

## Natalia Van Doren

### CURRICULUM VITAE

The Pennsylvania State University  
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### Education

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#### The Pennsylvania State University

May 2018 - Present

Doctor of Philosophy in Clinical Psychology

Expected Date of Graduation: Aug 2023

Dissertation: *Characterizing the role of affect in substance use in daily life: A novel application of latent profile analysis for daily diary data.*

Primary Advisors: Dr. Ashley Linden-Carmichael; Dr. José A. Soto

Committee members: Dr. Michelle G. Newman, Dr. Bethany C. Bray, Dr. Rina Das Eiden, Dr. Robert W. Roeser

#### The Pennsylvania State University

Aug 2016 – May 2018

Master of Science in Psychology

Master's Thesis: *Paying the price for anger: Do women bear greater costs?*

Advisor: Dr. José A. Soto

Committee members: Dr. Theresa K. Vescio, Dr. Pamela M. Cole

#### University of California, Berkeley

Aug 2014 – May 2016

Bachelor of Arts in Psychology, Psychology Honors Program

GPA: 4.0

*Highest Distinction in General Scholarship, College of Letters and Science*

*Phi Beta Kappa*

Undergraduate Honors Thesis: *'Leaning in' during group meetings: Gender, power, and personality.*

Advisor: Dr. Oliver P. John

*Received Highest Honors in Psychology Department*

#### University of Pennsylvania

June 2014 – Aug 2014

Summer undergraduate research fellow

#### Sierra College

Jan 2012 – May 2014

Associate of Arts in Psychology, 2014, with Honors

### Publications

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1. Linden-Carmichael, A. N., **Van Doren, N.**, Bray, B. C., Jackson, K., & Lanza, S. T. (accepted; forthcoming). Stress and affect as daily risk factors for substance use patterns: An application of latent class analysis for daily diary data. *Prevention Science*.

2. **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>
3. **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>
4. 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>
5. **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>
6. 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>
7. **Van Doren, N.**, Shields, S.A., Soto, J.A. (2020) Emotion regulation training in a first-year experience course: A qualitative analysis of students' experiences. *Journal of College Student Psychotherapy*, 1-16. <https://doi.org/10.1080/87568225.2020.1740067>
8. **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>
9. 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>
10. 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>
11. **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.
12. **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 Revision**

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1. **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. Wu, L., **Van Doren, N.** & Soto, J.A. (invited for resubmission at Asian American Journal of Psychology). Measurement Invariance of the Emotion Regulation Questionnaire between Western and Eastern Cultures.
3. Legate, N., Nguyen, T., Moller, A., Weinstein, N. .... **Van Doren, N.**, ... (revision submitted). Motivating social distancing during the COVID-19 pandemic: A Self-Determination Theory experiment in 89 countries. *Proceedings of the National Academy of Sciences*. Pre-print link: <https://psyarxiv.com/n3dyf>

## **Submitted Manuscripts**

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1. **Van Doren, N.**, Oravec, Z., Soto, J.A., Roeser, R.W. (under review). Examining the cultural consensus on beliefs about mindfulness among U.S. early adults. *Mindfulness*. Pre-print link: <https://psyarxiv.com/p27xk>

2. Soto, J., Wei, W., Salomaa, A., **Van Doren, N.**, and Yang, Y. (under review). The Diversity Climate Scale: Understanding how oppressive contexts get “into the air.” *Journal of Personality and Social Psychology: PPID*. Pre-print: <https://psyarxiv.com/auwhn/>
3. **Van Doren, N.** (under review). Cultural Consensus Theory as a method for evaluating culturally shared beliefs. *Ethnicity & Health*. Pre-print link: <https://psyarxiv.com/9as2b>
4. 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.**, ... (under review). Loss versus gain message framing influences self-reported anxiety, but not behavioral intentions, policy attitudes, or information seeking related to COVID-19: Experimental evidence from 84 countries. *Affective Science*. Pre-print link: <https://psyarxiv.com/sevkf/>
5. Hirshberg, M.J., Colaianne, B., Inkelas, K.K., Oke, G., **Van Doren, N.**, Davidson, R.J., Roeser, R.W. (under review). 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 Adolescent Health*.

## Manuscripts In Preparation

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1. **Van Doren, N.**, Zainal, N. H., Newman, M. G., & Hong, R. (in preparation). 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>
2. **Van Doren, N.**, Mahlobo, C.T., Roeser, R.W. (in preparation) The role of mindfulness and compassion in predicting early adults’ subsequent mental health, coping and compliance with health guidelines during the COVID-19 pandemic: A prospective longitudinal study. Pre-print link: <https://psyarxiv.com/h26t7>
3. **Van Doren, N.**, Roeser, R.W. (in preparation). 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>
4. **Van Doren, N.**, Gioia, S., Mortazavi, A., & Soto, J.A. (in preparation). Cultural variation in the relationship between social motives, drinking, and alcohol-related problems. Pre-print link: <https://psyarxiv.com/wmh5s>
5. **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.
6. **Van Doren, N.**, Zhu, Y., Vazquez, M., Shah, J., Wilfley, D.E., Taylor, C.B., & Newman, M.G. (in preparation). Predictors of motivation for and barriers to mental health treatment in BIPOC college students.
7. **Van Doren, N.**, Oravec, Z., & Mauss, I.B. (in preparation). Dialectical beliefs about emotion across three cultures: Examining consensus and individual differences.
8. **Van Doren, N.**, Brown, C.L., Cameron, D.C. (in preparation). When empathy furthers self-focused goals: An investigation of power, goal congruence, and empathy choice.
9. **Van Doren, N.**, Soto, J.A. (in preparation). ‘Smile, Honey’: Emotional obligation predicts depression via faking positive emotions and inauthenticity.

## Chaired Symposia

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1. **Van Doren, N.**, (Chair), Neblett, E.W. (Discussant) (July, 2021). *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. 50) conference. University of Michigan (host). Virtual.

## Oral Presentations

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1. Soto, J.A., Wei, W., Salomaa, A., **Van Doren, N.**, Yang, Y. (July, 2021). 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.
2. Mahlobo, C.T., **Van Doren, N.**, Hur, Y.H., Jones, D., Crowley, M. (July, 2021). 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. 50) conference. University of Michigan (host). Virtual.
  3. **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. (February 2021). 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: <https://meeting.spsp.org>.
  4. **Van Doren, N.**, Linden-Carmichael, A. N., Bray, B.C., Lanza, S. T. (June 2020). 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. Poster presented at the Modern Modeling Methods Conference. Storrs, CT (conference canceled due to COVID-19)
  5. **Van Doren, N.**, Layland, E.K., Bray, B.C. (Jan 2019). *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.
  6. Brown, C.L., **Van Doren, N.**, Ford, B.Q., Mauss, I.B., Sze, J.A., Levenson, R.W. (April 2018) *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.
  7. **Van Doren, N.**, Soto, J.A. (April 2017) *Do women incur greater costs than men for expressing anger?* Talk presented at the Pennsylvania State Psychology Department. State College, PA.

## **Poster Presentations**

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1. Mahlobo, C.T., **Van Doren, N.**, Hur, Y.H., Jones, D., Crowley, M. (June, 2021). *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.
2. Mahlobo, C.T., **Van Doren, N.**, Roeser, R.W., Galla, B.M., Colaianne, B., Hirshberg, M.J., Greenberg, M.T., Inkelas, K.K. (February 2021). *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: <https://meeting.spsp.org>.
3. **Van Doren, N.**, Oravec, Z., Roeser, R.W. (May 2020). *Examining the cultural consensus on beliefs about mindfulness in US emerging adults.* Poster presented at the Society for Prevention Research Annual Meeting. Washington, DC.
4. **Van Doren, N.**, Zainal, N. H., Newman, M. N. (May 2020). *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.
5. **Van Doren, N.**, Roeser, R.W. (February 2020). *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.

6. \*Vu, A., **Van Doren, N.**, Soto, J.A. (February 2020). *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.
7. **Van Doren, N.**, Oravec, Z. (March 2019). *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.
8. **Van Doren, N.**, Layland, E.K., Bray, B.C. (May 2019). *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.
9. **Van Doren, N.**, Roeser, R.W. (May 2019). *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.
10. \*Vu, A., **Van Doren, N.**, Soto, J.A. (February 2019). *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.
11. **Van Doren, N.**, \*Yang, Y., Yang, Y., Soto, J.A. (March 2018) *'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.
12. **Van Doren, N.**, Soto, J.A. (May 2017) *Paying the Price for Anger: Do Women Bear Greater Costs?* Poster presented at the Association for Psychological Science Annual Meeting. Boston, MA.
13. **Van Doren, N.**, John, O.P. (April 2017) *Where do you sit? Effects of Gender, Personality, and Motivation*. Poster presented at the Society for Industrial and Organizational Psychology Annual Meeting. Orlando, FL.
14. **Van Doren, N.**, Soto, J.A. (March 2017) *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.
15. **Van Doren, N.**, John, O.P. (January 2017) *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.
16. **Van Doren, N.**, Zhang, J.W., Chen, S. (May 2016) *Self-compassion promotes authenticity*. Poster presented at the Association for Psychological Science Annual Meeting. Chicago, IL.
17. **Van Doren, N.**, Zhang, J.W., Chen, S. (May 2015) *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.
18. **Van Doren, N.**, Brown, C.L., Sze, J.A., Levenson, R.W. (October 2015) *Coherence between emotional experience and physiology is related to greater life satisfaction*. Poster presented at the Society for Psychophysiological Research Annual Meeting. Seattle, WA.

\* Undergraduate mentee

## **Honors and Awards**

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- 2021 **Penn State University College of Liberal Arts RGSO Dissertation Competition Winner (\$1,500)**
- 2021 **Bruce V. Moore Graduate Fellowship in Psychology (\$850)**
- 2020 **Mind and Life Summer Research Institute Scholarship (\$600)**
- 2020 **Penn State Psychology Department Student Research Fund Travel Award (\$500)**

- 2019 **Superior Research and Teaching (STAR), Penn State University College of Liberal Arts (\$1,500)**
- 2019 **Early Career Prevention Network (ECPN) Poster Award, Society for Prevention Research (\$500)**
- 2018 **Penn State Psychology Department Student Research Fund Travel Award (\$500)**
- 2017 **APAGS / Psi Chi Junior Scientist Fellowship (\$1,500)** – Competitive research grant awarded to graduate students to support first- and second-year research projects
- 2016 **Graduate Scholar Award (\$6,000)** – Competitive Summer Research grant awarded to incoming graduate students in recognition of strength and excellence in academic record
- 2016 **Quantedge Award for Academic Excellence (\$500)** – awarded to recognize exceptional sustained academic excellence among senior students with a GPA of 4.0 at the University of California, Berkeley.
- 2015 **Association for Psychological Science Undergraduate Student Research Award (\$1,500)** – Competitive research grant awarded to promising undergraduate projects
- 2015 **SWAN Award for Undergraduate Research (\$5,000)**– Departmental award for undergraduates acknowledging excellence in research that provides grant funding for outstanding student research proposals
- 2014 **McNair Scholars Award (\$9,000)** – Competitive scholarship awarded to low-income, first-generation college students that provides mentoring support, funding for research, and a stipend
- 2014 **Gallagher-Koster Health Career Scholarship Award (\$10,000)**– Competitive scholarship awarded to promising undergraduates who plan to pursue a career in a healthcare field, such as Clinical Psychology and medicine
- 2014 **Osher Foundation Scholarship for Summer Research (\$15,000)** – Research grant and living stipend support awarded from the Osher Foundation for undergraduate community college students with outstanding promise and who have obtained a summer research internship
- 2014 **Chubb Foundation Scholars Award (\$15,000)** – Competitive need and merit based scholarship
- 2014 **The Berkeley Undergraduate Scholarship (\$24,000)** – Need and merit based award for undergraduates

## **Grants Awarded**

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1. **NIDA T32 DA017629 Prevention and Methodology Training (PAMT) Pre-Doctoral Fellowship (2018-2020)**  
Principal Investigator: Dr. Linda Collins.  
Faculty mentor team: Dr. Ashley Linden-Carmichael (dissertation co-chair), Dr. Robert W. Roeser, Dr. Zita Oravecz, Dr. Stephanie Lanza, Dr. Bethany C. Bray
2. **Clara Mayo Grant, Society for the Psychological Study of Social Issues**  
Role: Principal Investigator. Amount: \$750. Project title: *The Effects of Adherence to Sexist Gender Norms of Emotional Expression on Women's Well-being.*

## **Research Experience**

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### **Laboratory for Anxiety and Depression Research**

Aug 2020 – Present

**NIMH: R01MH115128, *Harnessing Mobile Technology to Reduce Mental Health Disorders in College Populations.***

Role: Graduate Research Assistant

Supervised by Dr. Michelle G. Newman and Dr. C. Barr Taylor

- Graduate research assistant for NIMH R01-funded randomized controlled trial of online, human coach-facilitated cognitive behavioral therapy for college students with or at-risk for depression, anxiety, and/or eating disorders.

- Leading analyses and write-ups for peer-reviewed publications.
- Mentoring 2 undergraduate students on diversity supplements to assist with their training.

**The Addiction and Innovative Methods (AIM) Lab**

Aug 2019 – Present

**NIAAA: K01AA026854, *Simultaneous Alcohol and Marijuana Use: Momentary Influences and Consequences.***

Role: Graduate Research Assistant

Supervised by Dr. Ashley Linden-Carmichael and Dr. Stephanie Lanza

- Training with Dr. Ashley Linden-Carmichael and Dr. Stephanie Lanza in latent class analysis, latent profile analysis, and time-varying effect modeling.
- Contributing to analyses and write-ups for peer-reviewed publications, leading to co-authorships on manuscripts.

**NIDA T32 Prevention and Methodology Training Program (PAMT)**

July 2018—July 2020

Role: Pre-doctoral Fellow

Supervised by Dr. Robert W. Roeser and Dr. Zita Oravecz; co-supervised by Dr. Ashley Linden-Carmichael, Dr. Stephanie Lanza, and Dr. Bethany C. Bray

- Trained with Dr. Stephanie Lanza, Dr. Bethany C. Bray, Dr. Zita Oravecz, Dr. Rob Roeser in advanced research methods, including Bayesian inference frameworks for assessing cultural consensus theory (CCT), intensive longitudinal data, person-centered structural equation modeling (e.g., Latent Class and Latent Profile Analysis), and time-varying effect modeling
- Conducted independent research on intra-individual differences in affect and well-being with Dr. Zita Oravecz
- Conducted independent research on mindfulness interventions in relation to substance use outcomes with Dr. Rob Roeser

**Mindfulness and Compassion in Human Development Lab**

July 2018—Present

Role: Graduate Student Researcher

Supervised by Dr. Robert W. Roeser, PI

- Developed several independent research projects investigating the effects of mindfulness interventions on teachers' and students' well-being and mental health in school settings.
- Delivered mindfulness-based interventions to research participants as part of a large multi-site longitudinal study on flourishing.
- Conducted data analysis, data cleaning, developed manuscript ideas, and co-authored publications.
- Participated in weekly meetings as part of a research group devoted to promoting care, compassion, and well-being in students and educators across the primary, secondary, and post-secondary school years.

**The Methodology Center, The Pennsylvania State University**

July 2018-July 2019

**Project: *Substance Co-Use Patterns in Daily Life: Multilevel Latent Class Analysis to Inform mHealth Interventions***

Role: Graduate Researcher and Analyst

Supervised by Dr. Ashley Linden-Carmichael and Dr. Stephanie Lanza

- Contributed to methods development projects involving multilevel latent class and latent profile analysis

- Performed data analyses and write-ups for peer-reviewed publications

**Laboratory for Anxiety and Depression Research**

Aug 2018—Present

Role: Doctoral Student Researcher

Supervised by Dr. Michelle G. Newman, PI

- Principal investigator of multiple studies focusing on transdiagnostic symptom processes, BIPOC mental health, health disparities, measurement invariance, psychometrics, and cultural differences in anxiety and depression.
- Preparing, writing, and co-authoring abstracts and manuscripts for publication in clinical and social psychology journals, and research conferences.
- Analyzing databases using diverse statistical methods (e.g., multilevel modeling, latent profile analysis, longitudinal structural equation modeling, multi-group confirmatory factor analysis)

**Culture, Health, and Emotion Laboratory**

Aug 2016—Present

Role: Doctoral Student Researcher

Supervised by Dr. José A. Soto, PI

- Principal investigator of multiple studies focusing on the role of emotion, emotion regulation, psychophysiology, mindfulness, discrimination, and culture in mental health.
- Preparing, writing, and co-authoring abstracts and manuscripts for publication in clinical and social psychology journals, research conferences, and Institutional Review Board ethics committee for new projects.
- Analyzing databases using diverse statistical methods (e.g., regressions, structural equation modeling, Bayesian cultural consensus modeling).

**Paul Ekman Group**

Role: Data Analyst

Aug 2015—Sept 2015

Supervised by Julie Kim

Principal Investigator: Dr. Paul Ekman

- Conducted data analysis in R for a research project that investigated predictors of retention (or lack of retention) in skills gained in an online training of the Ekman Micro Expression Training Tool (METT) 3.0.

**University of California, Berkeley—Berkeley Psychophysiology Lab**

Aug 2014—May 2016

Role: Junior Research Scientist and McNair Scholar

Supervisors: Casey L. Brown (now PhD) and Marcela Otero (now PhD)

Principal Investigator: Dr. Robert W. Levenson

- Conducted independent research as part of the McNair Scholars program on emotion coherence, life satisfaction, and depressive symptoms.
- Assisted in cleaning, coding, and analyzing physiology and behavioral data in multiple research studies focused on caregiver outcomes for spouses of individuals with behavioral variant fronto-temporal dementia.
- Analyzed and managed large datasets in SPSS and Excel.
- Performed behavioral coding analysis on patients with fronto-temporal dementia in a study of attentional control using a novel behavioral coding system developed by Marcela Otero and Robert W. Levenson.
- Trained in Facial Action Coding System (FACS) with Dr. Erika Rosenberg.



**University of California, Berkeley—CalMania Laboratory**

Aug 2014–May 2016

Role: Undergraduate Clinical Researcher

Supervisor and Principal Investigator: Dr. Sheri L. Johnson

- Conducted independent research on social dominance, hypomania, and task persistence.
- Created a novel behavioral measure of task persistence using an anagram solving paradigm.
- Analyzed multiple datasets in SPSS. Assisted in preparing protocols for IRB. Managed survey instruments in Qualtrics.
- Conceptualized and conducted an independent project on the role of perseverance in depressive symptoms resulting in a first-authored manuscript.

**The Duckworth Lab, Center for Positive Psychology,**

Jun 2014–Aug 2014

**The University of Pennsylvania**

Role: Undergraduate Research Assistant

Supervisor: Lauren Eskreis-Winkler (now PhD)

Principal Investigator: Dr. Angela L. Duckworth

- Assisted in intervention work with classroom teachers on developing Grit and self-control in children through Mental Contrasting with Implementation Intentions (MCII); assisted in data collection and analysis for data collected in various experiments involving Grit and self-discipline in children and adults.
- Research Assistant for the *Character Development in Adolescents Project (CDAP)*. Coded open-ended survey responses from pilot studies, input surveys into Qualtrics, and assisted in pilot studies for survey instruments of gratitude that were adapted for children.

**The University of Pennsylvania—Center for High Impact Philanthropy**

Jun 2014–Aug 2014

Role: Undergraduate Research Assistant

Supervisor: Cecily Wallman-Stokes, MPH

Principal Investigator: Dr. Carol McGlaughlin, MD, MPH

- Assisted in data collection and survey administration in a study on the effects of drug and alcohol interventions in patients with comorbid mental disorders.
- Conducted literature reviews. Assisted in the preparation of manuscripts for publication.

**Clinical Experience**

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**Penn State Health, Mt. Nittany Medical Center**

Staff Therapist, Behavioral Health Integrative Services / Collaborative Care Team July 2021 – Present

Supervised by Michael Wolff, Ph.D., Program Director, and Bettina Welz, MD, staff psychiatrist

- Performs triage, screening, brief supportive care for acute stress, 1st time mood episode/anxiety disorder identification support, psychoeducation in a collaborative care model in a primary care setting.
- Provides diagnostic clarity for doctors in primary care by engaging in direct patient assessment, follow up consultation and recommendations.
- Administers brief behavioral health intervention for patients (not to exceed 3 months): CBT, CBT-I, Motivational Interviewing, skills enhancement.
- Training in and delivering evidence-based behavioral interventions for medical conditions, including: CBT for irritable bowel syndrome (IBS), CBT for cancer, CBT for diabetes management

- Maintains a caseload of 3-4 individual therapy patients while managing a large caseload (30-40 patients) of patients for triage, assessment, and consultation services.
- Assists with psychiatric consultation through chart review and follow up consultation between providers
- Provides referral and collaborative tracking: supporting patients with established mental health history and significant impairment, referring to long term services and resources in the community.
- Assists in training of medical residents by providing them with shadowing opportunities, as-needed consultations, and introductory training in psychiatric assessments and differential diagnoses for mental health conditions.

### **The Pennsylvania State University (PSU) – Department of Psychology**

PhD Candidate in Clinical Psychology

Aug 2016 – Present

### **Clinical Service Experiences**

#### **Staff Therapist**

May 2020 – July 2021

Supervised by Sandra Testa Michelson, Ph.D. and Michelle G. Newman, Ph.D.

- Providing exposure therapy, exposure and response prevention, prolonged exposure therapy, behavior activation, and related treatments to patients with depression and anxiety, obsessive-compulsive, substance use, alcohol use, personality, psychotic spectrum, and post-traumatic stress disorders.
- Conducting assessments and primarily individual and group cognitive behavior therapy for 6 to 9 hours/week at the Penn State Psychological Clinic. Fully supervised by licensed clinical psychologists.
- Maintaining a psychotherapy caseload of an average of 6 to 10 cases per week since May 2020.
- Providing crisis interventions for patients with acute and chronic suicidality and homocidality.
- Initiated and co-led a fully supervised group cognitive behavior therapy for generalized anxiety disorder, with lasting 1.5 hours per week, for a total of 16 sessions.

#### **Student Clinical Supervisor for Cognitive Behavior Therapy Practicum**

Aug 2020 – July 2021

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.
- Presented cases in the Trauma and Anxiety Specialty Clinic on my experiences with conducting supervised cognitive processing therapy for an individual patient and group cognitive behavior therapy for generalized anxiety disorder.
- Co-developed didactic training materials and guided student therapists in following clinic research procedures.

#### **Cognitive Behavior Therapy Practicum**

Aug 2019 – May 2020

Supervised by Michelle G. Newman, Ph.D. and Nur Hani Zainal, Former Doctoral Student

- Learned and delivered cognitive behavior therapy for patients with trauma and related disorders (e.g., PTSD), OCD, complicated grief, and eating disorders.
- Trained in prolonged exposure for PTSD, prolonged exposure for complicated grief, exposure and response prevention for OCD, CBT for eating disorders, and CBT for insomnia.
- Conducted case presentations on ongoing patients with group supervision.
- Maintained a psychotherapy caseload of 4 patients with PTSD, OCD, mood, anxiety, complicated grief, and related disorders.

#### **Neuropsychology Assessment Practicum**

May 2019 – Aug 2020

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.
- Participated in weekly 3-hour group supervision and ad-hoc individual supervision, which included didactics and multidisciplinary team meetings with psychiatrists and university administrators.
- Maintained a caseload of 8-10 patients seeking neuropsychology assessment services.
- Simultaneously conducted 7 structured psychiatric diagnostic assessments for patients seeking psychotherapy services.

### **Contemporary Interpersonal and Psychodynamic Therapy Practicum**

Aug 2018 – Aug 2019

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
- Participated in weekly 3-hour group supervision and 1-hour individual supervision.
- Conducted theoretical orientation and case presentations on ongoing patients with group supervision.
- Provided crisis interventions for patients with acute and chronic suicidality.
- Maintained a psychotherapy caseload of 3 patients with a range of personality, anxiety, mood, and psychotic disorders.

### **Cognitive Behavior Therapy Practicum**

Jan 2018 – July 2018

Supervised by Dr. José A. Soto and Dever Carney, Former Doctoral Student

- Learned the *Case Formulation Approach to Cognitive Behavior Therapy* (Persons, 2008) and delivered CBT interventions (e.g., behavioral activation, cognitive restructuring, self-control desensitization) for individuals with a diverse range of diagnostic presentations
- Learned and delivered *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, which included didactics on culturally-tailored cognitive behavior therapy principles and methods.
- Provided crisis interventions for patients with acute and chronic suicidality.
- Conducted case presentations on ongoing patients with group supervision.
- Maintained a psychotherapy caseload of 4 patients with diverse anxiety, mood, and personality (e.g., OCPD) disorders.
- 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.

### **Cognitive Behavior Therapy Practicum**

Aug 2017 – Dec 2017

Supervised by Michelle G. Newman, Ph.D. and Dever Carney, Former Doctoral Student

- Learned and delivered cognitive behavior therapy (e.g., exposure therapy, behavior activation, problem-solving training, cognitive therapy) for patients with depression and anxiety disorders, insomnia, and comorbid conditions.
- Participated in weekly 3-hour group supervision and 1-hour individual supervision, including didactics in culture-related issues and cultural tailoring of interventions.
- Provided crisis interventions for patients with acute and chronic suicidality.
- Conducted case presentations on ongoing patients with group supervision.
- Maintained a psychotherapy caseload of 4 patients with diverse anxiety, mood, insomnia, and trauma-related disorders.

### **Motivational Interviewing and Introductory Therapy Practicum**

Aug 2016 – Apr 2017

Supervised by Michael Wolff, Ph.D., Clinic Director, and Henry Xiao, Former Doctoral Student

- Learned and provided motivational interviewing and emotion-focused techniques while developing foundational therapy and therapeutic-alliance building skill sets.

### **Introductory Assessment Practicum**

Aug 2016 – Apr 2017

Supervised by Dr. 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.

### **Clinical Assessor**

Jan 2017 – Present

Supervised by all the supervisors listed in the above experience

- Conducted monthly structured psychiatric diagnostic assessments for patients seeking psychotherapy services.

## **Teaching Experience**

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### **Graduate Courses Taught**

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

### **Undergraduate Courses Taught**

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

## **Professional Memberships**

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Society of Addiction Psychology (APA Div. 50)

Society for the Psychological Study of Culture, Ethnicity and Race (APA Div. 45)

Association of Behavioral and Cognitive Therapies

Society for Affective Science

Society for Psychophysiological Research

Society for Prevention Research

American Psychological Association

Association for Psychological Science

Society for the Psychological Study of Social Issues

Society for Personality and Social Psychology

Society for the Psychology of Women (APA Div. 35)

## **Professional Service**

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### Ad-Hoc Reviewer

*Substance Use & Misuse*  
*Psychophysiology*  
*Behavioral and Cognitive Psychotherapy*  
*PLOS One*  
*Cultural Diversity and Ethnic Minority Psychology*  
*Journal of Ethnicity in Substance Use*  
*Journal of Latinx Psychology*

### Conference Reviewer

*Society for Prevention Research NIDA International Poster Session Committee* 2020  
 • Chair: Dr. Richard Jenkins, NIDA  
*Society for the Psychology of Women (APA Div 35)—Symposium reviewer* 2019  
*Psi Chi Undergraduate Research Conference Poster Award* 2017-18  
*Society for Industrial and Organizational Psychology – Poster reviewer* 2017  
*Society for the Psychology of Women (APA Div 35) – Poster reviewer* 2017  
*Association for Psychological Science RISE Research Award* 2016

*Getting In! Applying to Graduate School in Psychology* 2017  
 Hosted Mentoring Lunch for Undergraduates  
 Society for Social and Personality Psychology Annual Conference, San Antonio, TX

### Associate Editor

*Undergraduate Journal of Psychology at Berkeley* 2014-2015

## **Specialized Training (Research)**

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### Statistics Courses, The Pennsylvania State University

- Introduction to Structural Equation Modeling with Dr. Michael Hallquist
- Longitudinal Structural Equation Modeling with Dr. Peter Molenaar
- Longitudinal Data Analysis with Dr. Nilam Ram
- Multilevel Modeling with Dr. James LeBreton
- Time-Varying Effect Modeling with Dr. Ashley Linden-Carmichael
- Advanced Latent Class Analysis with Dr. Bethany C. Bray

### Summer Institute for Social and Personality Psychology

Jul 2019-Aug 2019

**New York University, New York, NY**

*Person-environment Fit: Personality-environment transactions across the lifespan*

Taught by: Dr. Jaap Denissen, Dr. Antonio Terracciano

### MindWare, Columbus, OH

- Heart Rate Variability Training Workshop Jun 2018
- Impedance Cardiography Training Workshop Sept 2018

Trained by: Dr. Gary Berntson & Dr. Greg Norman

### ICPSR Summer Program

Jul 2018

University of Michigan, Ann Arbor, Michigan

*MTF Workshop--Exploring and Analyzing Monitoring the Future Data: A Primer*

Taught by: Patricia A. Berglund, Deborah D. Kloska, Austin McKirtrick

**Facial Electromyography (EMG) Training workshop**

Mar 2018

The Pennsylvania State University

Trained by: Dr. Ursula Hess, Humboldt-University, Berlin, Germany

**Facial Action Coding System (FACS) training**

Jan 2015

University of California, Berkeley

Trained by: Dr. Erika L. Rosenberg

**Micro Expression Training Tool (METT) 3.0**

Aug 2015

Paul Ekman Group, Online Training

**Skills**

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**Program Proficiency**

Microsoft Office (Word, Excel, PowerPoint; All versions)	Very Proficient
SAS	Very Proficient
Mplus, Version 7.0	Very Proficient
RStudio software	Very Proficient
Statistical Package for Social Sciences (SPSS; All versions)	Very Proficient
Hierarchical Condorcet Modeling Toolbox	Very Proficient
MATLAB	Somewhat Proficient
JAGS (Just Another Gibbs Sampler)	Somewhat Proficient

**Statistical Analyses**

- Factor analysis: Exploratory factor analysis. Confirmatory 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.

**Physiological Data Collection and Analysis**

- Empatica E4 (Ambulatory psychophysiology data collection, cleaning, and analysis)
- MindWare (Psychophysiological data cleaning and analysis)
- BioPac (Psychophysiology data collection)

**Survey Software**

- Qualtrics
- Amazon Mechanical Turk
- SurveyMonkey

**Certifications**

Collaborative Institutional Training Initiative (CITI)

08/02/2014 – Present

- Group 2: Social and Behavioral Research Investigators

- Social and Behavioral Research Best Practices for Clinical Research

## **Diversity, Equity, and Inclusion**

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### **Diversity, Equity, and Inclusion (DEI) Task Force Education and Dialogue Working Group**

Oct 2021—Present

The Pennsylvania State University  
Graduate Student Member

- Plans and orchestrates monthly department-wide, small-group conversations and presentations on critical DEI topics such as white supremacy, privilege, and racism/anti-racism

### **Enough talk, more action:**

May 2021

### **Exploring ways to be actively anti-racist across professional domains in our work as mental health professionals**

Association for Behavioral and Cognitive Therapies

- Attended a 2-hour webinar with expert panel on how mental health professionals can enact antiracism in clinical practice

### **BRIDGE Diversity Alliance**

Aug 2016—Present

The Pennsylvania State University  
Graduate Student Member

- BRIDGE is a diversity action alliance consisting of faculty members and graduate students in the Department of Psychology who are interested in promoting and addressing diversity-related issues within our program community and beyond.
- Acted as the **Media and Web committee chair** from Jan 2017-Sept 2018 with Dr. Keisha Jones (Faculty advisor) and Nathaniel Schermerhorn (co-chair)
  - Established BRIDGE’s Twitter, Facebook, and other media accounts to increase the reach of diversity-related activities; updated website to highlight diversity-related research
- In April 2020, **established the BRIDGE buddy system to combat Asian hate** by providing match services between Asian and non-Asian students to aid in ensuring the safety of Asian students in the local community the face of rising hate crimes and xenophobia at the start of the COVID-19 pandemic
  - Managed the match system to pair buddies between from April 2020 – July 2021

### **Antiracist reading & reflection group**

Aug 2020—Present

Co-founder and co-host with Dr. Jennifer Vrabel & Dr. Ali Martelli

- Co-founded and continues to lead 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.

### **Understanding Microaggressions and their Macro Impact: Learning and Listening**

March 2021

The Pennsylvania State University  
Dr. José A. Soto

- Organized a micro-aggression training grand rounds for the psychology department as part of the grand rounds committee

### **Academics for Black Survival and Wellness Antiracism Training**

Aug 2020

Training leader: Dr. Della Mosley

- Participated in a 21-day virtual antiracism training for non-Black academics to honor the toll that anti-Black racism has on the Black community and their colleagues.

### **Digging Deeper: Real Talk About Race**

Jul 2020

Seria Chatters, Ph.D., Director of Diversity and Inclusivity, State College Area School District

- Participated in a 3-session (9-hour) training focused on uncovering one's own racial biases through guided discussion, group work, and reflection

### **Antiracism Working Group**

Jun 2020 - Aug 2020

The Pennsylvania State University

Leader: Tyler Sperazza, PhD candidate

- Participated in 10-week antiracism virtual working group including a comprehensive reading list of academic and non-academic literature on antiracism and discussion with a group of 30 academics
- Topics covered: allyship, white fragility, whiteness, structural racism, policing and the carceral state, Black feminism, educational equity, Black arts movements

### **Gender Equity and Diversity Training**

Mar – Apr 2019

Inclusant Diversity and Inclusion Consulting

- Participated in 3 training sessions (9 hours) aimed at increasing gender and racial equity in the psychology department

### **Transgender 101**

Apr 2018

Center for Sexual and Gender Diversity

LGBTQIA Resource Center, The Pennsylvania State University

- Participated in a 2.5 hour training session focused on transgender education

### **Issues facing transgender staff, faculty, and students**

Nov 2017

LGBTQIA Resource Center, The Pennsylvania State University

Trained by: Mara Keisling, Executive Director of the National Center for Transgender Equality

- Participated in 2.5 hour training and discussion session to better understand how to support the needs of transgender staff, faculty, and students at Penn State

### **McNair Alumni Panel Discussion**

Mar 2017

*Risk-Taking and the Fear of Failure*

The Pennsylvania State University

Role: Alumni panelist

- Participated in a panel for McNair scholars at Penn State to facilitate conversations about fear of failure amongst first-generation, low-income, and under-represented minority students in academia

### **Safe Zone Training**

Oct 2016

Center for Sexual and Gender Diversity

LGBTQIA Resource Center, The Pennsylvania State University

- Participated in a 2.5 hour training on creating safe spaces for staff, faculty, and students at Penn State who identify as LGBTQIA

## **References**

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  - Phone: (814) 863-0382
- **Dr. Robert W. Roeser**, Bennett Pierce Professor of Caring and Compassion, Department of Human Development and Family Studies, The Pennsylvania State University
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  - Phone: 814-863-7005
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