

CYNTHIA M. VILLANUEVA

UNIVERSITY OF COLORADO, BOULDER
DEPARTMENT OF PSYCHOLOGY & NEUROSCIENCE
GRADUATE STUDENT, POSITIVE EMOTION & PSYCHOPATHOLOGY LABORATORY
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(Last Revision: 04.06.2023)

EDUCATION

University of Colorado Boulder 2019 - Present
Clinical Graduate Psychology Program
Advisor: June Gruber, PhD

University of Colorado Boulder 2021
M.A. Psychology
Advisor: June Gruber, PhD
Thesis: *Emotion Differentiation and Bipolar Risk in Emerging Adults Before and During the COVID-19 Pandemic: An Experience-Sampling Approach*
Committee: June Gruber, PhD (chair); Erik Willcutt, PhD; Angela Bryan, PhD; Sidney D'Mello, PhD; Eliana Colunga, PhD

University of California, Berkeley 2013
B.A. Psychology, Minor in Linguistics
High Distinction in General Scholarship

HONORS, AWARDS, & FELLOWSHIPS

CARTSS Graduate Student Award (\$1700) 2022
NSF GRFP Fellowship 2021
Dean's Honors List 2010 – 2012
Phi Beta Kappa, UC Berkeley Alpha Chapter (Top 20 Juniors) 2012
Psi Chi Honors Society, UC Berkeley Chapter 2012
Golden Key International Honor Society 2012

PUBLICATIONS

Peer-Reviewed Journal Articles

- Ploe, M. L., Berluti, K., Ibonie, S. G., **Villanueva, C. M.**, Marsh, A., Gruber, J. (2023). Psychopathy and associations with reward responsiveness and social networks in emerging adults. *Journal of Research in Personality*. Journal pre-print: <https://doi.org/10.1016/j.jrp.2023.104357>
- Anderson, Z., Fairley, K., **Villanueva, C. M.**, McKell Carter, R., & Gruber, J. (2021). No group differences in Traditional Economics Measures of loss aversion and framing effects in bipolar I disorder. *PLoS ONE* 16(11): e0258360. <https://doi.org/10.1371/journal.pone.0258360>
- Preece, D. A., Becerra, R., Sauer-Zavala, S., Boyes, M., McEvoy, P., **Villanueva, C.**, Ibonie, S., Gruber, J., Hasking, P., & Gross, J. J. (2021). Assessing emotion regulation ability for negative and positive emotions: Psychometric properties of the Perth Emotion Regulation Competency Inventory (PERCI) in United States adults. *Journal of Affective Disorders*, 294(1), 558-567. <https://doi.org/10.1016/j.jad.2021.07.055>
- Villanueva, C. M.**, Silton, R. L., Heller, W., Barch, D. M., & Gruber, J. (2021). Change is on the horizon: Call to action for the study of positive emotion and reward in psychopathology. *Current Opinion in Behavioral Sciences*, 39, 34-40. <https://doi.org/10.1016/j.cobeha.2020.11.008>

- Millgram, Y., Gruber, J., **Villanueva, C. M.**, Rapaport, A., & Tamir, M. (2021). Motivations for emotions in bipolar disorder. *Clinical Psychological Science*, 9(4), 666-685.
<https://doi.org/10.1177/2167702620979583>
- Gruber, J., **Villanueva, C.**, Burr, E., Purcell, J. R., & Karoly, H. (2019). Understanding and taking stock of positive emotion disturbance. *Social and Personality Psychology Compass*, 14(1), 1-19.
<https://doi.org/10.1111/spc3.12515>
- Gibson, C. J., Richards, A., **Villanueva, C.**, Barrientos, M., Neylan, T., Inslicht, S. (2017). Gender differences in subjective sleep related to posttraumatic stress disorder symptoms in trauma-exposed adults. *Behavioral Sleep Medicine*, 1-10. <https://doi.org/10.1080/15402002.2017.1409223>

Book Chapters

- Villanueva, C.**, Swerdlow, B., & Gruber, J. (in press). The challenge of emotion regulation in bipolar disorder. In J. J. Gross & B. Q. Ford (Eds.), *Handbook of Emotion Regulation*, 3rd ed. (pp.). Guilford Publications, Inc.
- Gruber, J., Cosgrove, V., Dodd, A., Dutra, S. J., Hinshaw, S. P., Ibonie, S. G., Kahawage, P., Meyer, T. D., Murray, G., Nusslock, R., Stanton, K., **Villanueva, C. M.**, & Youngstrom, E. A. (in press). Mania and bipolar disorders. In B. Krueger & P. Blaney (Eds.), *Oxford Textbook of Psychopathology*, 4th ed. (pp.). Oxford University Press. *Note: authors listed alphabetically

Peer-Reviewed Abstract

- Preece, D. A., Becerra, R., Sauer-Zavala, S., Boyes, M., McEvoy, P., **Villanueva, C.**, Ibonie, S., Gruber, J., Hasking, P., & Gross, J. J. (2021). *Assessing emotion regulation ability for negative and positive emotions: Psychometric properties of the Perth Emotion Regulation Competency Inventory (PERCI) in United States adults*. Peer-reviewed abstracted selected for publication in *Affective Science*.

Other First-Authored Publications

- Villanueva, C. M.** & Martin-Willett, R. (2021). Students harness the power for social change in clinical science. Invited submission to *Society for Research in Psychopathology (SRP) Newsletter*.

MANUSCRIPTS UNDER REVIEW AND IN PREPARATION

Journal Articles

- Villanueva, C. M.**, Ibonie, S. G., Jensen, E., Eloy, L., Quoidbach, J., Bryan, A., D'Mello, S., & Gruber, J. (under review). Emotion differentiation and bipolar risk in emerging adults before and during the COVID-19 pandemic. Submitted to prospective journal: *Journal of Emotion and Psychopathology*. Preprint DOI: <https://doi.org/10.31234/osf.io/xya43>
- Hoelscher, L., **Villanueva, C. M.**, Silverman, L., Bryan, A., Cyders, M. A., Weinstock, L., Johnson, S. L., Borelli, J. L., Shiota, M. N., & Gruber, J. (in prep). Bipolar disorder risk and emotion-related impulsivity in emerging adults during the first year of college.
- Kovacs, L., Gruber, J., Joachimsthaler, J., **Villanueva, C. M.**, Gardinier, S., Rottenberg, J., & Johnson, S. L. (in prep). Emotional reactivity in bipolar disorder and bipolar risk: A systematic review and meta-analysis.

INVITED TALKS

- Villanueva, C. M.** (2022). Latinx Emerging Adults and Psychopathology (LEAP). Positive Emotion and Psychopathology (PEP) Laboratory Meeting, CU Boulder, Boulder, CO, April 2022.

Villanueva, C. M. (2021). Emotion differentiation and bipolar risk in emerging adults before and during the COVID-19 pandemic: An experience-sampling approach. *Professional Issues in Clinical Psychology*, Department of Psychology and Neuroscience at CU Boulder, Boulder, CO, October 2021.

Villanueva, C. M. (2021). Emotion differentiation and bipolar disorder in emerging adults before and during the COVID-19 pandemic. Positive Emotion and Psychopathology (PEP) Laboratory Meeting, CU Boulder, Boulder, CO, April 2021.

CONFERENCE POSTERS AND PRESENTATIONS

First-Authored Posters

Villanueva, C. M., Rosa, L., Czar, J., Alvarez, M., Kathuri, T., Avalos, M., Ibonie, S. G., Reddan, M. C., Weinstock, L., Carter, R. M., Wager, T. D., Zaki, J., & Gruber, J. (under review). *A narrative approach to assessing emotion language in bipolar and major depressive mood disorders: Group differences and associations with clinical outcomes*. Poster submitted to 2023 Society for Research in Psychopathology (SRP) Annual Conference, St. Louis, MO.

Villanueva, C. M., Joachimsthaler, J., Young, G., Mauss, I. B., Weinstock, L. M., Ford, B. Q., Alloy, A., Borelli, J. L., Bullock, B., Ibonie, S. G., Jopling, E., Kamble, S., LeMoult, J., Holley, S. R., Mason, L., Moriarity, D., Nusslock, R., Okuma, A., Rutledge, R., Strauss, G., Van Bavel, J., & Gruber, J. (2022). *Associations between happiness beliefs and mania and depression severity: Multi-site comparison of Latinx, Asian, and white emerging adults*. Poster presented at the 2022 Society for Research in Psychopathology (SRP) Annual Conference, Philadelphia, PA.

Villanueva, C. M., Ibonie, S. G., Jensen, E., Eloy, L., D'Mello, S., & Gruber, J. (2021). Emotion differentiation and bipolar disorder risk in young adults before and during the COVID-19 pandemic: An experience-sampling approach. Poster presented at the 2021 Society for Research in Psychopathology (SRP) Annual Conference. (*virtual conference due to COVID-19*)

Villanueva, C. M., Ibonie, S., Jensen, E., Eloy, L., D'Mello, S., & Gruber, J. (2021). *Emotion differentiation in young adults at risk for bipolar disorder disturbance during the first year of college*. Thematic flash talk presented at the 2021 Society for Affective Science (SAS) Annual Conference, United States. (*virtual conference due to COVID-19*)

Villanueva, C. M., Mennin, D., Murray, G., Thompson, R. J., & Gruber, J. (2019). *Experience-sampling approach to emotion differentiation across bipolar and unipolar mood disorders: Associations with emotion regulation and variability*. Poster presented at the 2019 Chapel Hill Conference on Depression, Bipolar Disorder, and Suicidality, Chapel Hill, NC.

Villanueva, C. M., Mennin, D., Murray, G., Thompson, R. J., & Gruber, J. (2018). *Experience-sampling approach to emotion differentiation across bipolar and unipolar mood disorders: Associations with emotion regulation and variability*. Poster presented at the 2018 Society for Research in Psychopathology (SRP) Annual Conference, Indianapolis, IN.

Villanueva, C. M., Millgram, Y., Tamir, M., & Gruber, J. (2017). *How we want to feel: Explicit preferences for emotion valence and volatility in bipolar I disorder*. Poster presented at the 2017 Society for Research in Psychopathology (SRP) Annual Conference, Denver, CO.

Co-Authored Posters

Ibonie, S. G., **Villanueva, C. M.,** Reddan, M. C., Rosa, L., Hargrove, R., Weinstock, L., Carter, M., Wager, T. D., Zaki, J., & Gruber, J. (under review). *Distinct facets of prosocial behavior in bipolar and unipolar mood disorders: Associations with concurrent and prospective mood symptom severity and functioning*. Poster submitted to 2023 Society for Research in Psychopathology (SRP) Annual Conference, St. Louis, MO.

- Ibonie, S. G., Young, G., Ploe, M. L., Mauss, I. B., Alloy, L. B., Borelli, J. L., Bullock, B., Holley, S. R., Jopling, E., Kamble, S., LeMoult, J., Mason, L., Moriarty, D., Nusslock, R., Okuma, A., Rutledge, R., Strauss, G., **Villanueva, C. M.**, & Gruber, J. (2022). *A tale of two social sides? Bipolar disorder risk and social network and connection dimensions in a multi-site sample of emerging adults*. Poster presented at the 2022 Society for Research in Psychopathology (SRP) Annual Conference, Philadelphia, PA.
- Hargrove, R., Young, G., Mauss, I. B., Ford, B., Alloy, L., Borelli, J. L., Bullock, B., Holley, S. R., Ibonie, S. G., Kamble, S., LeMoult, J., Mason, L., Moriarty, D., Nusslock, R., Okuma, A., Rutledge, R., Strauss, G., Van Bavel, J., **Villanueva, C. M.**, Weinstock, L., & Gruber, J. (2022). *Associations between suicidal ideation and bipolar disorder risk and mood severity in a multi-site investigation of emerging adults*. Poster presented at the 2022 Society for Research in Psychopathology (SRP) Annual Conference, Philadelphia, PA.
- Gardinier, S., Ibonie, S. G., **Villanueva, C. M.**, Ploe, M. L., Avalos, M., Boyce, R., Kizeev, G. & Gruber, J. (2022). *Examining associations between happiness experience and beliefs with social networks in emerging adults at CU Boulder*. Poster presented at the 2022 University of Colorado Undergraduate Research Day, Boulder, CO.
- Hargrove, R., Young, G., Mauss, I. B., Ford, B., Alloy, L., Borelli, J. L., Bullock, B., Holley, S. R., Ibonie, S. G., Kamble, S., LeMoult, J., Mason, L., Moriarty, D., Nusslock, R., Okuma, A., Rutledge, R., Strauss, G., Van Bavel, J., **Villanueva, C. M.**, Weinstock, L., & Gruber, J. (2022). *Suicidal ideation and bipolar disorder risk and mood severity in emerging adults*. Poster presented at the 2022 University of Colorado Undergraduate Research Day, Boulder, CO.
- Hoelscher, E., **Villanueva, C. M.**, Silverman, L., Weinstock, L., Ford, B., & Gruber, J. (2021). *Maladaptive beliefs about emotional wellness associated with increased bipolar risk and symptom dimensions during emerging adulthood*. Poster presented at the 2021 Society for Research in Psychopathology (SRP) Annual Conference. (virtual conference due to COVID-19)
- Hoelscher, E., **Villanueva, C. M.**, Silverman, L., Bryan, A., Cyders, M., Weinstock, L., Johnson, S. L., Borelli, J. L., Shiota, M. N., & Gruber, J. (2021). *Bipolar disorder risk and emotion-related impulsivity in emerging adults during the first-year of college*. Thematic flash talk presented at the 2021 Society for Affective Science (SAS) Annual Conference, United States. (virtual conference due to COVID-19)
- Ibonie, S. G., Ploe, M. L., **Villanueva, C. M.**, Silverman, L., & Gruber, J. (2021). *Positive social side of bipolar disorder? Social networks and connectedness and mania risk and symptoms in college students*. Thematic flash talk presented at the 2021 Society for Affective Science (SAS) Annual Conference, United States. (virtual conference due to COVID-19)
- Preece, D. A., Becerra, R., Sauer-Zavala, S., Boyes, M., McEvoy, P., **Villanueva, C.**, Ibonie, S., Gruber, J., Hasking, P., & Gross, J. J. (2021). *Assessing emotion regulation ability for negative and positive emotions: Psychometric properties of the Perth Emotion Regulation Competency Inventory (PERCI) in United States adults*. Paper presented at the 2021 Society for Affective Science (SAS) Annual Conference, United States. (virtual conference due to COVID-19)
- Hoelscher, E., **Villanueva, C. M.**, Silverman, L., Johnson, S. L., Bryan, A., Cyders, M., Weinstock, L. M., Borelli, J. L., Shiota, M., & Gruber, J. (2020). *Examining bipolar risk, emotion-relevant impulsivity, and academic success in first-year college students*. Poster presented at the 2020 Special Interest Group (SIG) for Bipolar Disorder, Association for Behavioral and Cognitive Therapies (ABCT) Annual Conference, Philadelphia, PA. (virtual conference due to COVID-19)
- Ibonie, S., Ploe, M. L., Kizeev, G., **Villanueva, C. M.**, Silverman, L., & Gruber, J. (2020). *Positive social side of bipolar disorder? Examining associations between social networks and connectedness with bipolar risk and mood disturbance dimensions among first-year college students*. Poster presented at the 2020 Special Interest Group (SIG) for Bipolar Disorder, Association for Behavioral and Cognitive Therapies (ABCT) Annual Conference, Philadelphia, PA. (virtual conference due to COVID-19)

Teague, A., Villanueva, C., Bauder, L., Cooper, G., & Gruber, J. (2018). *Respiratory sinus arrhythmia and emotion regulation in emerging adults at risk for bipolar disorder*. Poster presented at the 2018 Society for Research in Psychopathology (SRP) Annual Conference, Indianapolis, IN.

Gilbert, K., Villanueva, C., Bauder, L., Weston, L., & Gruber, J. (2017). Psychophysiological arousal to positive emotion: Reward reactivity and recovery. *Psychophysiology beyond fear: What other contexts teach us about (dys)functions of emotional arousal*. Poster presented at the 2017 Association for Psychological Science (APS) Annual Conference, Boston, MA.

Gibson, C. J., Barrientos, M., Villanueva, C., Neylan, T.C., & Inslicht, S.S. (2016). *Gender differences in subjective sleep related to post-traumatic stress disorder symptoms in trauma-exposed adults*. Poster presented at the 2016 Organization for the Study of Sex Differences Annual Conference, Philadelphia, PA.

RESEARCH EXPERIENCE

Graduate Research Assistant (GRA)

Positive Emotion and Psychopathology Laboratory
University of Colorado Boulder

2019 – Present

Principal Investigator: June Gruber, PhD

Dissertation Project Details

1. *Latinx Emotion and Psychopathology (LEAP)*

Research suggests alarming increases in emotional health difficulties among young adults, particularly those from underrepresented or minoritized backgrounds. Furthermore, despite work suggesting variation in emotion beliefs is influenced by culture, little work has examined whether associations between emotion related responses and beliefs in association with bipolar and depressive mood severity differ across self-identified cultural groups. This currently underway project will examine emotion and mood health among emerging adults from Latinx backgrounds. It is supported by a UROP Team Grant and CARTSS Graduate Student Award, and will involve collaborators from the US (e.g., UC Berkeley) and internationally (e.g., Brazil).

GRA Project Involvement Details

2. *Computational and Brain Predictors of Emotion Cue Integration*

A R01 funded neuroimaging study (in collaboration with Drs. Jamil Zaki and Tor Wager) that implements a novel computational model to identify brain signatures related to social emotion inference in non-psychiatric healthy controls and in mood disordered subjects, characterized by perceptions of emotion cues as negative (major depressive disorder) or positive (bipolar disorder). Duties on project include reviewing online clinical screenings for study eligibility, assisting with study appointment scheduling, leading in-person diagnostic clinical interviewing with clinical and non-clinical populations, and assisting with data collection of psychophysiological, MRI, and behavioral-based laboratory tasks.

3. *Examining Milestones in Emotion Regulation, Growth, and Education (EMERGE) During the Transition to College*

A multi-method investigation of emotion-related impulsivity, decision-making, mental health (including risk for suicide), and academic performance in first year college students, aimed to address recent alarming increases in the rate of mental health struggles, substance use problems, and behavioral difficulties in college-aged adults in order to enhance student well-being and success. This project represents a partnership with the Office of Undergraduate Education, the University Exploration and Advising Center, the Center for STEM Learning, the College of A&S Academic Advising Center, and the Office of Data Analytics at CU Boulder. Duties on project include contributing to study design, data collection, data analyses, and manuscript preparation for related projects.

Full-Time Laboratory Manager
Positive Emotion and Psychopathology Laboratory
University of Colorado Boulder
Principal Investigator: June Gruber, PhD

2016 – 2019

Laboratory Manager Responsibilities

- *Recruitment and Study Coordination.* Managed recruitment, eligibility, scheduling, and implementation of study protocols for multiple research projects investigating emotional experience and regulation in bipolar disorder and young adults at risk for mania.
- *Clinical Interviewing.* Led diagnostic clinical interviewing on individuals with a history of bipolar disorder, major depressive disorder, and healthy controls, including the clinician-administered SCID-IV and SCID-5 diagnostic interviews, measures of symptom severity (YMRS, BRMS, CARS-M, IDS-C, CGI-S), measures of global, role, and social functioning (GAF, GFR, GFS), measures of cognitive functioning (WAIS-IV Letter-Number Sequencing Subtest, MMSE, WRAT-4 Word Reading Subtest), and measures of imminent suicide risk (MSSI, C-SSRS). Also conducted longitudinal follow-ups with previously recruited bipolar and control subjects, and individuals at high risk for mania, including online surveys and clinical phone assessments assessing SCID-IV/5 mood modules and LIFE chart longitudinal mood monitoring.
- *Psychophysiology Acquisition.* Spearheaded participant testing using psychophysiological measures of the autonomic nervous system, including heart rate, inter-beat interval, cardiac output, stroke volume, respiration rate, respiratory sinus arrhythmia, skin conductance level, skin conductance response, skin temperature, finger pulse transit time, and finger pulse amplitude collected using MindWare Systems equipment.
- *EEG Acquisition.* Co-ran pilot electroencephalogram (EEG) testing using 128-channel Geodesic Sensor Net in collaboration with Dr. Tim Curran. Familiarity with electrode hook-up and troubleshooting poor measurement signals using Net Station 4.5.7 acquisition software.
- *Stimuli Programming and Troubleshooting.* Created and edited questionnaires in Qualtrics, an online survey collection software; aided in piloting, programming and troubleshooting laboratory tasks using MediaLab and E-Prime.
- *Research Mentoring.* Recruited, interviewed, trained, and co-supervised approximately 10-20 undergraduate and post-baccalaureate research assistants in recruitment, data collection, data entry and analysis, and clinical screening; create laboratory infrastructure and progress tracking systems.
- *IRB and Laboratory Coordination.* Coordinated IRB submissions and amendments for all study protocols; assisted in developing lab-wide safety protocol for clinical populations; managed laboratory purchases and subject payments; assisted with other administrative tasks.

Project Involvement Details

1. *Computational and Brain Predictors of Emotion Cue Integration*
(See GRA Project Involvement section above for detailed project description.)
2. *Examining Milestones in Emotion Regulation, Growth, and Education (EMERGE) During the Transition to College*
(See GRA Project Involvement section above for detailed project description.)
3. *Longitudinal Study of Mania Risk in Young Adults*
A study investigating emotion and mood in young adults (ages 18-25) at high risk for mania (in collaboration with Drs. Lauren Weinstock, Sheri Johnson, and others). This study aims to identify prodromal characteristics in emotion experience and regulation, as evidenced in computer-based laboratory tasks using a multi-method approach including experiential (self-report), behavioral, and psychophysiological measures. Clinical symptoms and functioning are tracked for up to 3 years, at 6-month intervals, via self-report surveys and clinical phone assessments.
4. *The Desire of Emotions: Emotional Cravings and Well-being*
An exploratory study (in collaboration with Dr. Maya Tamir) to investigate whether individuals can crave emotions, similar to cravings for food and other highly addictive substances, and the potential link to emotional and social well-being. The study includes behavioral tasks to assess preferences for images and

music clips intended to induce feelings of contentment, excitement, and fear. Concurrent self-reported measures of mood, mood and anxiety symptoms, and well-being also collected.

5. *Positive Emotional Processes, Mood, and Anxiety*

A study aimed to characterize emotion and mood in adults with a history of bipolar disorder, major depression, anxiety, or no psychiatric history. Participants are recruited in cohorts, during specific mood states (euthymic, manic, depressed), to investigate the influence of current mood state on emotional reactivity, regulation, and experience in psychopathologies, particularly in positive emotion disturbance in bipolar disorder.

Part-Time Clinical Research Coordinator

Stress and Resilience Laboratory / Stress and Health Research Program

2014 – 2016

San Francisco VA Medical Center / University of California, San Francisco (UCSF)

Principal Investigator: Sabra Inslicht, PhD

Research Coordinator Responsibilities

- *Study Coordination and Data Management.* Oversaw subject enrollment, tracking, scheduling, correspondence, and payments for multiple research studies investigating sex differences in post-traumatic stress disorder. Created and maintained systems to track study progress and biological blood sample storage. Managed various aspects of data collection and storage including data entry, encryption, cleaning, and database design.
- *Clinical Screening.* Phone screened participants using DSM-IV criteria to pre-assess for medical and mental health history, suicide risk, comorbidities, and post-traumatic stress disorder (PTSD) symptomatology.
- *Psychophysiology and Biological Data Acquisition.* Administered study protocols using multi-modal methods that include psychophysiological measures using BioPac and AcqKnowledge software (skin conductance, electrocardiography, corrugator electromyogram, and functional magnetic resonance imaging), biological measures (saliva cortisol sample, hair cortisol sample, blood sample), self-reports, sleep diary and actigraphy monitoring, and neuropsychological measures (verbal memory, executive functioning, working memory, visual learning, IQ, spatial memory).
- *Stimuli Programming and Troubleshooting.* Developed and updated case report forms and online data collection surveys using Qualtrics. Programmed and troubleshot physiological equipment and experimental software including BioPac, Coulbourn Systems, and SuperLab.
- *Patient Recruitment.* Designed recruitment ads, flyers, brochures, and internet postings; created and maintained laboratory website.
- *IRB Coordination.* Drafted, amended, and submitted IRB documents and other regulatory forms.
- *Research Mentoring.* Hired, supervised, and trained 6 research assistants in phone screen pre-assessment, study protocol, psychophysiological measurement, data management, and recruitment outreach.
- *Grant and Manuscript Preparation.* Assisted with grant and budget submissions, initiated service contracts, and conducted literature reviews for manuscript preparation.

Project Involvement Details

1. *Stress and Resilience Study*

A study to test the effect of sex and post-traumatic stress disorder status on extinction learning and retention in a classical aversive conditioning paradigm, in male and female veterans with and without PTSD. This study also aims to identify biological markers (e.g., reproductive hormones) that might underlie fear learning and memory, to inform and improve treatments for PTSD.

2. *Brain Imaging and Trauma Resilience Study*

A pilot study to determine the feasibility and acceptability of a novel multi-day fear conditioning paradigm for use with fMRI. Eight participants (4 PTSD+ and 4 PTSD-) undergo fear conditioning (Day 1), extinction learning (Day 4), and extinction retention (Day 11) all during fMRI image acquisition. Dependent variables include skin conductance, amygdala activity, and ventral medial prefrontal cortex (vmPFC) activity assessed during each of the three study visits.

3. *Veterans Stress and Learning Study*

A double-blind placebo-controlled study exploring the effects of pharmacological agents, Hydrocortisone and D-Cycloserine, in facilitating fear extinction in trauma-exposed veterans and civilians.

Volunteer Research Assistant
Emotion and Emotion Regulation Lab
University of California, Berkeley
Principal Investigator: Iris Mauss, PhD

2013 – 2016

Research Assistant Duties

- *Multi-Method Data Acquisition.* Conducted data collection during 8-hour lab sessions with adult female dyads including psychophysiological measures using MindWare and BioLab software (electrocardiography, impedance cardiography, respiration, skin conductance, skin temperature, pulse plethysmography, blood pressure), physical health assessments (height, weight, waist and hip circumference, BMI, grip strength dynamometer measurement), biological sample collection (saliva and finger-prick blood sample), and continuous measurement of emotion (affect rating dial).
- *Recruitment and Database Management.* Managed participant correspondence and subject database to determine eligibility status.
- *Research Mentoring.* Hired and trained approximately 10 research assistants in study protocol and psychophysiological measurement.
- *Data Transcription and Cleaning.* Previously transcribed social interactions between participants and confederates and prepared online questionnaire data for analysis in SPSS.

Project Involvement Details

1. *Berkeley Friendship, Emotion, and Wellness Study*
 A six-month longitudinal study, in collaboration with Dr. Oliver John, that aims to assess the emotional, social, cognitive, and biological factors that contribute to individual differences in psychological and physical health across the adult life span.
2. *Pursuing Emotion Goals in Film Clips and Interaction*
 A study that manipulated emotional goals (happiness pursuit, sadness pursuit, and acceptance) and measured their effects during film clip inductions of happiness, sadness, and compassion. This study also examined the social effects of pursuing emotion goals in a social interaction with a confederate.

Volunteer Research Assistant
Youth Development Lab
University of California, Berkeley
Principal Investigator: Ronald Dahl, MD

2013 – 2014

Research Assistant Duties

- *Study Recruitment and Coordination.* Recruited, screened, and scheduled participants (female friend trios); managed parent correspondence and maintained subject databases.
- *Data Acquisition.* Administered two-hour study protocol, which included obtaining informed consent and assent, running computerized tasks, overseeing self-report measures, collecting saliva samples and administering Wechsler Intelligence Scale for Children (WISC) vocabulary assessment.
- *Data Entry and Coding.* Entered and verified self-report questionnaire data; created qualitative coding system in collaboration with co-investigator, Dr. Ahna Suleiman.

Project Involvement Details

1. *Attitudes About Romantic Behaviors*
 A pilot study exploring the effects of peer presence and video priming on young adolescent girls' (ages 10-14) implicit/explicit attitudes about romantic relationships regarding low-level sexual behavior and risky decision-making.

CLINICAL EXPERIENCE

Behavioral Health Extern
UCHealth Primary Care Lone Tree
University of Colorado Denver / CU Anschutz

2022 – Present

Supervisors / Preceptors: Aaron Bergman, PhD; Courtney Legge, PsyD; Gesa Kohlmeier, PsyD

Setting: Primary care clinic / family medicine

Population: Community members across the lifespan (infant to elderly adults) with varying behavioral and medically complex presentations such as depression, anxiety, ADHD, trauma-related disorders, suicidal ideation, general life stress, grief, caregiver burnout, chronic pain, terminal illness, diabetes management.

Therapeutic modalities: Acceptance and Commitment Therapy (ACT), focused-ACT, Behavioral Activation (BA), Cognitive Behavioral Therapy (CBT)

- Conduct adult ADHD diagnostic assessments and provide individual behavioral health services to patients with varying behavioral and medical diagnoses using brief, focused behavioral interventions in a primary care / family medicine setting. Integrated behavioral health+ model involves case consultation and coordinated care with diverse primary care team composed of physicians, medical assistants, psychiatric consultants, social workers, and administrative personnel.

Graduate Student Therapist
CU Upward Bound (CUUB) / Raimy Psychology Clinic
University of Colorado Boulder

Summer 2021

Clinic Director: Emily Richardson, PhD

Supervisors: Mark Whisman, PhD

Setting: University psychology department clinic

Population: Six-week summer program providing free mental health services and support to indigenous / First Nation adolescents participating in CU Upward Bound (CUUB). CUUB is funded by the U.S. Department of Education to help low income and first-generation college going students to succeed in high school and prepare for postsecondary success. Indigenous adolescents and emerging adults aged 15-18 years. Presenting problems included major depressive disorder, social anxiety disorder, generalized anxiety disorder, panic attacks, suicidal ideation, general life stress, academic issues, sexual identity exploration.

Therapeutic modalities: Acceptance and Commitment Therapy (ACT), Behavioral Activation (BA), Cognitive Behavioral Therapy (CBT), Exposure Therapy

- Provide brief individual therapy to a weekly maximum caseload of 4 clients with varying presenting concerns using evidence-based treatments such as CBT, BA, exposure-based therapy, and ACT to Indigenous / First Nation adolescents participating in college summer preparatory program in a University psychology department clinic.

Graduate Student Diagnostic Assessor / Therapist
Raimy Psychology Clinic
University of Colorado Boulder

2020 – 2022

Clinic Director: Emily Richardson, PhD

Supervisors: Mark Whisman, PhD; Joanna Arch, PhD; Tina Pittman Wagers, PsyD

Setting: University psychology department clinic

Population: College students and community members aged 18-65 years. Presenting problems included general life stress, academic issues, interpersonal relationship problems, sexual identity exploration, major depressive disorder, social anxiety disorder, generalized anxiety disorder, health anxiety, specific phobia, trauma-related and eating-related disorders.

Therapeutic modalities: Acceptance and Commitment Therapy (ACT), Behavioral Activation (BA), Cognitive Behavioral Therapy (CBT), Exposure Therapy, Motivational Interviewing (MI)

- Conduct clinical intake assessments and provide long-term individual therapy to a weekly maximum caseload of 4 clients with varying diagnoses using evidence-based treatments such as CBT and ACT to student and community clients in a community outpatient setting.

**Graduate Student Diagnostic Assessor
Attention, Behavior, and Learning (ABL) Clinic
University of Colorado Boulder**

2021 – 2022

Clinic Director: Nomita Chhabildas, PhD

Supervisors: Nomita Chhabildas, PhD; Laura Hink, PhD

Setting: Child and adolescent learning and behavior clinic within the university psychology department

Population: Children, adolescents, and their families in community

- Conduct comprehensive psychodiagnostic, psychoeducational, and behavioral assessments of children and adolescents. Duties include assessment, treatment formulation, feedback, and writing of comprehensive integrated reports. Common presenting concerns included learning disabilities, attentional problems, disruptive behavior disorders, anxiety and mood disorders, and autism spectrum disorders. Evaluations help clients and their families advocate for academic support services, 504 plans, and IEPs.

**Graduate Student Diagnostic Assessor
Brain Behavior Clinic (BBC)
University of Colorado Boulder**

2020 – 2022

Clinic Director / Supervisor: Emily Richardson, PhD

Setting: Neuropsychological practice within the university psychology department serving indigent individuals and university students

Population: College students and indigent community members

- Conducted psychodiagnostic assessments with adults for learning disability (LD) and attention deficit hyperactivity disorder (ADHD) for documentation of disability for academic accommodations. Conducted neuropsychological assessments for a range of cognitive disorders, primarily related to memory loss, problems in concentration, difficulties in organization, or changes in personality. Duties included assessment, treatment formulation, care coordinate with other providers, feedback with clients and families, and writing of integrated reports. Evaluations helped support client applications for academic and workplace accommodations, and social security disability.

**SCID Diagnostic Assessor/Clinical Interviewer
Positive Emotion and Psychopathology Laboratory
University of Colorado Boulder**

2016 – 2021

Supervisor: June Gruber, PhD

Setting: University research laboratory

Population: Community members (ages 18-65), emerging adults and university students (ages 18-25), who are at-risk for, or diagnosed with, bipolar and unipolar mood disorders. Common co-morbid presenting issues include anxiety disorders and substance abuse.

- Trained to independently administer a series of clinical batteries to individuals with a history of bipolar I disorder, major depressive disorder, and comorbid substance abuse and anxiety. Clinical measures included full in-person and telecommunication administration of the SCID-IV/SCID-5 for the DSM-IV/DSM-5, truncated administration of specific SCID-5 modules (e.g., depression, (hypo)manic, psychosis) conducted over the phone to longitudinally track clinical symptom progression at 6 month follow-ups, and measures to assess clinical severity of current depressive symptoms (IDS-C, QIDS-C) and manic symptoms (YMRS, BRMS, CARS-M).
- Trained to independently administer battery of cognitive measures, including the Mini Mental State Exam (MMSE), letter number sequencing task from the Wechsler Adult Intelligence Scale (WAIS-III and WAIS-IV Letter Number Sequencing Subtest), and the WRAT-4 Word Reading Subtest.
- Trained (in collaboration with Dr. Lauren Weinstock at Brown University) to assess suicidality risk with currently depressed patients, in accordance with study protocol, using a modified version of The Modified Scale for Suicidal Ideation (MSSI) and a modified version of the Columbia Suicide Severity Rating Scale (CSSR-S).

Clinical Phone Screener 2014 – 2016
Stress and Resilience Laboratory
San Francisco VA Medical Center / University of California, San Francisco (UCSF) – San Francisco, CA

Supervisors: Sabra Inslicht, PhD; Christiane Zenteno, PhD

Setting: Research laboratory at VA medical center

Population: Veterans and community members aged 18-50 years presenting with post-traumatic stress disorder

- Trained to independently administer SCID-IV/SCID-5 based clinical phone screen with trauma-exposed civilian adults and combat veterans with and without a history of post-traumatic stress disorder.

Assessment Competency

Experienced in administration and interpretation of the following assessment instruments:

Psychodiagnostic and Symptom Assessment: ADHD DSM-5 Rating Scales (self and parent reports); Adverse Childhood Experiences (ACEs); AUDIT Alcohol Screening Test; Altman Rating Scale for Mania (ASRM); Autism Diagnostic Observation Schedule, Second Edition (ADOS-2) selected subtests; Barkley Adult ADHD Rating Scale-IV (BAARS-IV; current self, current other, child self, child other reports); Beck Depression Inventory (BDI-SF); Behavioral Assessment System for Children, 3rd Edition (BASC-3; child and adolescent self, parent, and teacher report scales); Brief Fear of Negative Evaluation Scale; Clinician-Administered Rating Scale for Mania (CARS-M); DUDIT Drug Use Screening Test; Dysfunctional Attitude Scale (DAS); General Behavior Inventory (GBI); Liebowitz Scale of Social Anxiety Disorder (LSAS); Patient Health Questionnaire (PHQ-9); Revised Children's Manifest Anxiety Scales, 2nd Edition (RMAS-2); Semi-Structured Interview Guide for the Inventory of Depressive Symptomatology, Clinician-Rated (IDS-C); Structured Clinical Interview for DSM-IV Axis I Disorders (SCID-IV) and DSM-5 (SCID-5); Wender Utah Rating Scale for the Attention Deficit Hyperactivity Disorder; Young Mania Rating Scale (YMRS)

Suicidality Risk Assessment: Columbia Suicide Severity Rating Scale (CSSR-S); Modified Scale for Suicide Ideation (MSSI)

General Cognitive and Neuropsychological: Benton Word Fluency Test; Boston Clock Drawing; Boston Diagnostic Aphasia Exam (BDAE); Boston Naming Test; California Verbal Learning Test (CVLT-II and CVLT-SF); Controlled Oral Word Fluency Test; Hooper Visual Organization Test; Luria Complex Motor Tasks; Mini Mental State Exam (MMSE); Montreal Cognitive Assessment (MoCA); NEPSY-II selected subtests; Wechsler Abbreviated Scale of Intelligence (WASI); Trailmaking Test B; Wechsler Adult Intelligence Scale (WAIS-IV); Wechsler Intelligence Scale for Children, 5th Edition (WISC-V); Wechsler Memory Scale selected subtests (WMS-III and WMS-IV); Western Aphasia Battery; Wisconsin Card Sorting Task (WCST)

Academic Achievement: Comprehensive Test of Phonological Processing, 2nd Edition (CTOPP-2); Gray Oral Reading Test, 5th Edition (GORT-5); Nelson-Denny Reading Test; Wide Range Achievement Test Word Reading Subtest (WRAT-4); Woodcock Johnson Test of Achievement IV (WJ-IV)

Attention: Conners Continuous Performance Test 3rd Edition (CPT-3), Conners Continuous Auditory Test of Attention (CATA)

Functional Impairment: Clinical Global Impressions Scale (CGI); Global Assessment of Functioning (GAF); Global Functioning Scale: Role (GFS-R); Global Functioning Scale: Social (GFS-S)

Malingering: Test of Memory Malingering (TOMM); Memory Validity Profile (MVP)

Personality: Minnesota Multiphasic Personality Inventory (MMPI-2), NEO Personality Inventory-3 (NEO-PI-3)

Psychotherapy Assessment: Readiness for Change Semi-Structured Interview, University of Rhode Island Change Assessment Scale (URICA)

TEACHING EXPERIENCE

Teaching Assistant**University of Colorado Boulder**

<i>Research Methods in Psychology</i> (PSYC 3111), Professor: Ryan Curtis, PhD	2021
<i>Research Methods in Psychology</i> (PSYC 3111), Professor: Jennifer Stratford, PhD	2021
<i>Research Methods in Psychology</i> (PSYC 3111), Professor: Kelly Gildersleeve, PhD	2021
<i>Abnormal Psychology</i> (PSYC 3303), Professor: June Gruber, PhD	2020

Guest Lecturer**University of Colorado Boulder**

<i>Abnormal Psychology</i> (PSYC 3303), Professor: June Gruber, PhD	2020
“Racial Biases in the Diagnosis of Severe Mental Illness (SMI)”	

Graduate Student Grader**University of Colorado Boulder**

<i>Human Emotions</i> (PSYC 3131), Professor: June Gruber, PhD	2019 – 2021
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MENTORING EXPERIENCE

Graduate Student Mentor**University of Colorado Boulder**

<i>CU Clinical Graduate Peer Mentorship Program Organizer & Mentor (Elisa Stern)</i>	2021 – Present
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- Co-founded peer mentorship program among CU Boulder clinical psychology graduate students matching first- and second-year students with more senior graduate to provide support, facilitate networking and bonding among students, and to disseminate information about the program requirements, clinical and research training, and career development to encourage retention and support of grad students, particularly those from marginalized backgrounds. Organize program wide information and social events.

<i>NSF GRFP Workshop Mentor (Stevi Ibonie)</i>	2022
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- Mentor graduate student through process of writing their research plan and personal statements for the National Science Foundation Graduate Research Fellowship Program (NSF GRFP).

<i>McNair Scholars Graduate Student Mentor (Gwendalynn Roebke)</i>	2020 – 2021
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- McNair Scholars Program is a federal TRIO program designed to prepare underrepresented students for doctoral studies through involvement in research and other scholarly activities.

<i>Graduate Peer Mentor (Brynn Paulsen, Ashley Dancer, Kirin Riddell)</i>	2020 – 2022
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- The Graduate Peer Mentoring Program pairs established graduate students with peers who are new to graduate school to provide support, encouragement, and information about the transition to graduate school.

Undergraduate Research Advisor

2016 – 2019

Positive Emotion and Psychopathology Laboratory**University of Colorado Boulder**

- Managed and co-mentored team of approximately 10-20 undergraduate and post-baccalaureate research assistants per semester on clinical research methodology, including experiential, behavioral, and psychophysiology acquisition and analysis, participant testing, data collection and analysis, adherence to study protocols and laboratory safety, participant screening, recruitment, and preparation of semester term papers. Coordinated weekly check-ins to assess individual and laboratory goals and progress. Led monthly meetings on improving clinical phone screen methods, diagnostic questions, and case study examples.

TRAININGS AND PROFESSIONAL DEVELOPMENT

<i>Workshop Participant, Connecting Art with Learning and Maximizing EmoDiversity (CALMED), Center for Teaching & Learning (CTL), University of Colorado Boulder</i>	2020
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Organizers: Sabrina Marques, Kirk Ambrose, June Gruber, Becca Ciancanelli

- Selected to participate in a workshop for graduate students offering interdisciplinary approach to happiness, art, and wellness. Will serve as teaching facilitator to undergraduates in the spring.

Workshop Participant, “Saying the Wrong Thing: Applying Acceptance and Commitment Therapy to the Way We Approach Difficult Conversations” 2020
(Led by Danielle Moyer, Monica Gerber, Molly Tucker)

Workshop Participant, The National Institute for Health Care Management (NIHCM) Foundation 2020
“Systemic Racism, Disparities and Health: The Impact of COVID-19 on Latino Health”
(Led by Lisa Cacari Stone, Jane L. Delgado, Juan Chaluja)

Workshop Participant, National Hispanic & Latino Mental Health Technology Transfer Center Network (MHTTC), Universidad Central del Caribe – IRESA, “Culturally Adapted Dialectical Behavior Therapy for Hispanic and Latino Clients: Parts I and II” 2020
(Led by Kirby Reutter)

CE Credit, American Psychological Association, “Telepsychology Best Practices 101: About the Tech... Video, Email, Text Messaging & Apps - Segment #2”, “Telepsychology Best Practices: Legal, Regulatory & Ethical Rules of the Road - Segment #3” 2020

Workshop Volunteer and Participant, Women’s Affective Science Institute (WASI) 2019
Office of Diversity Equity and Community Engagement, University of Colorado Boulder
Organizers: June Gruber, Kateri McRae

- Co-ran and attended a one-day workshop on transdisciplinary approaches to affective science to provide research mentoring opportunities for underrepresented undergraduate women applicants (e.g., women from socially or economically disadvantaged backgrounds, first-generation students, etc.) in neuroscience and psychology.

SCIENTIFIC COMMUNITY SERVICE AND INVOLVEMENT

Clinical Program Lead Student	2022 – Present
<ul style="list-style-type: none"> • Aid junior students in navigating the program, department, and campus. Liaison between students and program director / faculty to improve communication and student representation in program-level changes. Point of contact to organize program area events (e.g., recruitment, social events, etc.). Work with other program lead students to foster more communication and community between programs. 	
Psychologists Advocating for Systemic Training in Anti-Racism (PASTA) Member University of Colorado Boulder	2020 – Present
<ul style="list-style-type: none"> • Co-led CU Boulder graduate student-initiated needs-based assessment of clinical training program including writing and disseminating an open letter to faculty calling for anti-racist reforms. Attend weekly meetings to organize program-wide changes to graduate student training, such as recruiting underrepresented graduate students, mentoring undergraduate and graduate students, and forming community partnerships to provide therapy services for BIPOC and first-generation university students. 	
Boulder Faculty Assembly (BFA) Student Affairs Committee (SAC) Member (Student Rep)	2022 – Present
CU Boulder Clinical Faculty Search Committee Member (Student Rep)	2022
Get Psych’d! Grad Student Q&A Panelist	2021

Ad Hoc Reviewer: *Affective Science* (co-reviewer with June Gruber, PhD), *Journal of Emotion and Psychopathology*, *Journal of Affective Disorders Reports*, *Heliyon*, *Lumiere Education Journal* (high school journal that publishes student mentee research)

Society for Research in Psychopathology (SRP) Conference Student Volunteer 2017
Organizers: June Gruber, PhD / Scott Vrieze, PhD (Denver, CO)

Dissertation Research Intern 2014 – 2015
Mentor: Solange Gould (University of California, Berkeley)

- Qualitatively coded mass volume of interview transcriptions (using Dedoose) with environmental and social equity activists for UC Berkeley PhD Candidate's dissertation on the California climate change law, SB 375.

Heroic Imagination Project (HIP) Intern 2013
Director: Phillip Zimbardo, PhD (San Francisco, CA)

- A nonprofit research and education program dedicated to translating social psychological findings into real world positive change. Assisted with workshops and presentations including anti-bullying campaigns with the Junior Giants and Bystander Revolution, LLC.