

EDUCATION

2022 - 2023 **VA Palo Alto Health Care System (APA Accredited)**
Palo Alto, CA Clinical Psychology Intern, General Track

2023 **The Pennsylvania State University (APA Accredited)**
State College, PA Doctor of Philosophy, Psychology
Dissertation: *Characterizing the role of affect in substance use in daily life: A novel application of latent profile analysis for daily diary data*
Co-chairs: Dr. Ashley Linden-Carmichael; Dr. José A. Soto

2018 **The Pennsylvania State University**
State College, PA Master of Science, Psychology
Thesis: *Paying the price for anger: Do women bear greater costs?*
Chair: Dr. José A. Soto

2016 **University of California, Berkeley**
Berkeley, CA Bachelor of Arts, Psychology, Highest Distinction
• Top 5% of all graduates in College of Letters and Science
Thesis awarded Highest Honors in Psychology

GRANTS AWARDED

2022 **Research Society on Alcohol Doctoral Student Small Grant Program**
Principal Investigator
Award: \$5000
Project: *Characterizing the role of affect in substance use in daily life: A novel application of latent profile analysis for daily diary data.*

2018 - 2020 **NIDA T32 DA017629 Prevention and Methodology Training (PAMT) Pre-Doctoral Fellowship**
Principal Investigator: Linda M. Collins, PhD
Faculty mentor team: Ashley Linden-Carmichael, PhD; Robert W. Roeser, PhD, Zita Oravecz, PhD; Stephanie Lanza, PhD; Bethany C. Bray, PhD

2020 Society for the Psychological Study of Society for the Psychological Study of Social Issues Clara Mayo Grant
Principal Investigator
Award: \$750
Project: *The Effects of Adherence to Sexist Gender Norms of Emotional Expression on Women's Well-being.*

**HONORS &
AWARDS**

- 2022 Penn State University College of Liberal Arts RGSO Dissertation Competition Winner**
Award: \$1500
- 2021 Bruce V. Moore Graduate Fellowship in Psychology**
Award: \$850
- 2021 Early Career Prevention Network (ECPN) Poster Award, Society for Prevention Research**
Award: \$500
- 2019 APAGS / Psi Chi Junior Scientist Fellowship**
Award: \$1500
- 2019 Superior Teaching and Research (STAR) Award, Penn State College of Liberal Arts**
Award: \$1500
- 2017 Penn State University Graduate Scholar Award**
Award: \$6000
- 2016 Association for Psychological Science Undergraduate Student Research Award**
Award: \$1500
- 2015 SWAN Award for Undergraduate Research, UC Berkeley**
Award: \$5000
- 2015 McNair Scholars Post-baccalaureate Achievement Program, UC Berkeley**
Program for low-income, first-generation, and under-represented students that provides mentoring support, funding for research, and a stipend
Award: \$9,000
- 2014 Gallagher-Koster Health Career Scholarship**
Competitive scholarship awarded to promising undergraduates who plan to pursue a career in a healthcare field, such as psychology and medicine
Award: \$10,000
- 2014 Chubb Foundation Scholarship**
Award: \$14,000

PUBLICATIONS

19. Hirshberg, M.J., Colaianne, B., Inkelas, K.K., Oke, G., **Van Doren, N.**, Davidson, R.J., Roeser, R.W. (In press). Are college students relatively resilient to the mental health effects of the COVID-19 pandemic? Evidence from a cross-sectional cohort comparison study. *Journal of American College Health*. DOI forthcoming.
18. Newman, M.G., Schwob, J.T., Rackoff, G.N., **Van Doren, N.**, Shin, K.E., Kim, H. (2022). The naturalistic reinforcement of worry from positive and negative emotional contrasts: Results from a momentary assessment study within social interactions. *Journal of Anxiety Disorders: Special Issue on Contrast Avoidance*.
<https://doi.org/10.1016/j.janxdis.2022.102634>
17. **Van Doren, N.**, Oravec, Z., Soto, J.A., Roeser, R.W. (2022). Examining the cultural consensus on beliefs about mindfulness among U.S. early adults. *Mindfulness*.
<https://doi.org/10.1007/s12671-022-01956-x>
16. Piazza, J.P., **Van Doren, N.** (2022). It's about hate: Approval of Donald Trump, racism, xenophobia and support for political violence. *American Politics Research*.
<https://doi.org/10.1177/1532673X221131561>
15. Dorison, C.A., Coles, N.A., Heller, B.H., Rothman, A.J., Kawachi, I.J., Wang, K., Rees, V.W., Gill, V.P., Gibbs, N., Lerner, J.S. **Van Doren, N.**, ... (2022). In COVID-19 health messaging, loss framing increases anxiety without concomitant benefits: Experimental evidence from 84 countries. *Affective Science*, 3, 577–602.
<https://doi.org/10.1007/s42761-022-00128-3>
14. Legate, N., Nguyen, T., Moller, A., Weinstein, N. **Van Doren, N.**, ... (2022). Motivating social distancing during the COVID-19 pandemic: A Self-Determination Theory experiment in 89 countries. *Proceedings of the National Academy of Sciences*, 119(22) e2111091119. <https://doi.org/10.1073/pnas.2111091119>
13. Buchanan, E. M., Lewis, S. C., Paris, B., Forscher, ... **Van Doren., N.**, ... Primbs, M. (2022). PSACR: The Psychological Science Accelerator's

COVID-19 Rapid-Response Dataset. *Nature Scientific Data*. DOI forthcoming.

12. Linden-Carmichael, A. N., **Van Doren, N.**, Bray, B. C., Jackson, K., & Lanza, S. T. (2022). Stress and affect as daily risk factors for substance use patterns: An application of latent class analysis for daily diary data. *Prevention Science*, 23, 598–607. <https://doi.org/10.1007/s11121-021-01305-9>
11. **Van Doren, N.**, Zainal, N. H., & Newman, M. G. (2021). Cross-cultural and gender invariance of emotion regulation in the United States and India. *Journal of Affective Disorders*, 295, 1360–1370. <https://doi.org/10.1016/j.jad.2021.04.089>
10. **Van Doren, N.**, Dickens, C., Benson, L., Brick, T.R., Gatzke-Kopp, L., Oravec, Z. (2021). Capturing emotion coherence in daily life: Using ambulatory physiology measures and ecological momentary assessments to examine within-person associations and individual differences. *Biological Psychology*, 162, 108074. <https://doi.org/10.1016/j.biopsycho.2021.108074>
9. Wang, K., Goldenberg, A., Dorison, C.A., Lerner, J.S., Gross, J.J. **Van Doren, N.**, ... (2021). A multi-country test of brief reappraisal interventions on emotions during the COVID-19 pandemic. *Nature Human Behaviour*, 5(8), 1089-1110. <https://doi.org/10.1038/s41562-021-01173-x>
8. **Van Doren, N.**, Soto, J.A. (2021) Paying the price for anger: Do women bear greater costs? *International Journal of Psychology*, 56(3), 331-337. <https://doi.org/10.1002/ijop.12724>
7. Linden-Carmichael, A. N., **Van Doren, N.**, Masters, L. D., & Lanza, S. T. (2020). Simultaneous alcohol and marijuana use in daily life: Implications for level of use, subjective intoxication, and positive and negative consequences. *Psychology of Addictive Behaviors*, 34(3), 447-453. <https://doi.org/10.1037/adb0000556>
6. **Van Doren, N.**, Shields, S.A., Soto, J.A. (2021) Emotion regulation training in a first-year experience course: A qualitative analysis of students' experiences. *Journal of College Student Psychotherapy*, 35(4), 377-392. <https://doi.org/10.1080/87568225.2020.1740067>
5. **Van Doren, N.**, Tharp, J.A., Johnson, S.L., Staudenmaier, P.J., Anderson, C., Freeman, M.A. (2019). Perseverance of effort is

related to lower depressive symptoms via authentic pride and perceived power. *Personality and Individual Differences*, 137, 45-49. <https://doi.org/10.1016/j.paid.2018.07.044>

4. Brown, C. L., **Van Doren, N.**, Ford, B. Q., Mauss, I. B., Sze, J. A., Levenson, R. W. (2019). Coherence between subjective experience and physiology in emotion: Individual differences and implications for well-being. *Emotion*, 20(5), 818-829. <https://doi.org/10.1037/emo0000579>
3. Cho, S., **Van Doren, N.**, Minnick, M.R., Albohn, D. N., Adams, R. B., Soto, J.A. (2018). Culture moderates the relationship between emotional fit and collective aspects of well-being. *Frontiers in Psychology: Special Issue on Cultural Psychology*, 9, 1509. <https://doi.org/10.3389/fpsyg.2018.01509>
2. **Van Doren, N.**, Brown, C.L., Sze, J.A., Levenson, R.W. (2016) The relationship between emotion coherence and life satisfaction. *Berkeley McNair Research Journal*, 23, 149-167.
1. **Van Doren, N.** (2015). The role of yoga's rituals in psychological well-being. *Journal of Interpersonal Relations, Intergroup Relations and Identity*, 8(1), 80-89.

MANUSCRIPTS UNDER REVIEW

5. **Van Doren, N.**, Bray, B.C., Soto, J.A., Linden-Carmichael, A.N. (under review). Associations between day-level affect profiles and same-day substance use among young adults.
4. **Van Doren, N.**, Roeser, R.W. (revise-resubmit). Examining the impacts of mindfulness training and medication on reductions in depressive and anxious symptoms in public school teachers. Pre-print link: <https://psyarxiv.com/sm5fp>
3. **Van Doren, N.**, Layland, E.K., Mahlobo, C.T., Bray, B.C. (under revision for resubmission to Cultural Diversity and Ethnic Minority Psychology). Person-centered coping profiles moderate the links between racial discrimination and mental health in Black Americans. Pre-print link: <https://psyarxiv.com/8rt73>
2. **Van Doren, N.**, Zainal, N. H., Newman, M. G., & Hong, R. (under revision for resubmission to Psychiatry Research). Cross-cultural and

gender invariance of five common symptom and cognitive vulnerability measures in the United States and Singapore. Pre-print link: <https://psyarxiv.com/fn5s4>

1. **Van Doren, N.**, Zhu, Y., Vazquez, M., Shah, J., Grammer, A.C., Fitzsimmons-Craft, E.E., Eisenberg, D., Wilfley, D.E., Taylor, C.B., & Newman, M.G. (revise-resubmit). Barriers to Mental Health Treatment in United States College Students of Color. *Psychiatric Services*. Pre-print link: <https://psyarxiv.com/dynaw>

MANUSCRIPTS IN PREPARATION

1. **Van Doren, N.**, Zhu, Y., Taylor, C.B., & Newman, M.G. (in preparation). Characterizing the structure of psychopathology in BIPOC individuals: A transdiagnostic symptom-level approach.

CHAIRED SYMPOSIA

3. **Van Doren, N., (Chair)**, Jones, D.R. (Co-Chair), Ong, A. (Discussant) (2023, March). *Daily Emotions and Health Behavior: Examining the Role of Positive Affect, Arousal, and Individual Differences*. Symposium submitted to the Society for Affective Science. Long Beach, CA.
2. **Van Doren, N., (Chair)**, Loughheed, J.P (Co-Chair), Levenson, R.W. (Discussant) (2022, April). *The adaptive value of emotion coherence: Examining individual differences and risks for psychopathology*. Symposium presented at the Society for Affective Science. Virtual.
1. **Van Doren, N., (Chair)**, Neblett, E.W. (Discussant) (2021, July). *Beyond the individual: Racial environments and their impact on health*. Symposium presented at the Society for the Psychological Study of Culture, Ethnicity and Race (APA Div. 45) conference. University of Michigan (host). Virtual.

ORAL PRESENTATIONS

9. **Van Doren, N.**, Dickens, C., Benson, L., Brick, T.R., Gatzke-Kopp, L., Oravec, Z. (2022, April) Capturing emotion coherence in daily life: Using ambulatory physiology measures and ecological momentary assessments to examine within-person associations and individual

differences. In N. Van Doren (Chair), *The adaptive value of emotion coherence: Examining individual differences and risks for psychopathology*. Symposium talk to be presented at the the Society for Affective Science. Virtual.

8. Soto, J.A., Wei, W., Salomaa, A., **Van Doren, N.**, Yang, Y. (2021, July). Perceptions of inequality “in the air”: The Diversity Climate Scale. In N. Van Doren (Chair), *Beyond the individual: Racial environments and their impact on health*. Symposium talk presented at the Society for the Psychological Study of Culture, Ethnicity and Race (APA Div. 50) conference. University of Michigan (host). Virtual.
7. Mahlobo, C.T., **Van Doren, N.**, Hur, Y.H., Jones, D., Crowley, M. (2021, July). Black individuals’ neighborhood and racial socialization experiences prospectively predict flourishing in adulthood. In N. Van Doren (Chair), *Beyond the individual: Racial environments and their impact on health*. Symposium talk presented at the Society for the Psychological Study of Culture, Ethnicity and Race (APA Div. 45) conference. University of Michigan (host). Virtual.
6. **Van Doren, N.**, Mahlobo, C.T., Galla, B.M., Colaianne, B., Hirshberg, M.J., Greenberg, M.T., Inkelas, K.K., Davidson, R.J., Germano, D., Dunne, J.D., Roeser, R.W. (2021, February). The longitudinal impacts of mindfulness and empathic concern on self-regulation in the COVID-19 pandemic: Effects on coping and compliance with CDC guidelines. In D. Hu (Chair), *Keep It Together: Self-Regulation Challenges Amid the COVID-19 Pandemic*. Symposium talk presented at the Society for Personality and Social Psychology Annual Convention. Virtual.
5. **Van Doren, N.**, Linden-Carmichael, A. N., Bray, B. C., & Lanza, S. T. (2020, February). An application of latent class analysis to daily diary data: Examining daily patterns of substance use in young adults. In A. Linden-Carmichael (Chair), *Daily Diary Findings of Alcohol, Marijuana, and Polysubstance Use: The Role of Cannabis Mode of Administration, Affect, and Mental Health Symptomatology*. Symposium presented at The Methodology Center, The Pennsylvania State University, University Park, PA.
4. **Van Doren, N.**, Linden-Carmichael, A. N., Bray, B.C., Lanza, S. T. (2020, June). Examining daily patterns of substance use in young adults and their relation to daily stress and negative affect: An application of Latent Class Analysis to daily diary data. Talk

presented at the Modern Modeling Methods Conference. Storrs, CT (conference canceled due to COVID-19)

3. **Van Doren, N.**, Layland, E.K., Bray, B.C. (2019, January). *Do person-centered coping profiles moderate the association between daily discrimination and depressive and anxious symptoms in African Americans?* Talk presented at the Mixture Modeling Special Interest Group. State College, PA.
2. Brown, C.L., **Van Doren, N.**, Ford, B.Q., Mauss, I.B., Sze, J.A., Levenson, R.W. (2018, April) *The functional value of emotion coherence: Greater coherence between physiology and subjective experience is associated with higher well-being.* Talk presented at the Society for Affective Science Annual Meeting. Los Angeles, CA.
1. **Van Doren, N.**, Soto, J.A. (2017, April) *Do women incur greater costs than men for expressing anger?* Talk presented at the Pennsylvania State Psychology Department. State College, PA.

POSTER PRESENTATIONS

25. **Van Doren, N.**, Ng, H., Blonigen, D.M. (2023, June). *Leveraging virtual reality to enhance mindfulness training in veterans undergoing residential substance use treatment.* Poster to be presented at the Society for Digital Mental Health Annual Meeting. Virtual.
24. **Van Doren, N.**, Zhu, Y., Vazquez, M., Shah, J., Grammer, A.C., Fitzsimmons-Craft, E.E., Eisenberg, D., Wilfley, D.E., Taylor, C.B., & Newman, M.G. (2023, May). *Understanding barriers to mental health care in BIPOC college students.* Poster to be presented at the American Psychiatric Association Annual Meeting. San Francisco, CA.
23. Zhu Y., **Van Doren, N.**, & Newman M. G., (2022, November). *Associations between worry, rumination, and contrast avoidance tendencies in people with generalized anxiety disorder and major depressive disorder.* Poster to be presented at the 56th ABCT Special Interest Group, New York, NY.
22. Posada Rodríguez, C., **Van Doren, N.**, Pushpanadh, S., Soto, J. A., & Oravec, Z. (2022, February). *Examining intraindividual coupling of hedonic and eudemonic aspects of well-being: Evidence from a 28-*

Day EMA study. Poster presented at the Emotion Pre-Conference of the Society of Personality and Social Psychology; San Francisco, CA. Virtual.

21. **Van Doren, N.**, Dickens, C., Benson, L., Brick, T.R., Gatzke-Kopp, L., Oravecz, Z. (2022, February). *Capturing emotion coherence in daily life: Using ambulatory physiology measures and ecological momentary assessments to examine within-person associations and individual differences*. Poster presented at the Emotion Pre-Conference of the Society of Personality and Social Psychology; San Francisco, CA. Virtual.
20. Pushpanadh, S., **Van Doren N.**, Posada Rodríguez, C., & Soto, J. A. (2022, February). *Cultural Differences in Associations between Dialectical Beliefs about Emotion and Well-Being in the US and India*. Poster presented at the Emotion Pre-conference of the Society of Personality and Social Psychology, San Francisco, CA. Virtual.
19. Linden-Carmichael, A. N., **Van Doren, N.**, Bray, B. C., Jackson, K. M., & Lanza, S. T. (2022, June). *Daily substance use patterns and implications for substance-related consequences: An application of latent class analysis for daily diary data*. Poster to be presented at the annual Research Society on Alcoholism, Orlando, FL.
18. Mahlobo, C.T., **Van Doren, N.**, Hur, Y.H., Jones, D., Crowley, M. (2021, June). *Black individuals' racial socialization experiences and coping with discrimination in middle and high school prospectively predict flourishing in adulthood*. Poster presented at the Society for Prevention Research Annual Meeting. Virtual.
17. Mahlobo, C.T., **Van Doren, N.**, Roeser, R.W., Galla, B.M., Colaianne, B., Hirshberg, M.J., Greenberg, M.T., Inkelas, K.K. (2021, February). *Mental health, coping and health compliance in college-attending young adults during the COVID-19 pandemic: Gender and race differences*. Poster presented at the Health Psychology Preconference at the Society for Personality and Social Psychology Annual Convention. Virtual.
16. **Van Doren, N.**, Oravecz, Z., Roeser, R.W. (2020, May). *Examining the cultural consensus on beliefs about mindfulness in US emerging adults*. Poster presented at the Society for Prevention Research Annual Meeting. Washington, DC.

15. **Van Doren, N.,** Zainal, N. H., Newman, M. N. (2020, May). *Cross-cultural and gender invariance of emotion regulation in the United States and India*. Poster presented at the Society for Affective Science Annual Meeting. San Francisco, CA.
14. **Van Doren, N.,** Roeser, R.W. (2020, February). *Effects of mindfulness training and medication on reductions in depressive and anxious symptoms in public school teachers*. Poster presented at the Society for Personality and Social Psychology Annual Meeting. New Orleans, LA.
13. Vu, A., **Van Doren, N.,** Soto, J.A. (2020, February). *Affective, motivational, and relational content in women's and men's descriptions of emotional obligation and perceived outcomes of emotional expression*. Poster presented at the Society for Personality and Social Psychology Annual Meeting. New Orleans, LA.
12. **Van Doren, N.,** Oravecz, Z. (2019, March). *Dialectical beliefs about emotion are associated with greater life satisfaction via greater use of interpersonal emotion regulation*. Poster presented at the Society for Affective Science Culture and Emotions Preconference. Boston, MA.
11. **Van Doren, N.,** Layland, E.K., Bray, B.C. (2019, May). *Coping with racial discrimination: Person-centered coping profiles moderate the association between daily discrimination and depressive and anxious symptoms in African Americans*. Poster presented at the Association for Psychological Science Annual Meeting. Washington, DC.
10. **Van Doren, N.,** Roeser, R.W. (2019, May). *Effects of a mindfulness training intervention on alcohol use in public school teachers*. Poster presented at the Society for Prevention Research Annual Meeting. San Francisco, CA.
9. Vu, A., **Van Doren, N.,** Soto, J.A. (2019, February). *Self-construal and reappraisal as a mediator of the relationship between culture and trait negative affect*. Poster presented at the Eastern Psychological Association Annual Meeting. New York, NY.
8. **Van Doren, N.,** Yang, Y., Yang, Y., Soto, J.A. (2018, March) *'Smile, Honey': Emotional Obligation Predicts Depression via Faking Positive Emotions and Inauthenticity*. Poster presented at the Emotion Preconference at the Society for Personality and Social Research Annual Meeting. Atlanta, GA.

7. **Van Doren, N.,** Soto, J.A. (2017, May) *Paying the Price for Anger: Do Women Bear Greater Costs?* Poster presented at the Association for Psychological Science Annual Meeting. Boston, MA.
6. **Van Doren, N.,** John, O.P. (2017, April) *Where do you sit? Effects of Gender, Personality, and Motivation.* Poster presented at the Society for Industrial and Organizational Psychology Annual Meeting. Orlando, FL.
5. **Van Doren, N.,** Soto, J.A. (2017, March) *Anger Suppression in a Relationally-Interdependent Context Predicts Gender Differences in Well-being.* Poster presented at the Pennsylvania State University Annual Graduate Exhibition. State College, PA.
4. **Van Doren, N.,** John, O.P. (2017, January) *Where do you sit? Motivation and Personality account for Gender Differences in Power Preferences.* Poster presented at the Society for Personality and Social Research Annual Meeting. San Antonio, TX.
3. **Van Doren, N.,** Zhang, J.W., Chen, S. (2016, May) *Self-compassion promotes authenticity.* Poster presented at the Association for Psychological Science Annual Meeting. Chicago, IL.
2. **Van Doren, N.,** Zhang, J.W., Chen, S. (2015, May) *Learning from our regrets: Self-compassion leads to greater personal improvement motivation.* Poster presented at the Association for Psychological Science Annual Meeting. New York, NY.
1. **Van Doren, N.,** Brown, C.L., Sze, J.A., Levenson, R.W. (2015, October) *Coherence between emotional experience and physiology is related to greater life satisfaction.* Poster presented at the Society for Psychophysiological Research Annual Meeting. Seattle, WA.

RESEARCH EXPERIENCE

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|----------------|--|
| 2022 - Present | <p>Center for Innovation to Implementation (Ci2i)
 VA Palo Alto Healthcare System
 Graduate Researcher
 <i>Principal Investigators (PI):</i> Daniel M. Blonigen, PhD</p> |
| 2020 - Present | <p>NIMH: R01MH115128</p> |

- Harnessing Mobile Technology to Reduce Mental Health Disorders in College Populations***
 Graduate Research Assistant and Data Analyst
 The Pennsylvania State University; Stanford University
PIs: Michelle G. Newman, PhD; C. Barr Taylor
- 2019 - Present **Addiction and Innovative Methods Laboratory**
NIAAA: K01AA026854
Simultaneous Alcohol and Marijuana Use: Momentary Influences and Consequences
 Graduate Research Assistant and Data Analyst
 Department of Health and Human Development, The Pennsylvania State University
PI: Ashley Linden-Carmichael, PhD; Faculty Sponsor: Stephanie T. Lanza
- 2018 - 2020 **NIDA: T32 DA017629 Prevention and Methodology Training Program**
 Pre-Doctoral Fellow
 Departments of Health and Human Development and Biobehavioral Health, The The Pennsylvania State University
PI: Linda M. Collins, PhD
Primary Mentors: Robert W. Roeser, PhD; Zita Oravecz, PhD
Secondary Mentors: Stephanie T. Lanza, PhD; Bethany C. Bray, PhD; Ashley Linden-Carmichael, PhD
- 2018 - 2020 **Individualized Modeling of Processes in Emotion and Cognition Lab**
NIAAA: U24AA027684, *The Center for Innovation in Intensive Longitudinal Studies (CIILS)*
 Graduate Researcher
 Department of Health and Human Development, The Pennsylvania State University
PI: Zita Oravecz, PhD
- 2018 – Present **Mindfulness and Compassion in Human Development Lab**
 Graduate Researcher
 Department of Health and Human Development, The Pennsylvania State University
PI: Robert W. Roeser, PhD
- 2018 – 2019 **The Methodology Center, The Pennsylvania State University**
NIDA: P50 DA039838
 Graduate Research Assistant and Data Analyst

Project: *Substance Co-Use Patterns in Daily Life: Multilevel Latent Class Analysis to Inform mHealth Interventions*
PIs: Ashley Linden-Carmichael, PhD; Stephanie T. Lanza, PhD

- 2018 – Present **Laboratory for Depression and Anxiety Research**
Graduate Researcher
Department of Psychology, The Pennsylvania State University
PI: Michelle G. Newman, PhD
- 2016 - Present **Culture, Health, and Emotion Laboratory**
Graduate Researcher
Department of Psychology, The Pennsylvania State University
PI: José A. Soto, PhD
- 2015 **Paul Ekman Group**
Data Analyst
PI: Paul Ekman, PhD
- 2014 - 2016 **Berkeley Psychophysiology Laboratory**
McNair Scholar and Undergraduate Researcher
Department of Psychology, University of California, Berkeley
PI: Robert. W. Levenson, PhD
- 2014 - 2016 **CalMania Laboratory**
Undergraduate Researcher
Department of Psychology, University of California, Berkeley
PI: Sheri L. Johnson, PhD
- 2014 **Center for Positive Psychology**
The Duckworth Lab
Undergraduate Summer Research Assistant
Department of Psychology, University of Pennsylvania
PI: Angela Duckworth, PhD
- 2014 **Center for High Impact Philanthropy**
Undergraduate Summer Research Assistant
The Wharton School, University of Pennsylvania
PI: Carol McGlauhlin, MD, MPH

RESEARCH SKILLS

- Statistical Analyses**
- **Factor analysis:** Exploratory factor analysis. Confirmatory factor analysis. Within-person and multilevel factor analysis. Moderated non-linear factor analysis.
 - **General linear models:** Linear, logistic, and multinomial regression. Poisson & negative binomial regression.
 - **Hierarchical linear modeling:** Generalized additive models. Repeated measures and longitudinal data.
 - **Structural equation modeling (SEM):** Growth mixture models. Latent change analysis. Latent class analysis. Latent growth curve model. Latent profile analysis. Latent state-trait model. Longitudinal measurement invariance. Multiple-group confirmatory factor analysis. Random-intercept cross-lagged panel models.
 - **Bayesian inference:** Cultural consensus models. Bayesian linear mixed-effects models.
 - **Time-varying effect models**
 - **Machine learning:** LASSO regression.

- Statistical Software**
- **R / RStudio, versions 1.3 onwards**
 - **Mplus, Version 7.0 – 8.4**
 - **Statistical Package for Social Sciences (SPSS; All versions)**
 - **Hierarchical Condorcet Modeling Toolbox**
 - **MATLAB**
 - **JAGS (Just Another Gibbs Sampler)**

- Psychophysiology**
- Data collection & Analysis
- **Empatica E4:** Ambulatory psychophysiology data collection, cleaning, and analysis.
 - **MindWare:** Psychophysiological data cleaning and analysis. HRV, impedance cardiography, EDA/SCL.
 - **BioPac:** Psychophysiology data collection.
 - **Facial Electromyography:** Trained with Dr. Ursula Hess in 2018.

- Emotion Coding**
- **Facial Action Coding System (FACS) training:** Completed training with Dr. Erika L. Rosenberg at the University of California, Berkeley in 2015.
 - **Micro Expression Training Tool (METT) 3.0:** Trained with Paul Ekman Group in 2015.

CLINICAL EXPERIENCE

2022 – Present
Palo Alto, CA

VA Palo Alto Health Care System (APA Accredited)
Clinical Internship, Doctoral Psychology Intern

Rotations and Supervisors:

Inpatient Psychiatry (William O. Fuastman, PhD)

- Led inpatient group Dialectical Behavioral Therapy (DBT) to individuals with a wide range of psychotic, mood, and personality disorders
- Performed risk assessments and safety planning for suicidal and homicidal individuals in acute psychiatric care
- Provided brief individual therapy (14 days) to clients with serious mental illnesses as part of their inpatient stay

Addiction Consultation and Treatment (Kimberly Brodsky, PhD)

- Led intensive outpatient group Dialectical Behavioral Therapy for Substance Use Disorders (DBT-SUD) for individuals with a broad range of SUDs (e.g., opioid use disorders, methamphetamine use disorder, alcohol use disorder)
- Led inpatient groups on DBT-SUD focused on interpersonal effectiveness modules for veterans in a residential SUD treatment program.
- Provided trauma-focused individual therapy using DBT for PTSD for veterans with comorbid PTSD and SUDs
- Provided SUD-focused individual therapy for individuals with substance use disorders using CBT for SUD and Motivational Interviewing
- Trained in VA rollout of Cognitive Processing Therapy (CPT) for PTSD and saw 2 cases under supervision of Dr. Shannon Wiltsey-Stirman

Women's Health Psychology Clinic (Dorene Loew, PhD)

- Provided CBT for Insomnia (CBT-I) to women veterans with insomnia and comorbid issues
- Provided individual therapy for women veterans with military sexual trauma (MST) using CPT
- Led mindfulness-focused group therapy using the VA CALM protocol
- Led a trauma-focused psychoeducation group (Courage Group) for women veterans with MST to enhance readiness for evidence-based trauma treatment (e.g., PE; CPT)

Research (Health Services Research & Development; Daniel Blonigen, PhD)

- Conducted a feasibility/acceptability study to examine the utility of self-guided virtual reality mindfulness training for veterans undergoing residential substance use treatment as part of the **VA Immersive initiative**

- Led several secondary data analyses project using national datasets from the **VA's Opioid Overdose Education and Naloxone Distribution (OEND)** Program to examine health disparities in substance use treatment across race/ethnicity
- Led several health services research projects using national data from the **VA's Program Evaluation and Resource Center (PERC)** to examine the prevalence of measurement-based care in SUD clinics across the nation, receipt of evidence based interventions, and the impacts of telementalhealth care on reducing health disparities for unhoused veterans

The Pennsylvania State University

2021 – 2022
State College, PA

Penn State Health, Mt. Nittany Medical Center

Staff Therapist

Behavioral Health Integrative Services/Collaborative Care Team

Supervisors: Dr. Michael Wolff; Dr. Bettina Welz

- Performed triage, screening, brief supportive care for acute stress, 1st time mood episode/anxiety disorder identification support, psychoeducation in a primary care setting.
- Administered brief behavioral health intervention for patients (not to exceed 3 months): CBT, CBT-I, Motivational Interviewing, skills enhancement; CBT for irritable bowel syndrome (IBS), CBT for cancer, CBT for diabetes management
- Trained medical residents in diagnostic assessment and CBT principles

2020 – 2022

Penn State Psychological Clinic

Staff Therapist/Clinical Assistantship

Outpatient Psychotherapy, Group Therapy, Neuropsychological Assessments, Intake Assessments, Evidence Based Specialty Clinics

Supervisors: Michelle G. Newman, PhD; Sandra L. Testa, PhD

- Provided exposure therapy, exposure and response prevention, prolonged exposure therapy, behavioral activation, and related treatments to patients with depression and anxiety, obsessive-compulsive, substance use, alcohol use, personality, psychotic spectrum, and post-traumatic stress disorders.
- Providing crisis interventions for patients with acute and chronic suicidality and homocidality.

2020-2021 Student Clinical Supervisor for Cognitive Behavior Therapy Practicum
Supervised by Michelle G. Newman, Ph.D.

- Co-supervised and taught cognitive behavior therapy principles and methods via 3-hour group supervision and 1-hour individual supervision to 5 graduate student therapists alongside Dr. Newman.
- Co-developed didactic training materials and guided student therapists in following clinic research procedures.

2018 – 2020

Cognitive Behavioral Therapy Practicum

Graduate Student Trainee

Supervisors: Michelle G. Newman, PhD; José A. Soto

- Learned and delivered cognitive behavioral therapy (e.g., exposure therapy, behavior activation, problem-solving training, cognitive therapy) for patients with depression and anxiety disorders, insomnia, trauma and related disorders (e.g., PTSD), OCD, complicated grief, personality disorders, and eating disorders.
- Learned and delivered the *Case Formulation Approach to Cognitive Behavior Therapy* (Persons, 2008) and *Schema Therapy for Personality Disorders* (Young, 2007) for patients with personality disorders and co-morbid mood disorders
- Participated in weekly 3-hour group supervision and 1-hour individual supervision, including didactics in culture-related issues and cultural tailoring of interventions.
- Partook in PSY 566 Multicultural Perspectives in Clinical Psychology taught by Dr. José Soto which included didactics, assignments, and discussions on culturally-tailoring assessment and psychotherapy.
- Maintained a psychotherapy caseload of 4 patients with PTSD, OCD, mood, anxiety, complicated grief, and related disorders.

2019 - 2020

Neuropsychology Assessment Practicum

Supervised by Peter A. Arnett, Ph.D. and Mike Keil, Ph.D.

- Learned and administered intelligence, neuropsychology, personality, and psychiatric symptom assessment batteries to patients with diverse presenting concerns of attention-deficit hyperactivity disorder, learning disorders, memory, and other cognitive difficulties.
- Maintained a caseload of 8-10 patients seeking neuropsychology assessment services.

- 2018 - 2019 Contemporary Interpersonal and Psychodynamic Therapy Practicum**
Supervised by Kenneth N. Levy, Ph.D.
- Learned and provided psychodynamic therapy related to object relations theory (e.g., transference-focused psychotherapy) to patients with borderline, narcissistic, and antisocial personality disorders and comorbid conditions.
 - Trained in Otto Kernberg's Structural Interview for Personality Disorders
 - Maintained a psychotherapy caseload of 3 patients with a range of personality, anxiety, mood, and psychotic disorders.
- 2017 - 2018 Motivational Interviewing and Introductory Therapy Practicum**
Supervised by Michael Wolff, Ph.D., Clinic Director
- Learned and provided motivational interviewing and emotion-focused techniques while developing foundational therapy and therapeutic-alliance building skill sets.
- 2016 - 2017 Introductory Assessment Practicum**
Supervised by Amy D. Marshall, Ph.D.
- Learned and conducted psychiatric diagnostic assessments using the DSM-5 Anxiety and Related Disorders Interview Schedule (ADIS-5) and International Personality Disorder Examination (IPDE).
 - Participated in weekly 3-hour group supervision and ad-hoc individual supervision, which included didactics on the full spectrum of DSM-5 disorders and culturally-tailored delivery of psychiatric diagnostic assessments.
 - Maintained an assessment caseload of 3 patients seeking psychotherapy services.
- 2016 - 2022 Clinical Assessor**
Supervised by all the supervisors listed in the above experience
- Conducted monthly structured psychiatric diagnostic assessments for patients seeking psychotherapy services.

SPECIALIZED CLINICAL TRAINING

Evidence-Based Treatments: Unified Protocol for Emotional Disorders; Cognitive Processing Therapy; Prolonged Exposure; Dialectical Behavior Therapy; Cognitive Behavioral Therapy for Substance Use Disorders; Dialectical Behavior Therapy for PTSD

PROFESSIONAL AFFILIATIONS

Society for Affective Science
Society for Prevention Research
Research Society on Alcoholism
Society for Personality and Social Psychology
Society for Psychophysiological Research
American Psychological Association Div. 35, 38, 45, 50
Association for Psychological Science

PROFESSIONAL SERVICE

2022- Present **Emerging Editorial Board Member**
Personality and Social Psychology Review

- Mentored editorial position
- Coordinates review of papers and acceptance decisions under the supervision and guidance of senior editors

2016 – Present **Ad-hoc Reviewer**
Emotion
Affective Science
Psychophysiology
Substance Use & Misuse
Journal of Anxiety Disorders
Behavioral and Cognitive Psychotherapy
Cultural Diversity and Ethnic Minority Psychology
Journal of Ethnicity in Substance Use
Journal of Latinx Psychology

Conference & Awards Reviewer

2020 Society for Prevention Research NIDA International Poster Session
2019 Society for Psychology of Women (APA Div. 35) Symposium
2016 Association for Psychological Science RISE Research Award

DIVERSITY, EQUITY, & INCLUSION

- 2021 – 2022** **Diversity, Equity, and Inclusion (DEI) Task Force**
 Education and Dialogue Working Group
 Graduate Student Member
 The Pennsylvania State University
- Planned and orchestrated monthly department-wide, small-group conversations and presentations on critical DEI topics such as White supremacy, privilege, and racism/anti-racism
- 2016 – 2022** **BRIDGE Diversity Alliance**
 The Pennsylvania State University
- BRIDGE is a diversity action alliance comprising faculty members and graduate students from the Department of Psychology interested in promoting and addressing diversity-related issues within our program community.
 - **Media and Web committee** co-chair from Jan 2017-Sept 2018
 - Established and maintained Twitter, Facebook, and other media accounts to increase reach
 - **Established BRIDGE buddy system to combat Asian hate**
 - Provided match services between Asian and non-Asian students to aid in ensuring the safety of Asian students in the local community in the face of rising hate crimes and xenophobia during COVID-19
- 2020 – 2022** **Antiracist Reading & Reflection Group**
 Co-founder and co-host with Dr. Jennifer Vrabel & Dr. Ali Martelli
- Co-founded and co-led a monthly reading and reflection group for a diverse group of academics across 20 university campuses to engage in conversation about antiracist literature, self-study, self-reflection, and supportive listening in a safe space.
- 2021** **Grand Rounds Committee**
 Graduate Student Organizer
 The Pennsylvania State University
- Organized a micro-aggression training for the psychology department in response to student complaints
 - Invited graduate students to present on research related to DEI for the department to highlight their work

OTHER PRESENTATIONS

2017
State College,
PA

McNair Alumni Panel Discussion

Alumni Panelist

Topic: *Risk-Taking and Fear of Failure*

The Pennsylvania State University

2017
San Antonio, TX

Mentoring Lunch for Undergraduates

Host

Topic: *Getting In! Applying to Graduate School in Psychology*

Society for Social and Personality Psychology Annual Conference

TEACHING EXPERIENCE

Graduate Courses

State College, PA

- PSY 543 Clinical Research Methods (3 credits) from Aug 2020 to Dec 2020 co-taught with Dr. Ginger Moore & Dr. José Soto
- PSY 560 Cognitive Behavior Therapy (3 credits) from Aug 2020 to Apr 2021 co-taught with Dr. Michelle Newman.

Undergraduate Courses

State College, PA

- PSYCH 083: Freshman Emotion Seminar (3 credits) teaching assistant with Dr. Stephanie Shields
- HDFS 197x: The Art and Science of Human Flourishing (3 credits) teaching assistant and section leader with Dr. Robert W. Roeser
- PSYCH 243: Introduction to Positive Psychology and Well-being (3 credits) teaching assistant with Dr. Frederick Brown
- PSYCH 270: Introduction to Abnormal Psychology (3 credits) teaching assistant with Dr. Melissa Hunter
- PSYCH 432 Multicultural Psychology in America (3 credits) teaching assistant with Dr. José A. Soto
- PSYCH 231 Introduction to Psychology of Gender (3 credits) teaching assistant with Dr. Heather MacArthur

MENTORING EXPERIENCE

- To date, mentored 12 undergraduate research assistants (RAs) across multiple laboratories to oversee individual and lab-based projects, several of whom have gone on to PhD and other graduate programs (e.g., medical school).
- Currently working with a team of 3 RAs to execute research protocols, manage databases, conduct literature review and critique for projects and/or equipping them with statistical and writing skills.
- Co-mentored 2 students on diversity supplements as part of a R01 grant to assist in their training.
- Co-supervised 3 junior doctoral students in on first-year projects including training in statistical analysis, writing, and practicing presentation skills.
- Co-supervised undergraduate and post-baccalaureate students for independent research projects, resulting in 6 poster presentations and 3 co-authored manuscripts.

References available upon request.