoacoustics , Ghent University, Belgium (<i>PhD discontinued</i>)	2021 – 2022

FUNDING SECURED (≈ €290k)

Burnout Awareness & Prevention Workshops , The University of Edinburgh <i>£952 support for public engagement projects</i>	2026
College Research Award Doctoral Scholarship , The University of Edinburgh <i>£145,140 fully funded PhD Scholarship (stipend/tuition)</i>	2025
BOF Research Fund Doctoral Position , Ghent University <i>€112,600 doctoral funding (salary + tuition coverage, excl. equipment and publications costs)</i>	2021
Academic Excellence Scholarship , HEC Montréal, Canada <i>CAD \$9,000 merit-based admission scholarship</i>	2005

AWARDS & HONOURS

Best Research Project , University Medical Centre (UMCG), University of Groningen	2023
Best Paper Nominee , joint 16 th ICMPC and 11 th ESCOM Conference	2021
Student Orator , Graduation Ceremony, Goldsmiths University of London	2020
Valedictorian , Graduation Ceremony 2010, Institut Catholique de Paris	2010

EDUCATION

PGCert in Psychedelics: Mind, Medicine, Culture , University of Exeter, <i>Final Grade: 80%</i>	2024 – 2025
MSc, Music Mind and Brain , Goldsmiths, University of London, <i>First/Summa cum laude</i>	2019 – 2020
Foundation Year, Applied Arts, Architecture & Spatial Design , ESDAC, <i>Summa cum laude</i>	2014 – 2015
MA, Economic Intelligence & Geoeconomics , Institut Catholique de Paris, <i>Summa cum laude</i>	2009 – 2010
BBA, Management & International Affairs , HEC Montréal, <i>Magna cum laude</i>	2005 – 2008

ADDITIONAL EDUCATION/TRAINING

Society of Microphenomenology, Microphenomenology (interview, analysis, self-), <i>certificate</i>	2025
NeuroAU, Neuroarchitecture and Salutogenic Design , <i>certificate</i>	2024
The University of Groningen, Psychedelic Research (summer school), <i>Best Poster Award</i>	2023
The University of Edinburgh, Philosophy of Cognitive Sciences , <i>Final grade: 90%</i>	2019

PEER-REVIEWED RESEARCH ARTICLES

1. **de Leymarie, S.** (in press). The Rage Remains: Burnout, the Glass Cliff, and Learning to Rest Together. *The European Journal of Women's Studies*.
2. **de Leymarie, S.** (2025). The Phoenix Fallacy: Reframing the Irreversible Transformations Following Workplace Burnout in Autistic Adults. *Autism in Adulthood*. <https://doi.org/10.1089/aut.2024.0292>
3. Van Kerrebroeck, B., Crombé, K., **de Leymarie, S. M.**, Leman, M., & Maes, P.-J. (2024). The virtual drum circle: polyrhythmic music interactions in mixed reality. *Journal of New Music Research*, 1-21. <https://doi.org/10.1080/09298215.2024.2339244>

OTHER RESEARCH OUTPUTS

1. **de Leymarie, S.**, Bertrand, N., Raufflet, E. (2008). *CDC Biodiversité: A case study for an economic strategy for biodiversity conservation* [Course Material]. Department of Management, HEC Montréal.
2. **de Leymarie, S.**, Bertrand, N. (2008, May 19-30). *A first step towards environmental reporting* [Meeting document]. 9th Meeting of the Conference of the Parties to the Convention on Biological Diversity, Bonn, Germany. Retrieved from <https://www.cbd.int/doc/meetings/cop/cop-09/information/cop-09-inf-42-en.pdf>

CONFERENCE PAPERS & POSTER PRESENTATIONS

1. **de Leymarie, S.**, Liebschner, S., Sirk, M., Vasconcelos, S., Zhang, B. (2023, July 10-14). *Losing my religion? The role of psychedelics in belief change in the context of rave experiences – an exploratory study* [Poster abstract]. University of Groningen Medical Sciences Summer School, Groningen, The Netherlands.
2. **de Leymarie, S.**, Omigie, D., Küssner, M.B., Taruffi, L., Floridou, G.A. (2021, July 28-31). *The Multimodal Mental Imagery of Music Scale (MMIMS): A novel instrument assessing the multimodal mental imagery experience of music listening* [Paper presentation]. 16th International Conference on Music Perception and Cognition and the 11th Triennial Conference of the European Society for the Cognitive Sciences of Music, Sheffield, UK.
3. **de Leymarie, S.**, Omigie, D., Küssner, M.B., Taruffi, L., Floridou, G.A. (2021, January 17-18). *The Multimodal Mental Imagery of Music Scale (MMIMS): a novel instrument assessing the multimodal mental imagery experience of music listening* [Paper presentation]. Postgraduate conference of the Society for Musicology in Ireland and the Irish National Committee of the International Council for Traditional Music, Dublin, Ireland.
4. **de Leymarie, S.**, Allard, P., Mistral, J. (2009). *Les conséquences géopolitiques de la crise financière* [Rapport interne]. Institut français des relations internationales, Direction de la prospective, ministère des Affaires étrangères de la République française.

COLLABORATIVE RESEARCH PROJECTS

Research Collaborator, Neuroinclusivity of Microphenomenology 2025 – present
Aarhus University — led by Katrin Heimann and Maciek Wodziński

Research Collaborator, The Mystical Entropy Project 2023
Leiden University — led by Aidan Lyon and Michiel Van Elk

RESEARCH LEADERSHIP & ACADEMIC INITIATIVES

Creator and Convener, Neurodivergent Burnout Workshops, The University of Edinburgh 2026
Lead designer and facilitator of three workshops for students and staff.

Scientific Committee Member, 15th Conference of Systematic Musicology (SysMus2022) 2022
Responsibilities included programme development, call-for-papers, and peer review.

RESEARCH EXPERIENCE

Research Assistant, French Institute of International Affairs (IFRI), Paris, France	2009
Research Assistant in International Affairs, HEC Montreal, Montréal, Canada	2008

PROFESSIONAL EXPERIENCE (NON-ACADEMIC)

Product Manager, WS-Holdinvest Hospitality Group (family company), France	2018 – 2019
Pre-Opening & Operating General Manager, WS-Holdinvest Hospitality Group	2017 – 2018
Architectural Project & Construction Site Manager, WS-Holdinvest Hospitality Group	2015 – 2017
Independent Designer & Photographer, Toulouse, France	2012 – 2014
Creative Assistant in Architectural Projects, Dragon Rouge, Paris, France	2012
Programme Assistant, United Nations Environment Programme, Montreal, Canada	2008

LANGUAGES & SOFTWARE

Languages: French (native), English (fluent), German (adv.), Spanish (basic), Dutch (basic), British Sign Language (basic)

Software: Obsidian, IBM SPSS, RStudio, Adobe Creative Suite, Microsoft Office, ArchiCAD, Ableton, Max/MSP

VOLUNTEER WORK & FUNDRAISING

Reporter-Photographer, Toulouse Marathon 2012 City of Toulouse Metropole, France	2012
Reporter-Photographer, World Fencing Championship, New York City, USA French Fencing Federation	2010
Runner-Fundraiser, Paris Half Marathon 2010, France Fundraised approximately €1,200 for Fondation Paralyse Cérébrale	2010
Delegate for the Polynesian subregion of Oceania McGill Model United Nations Assembly 2008, Montreal, Canada	2008

PROFESSIONAL AFFILIATIONS

Member, Scottish Psychedelic Research Group (since 2025).

Member, Microphenomenology Lab, International Society of Microphenomenology (since 2025).

Member, Wavepaths Community (since 2020), organisation developing music for psychedelic-assisted therapy.

Member, OPEN Foundation (since 2023), organisation advancing psychedelic therapies in Europe.

PERFORMING ARTS

Drummer, “De Krooktet” jazz ensemble, Ghent University (2021).

Actor, HEC Montréal Theatre Society (2005–2007).

Stage Director, Institut des Chartreux Theatre Society (2003).

Actor, Lycée Pierre de Fermat Theatre Club (2000–2003).