

# Erik C. Nook

[enook@g.harvard.edu](mailto:enook@g.harvard.edu) - (347) 835-1254

William James Hall  
33 Kirkland Street  
Cambridge, MA 02138

## Education

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- 2014 – Harvard University  
Cambridge, MA  
Ph.D. Clinical Psychology
- 2008 – 2012 Columbia University  
New York, NY  
B.A. Psychology (Hons), *summa cum laude*
- 2007 Australian Institute of Massage  
Perth, Western Australia  
Certificate IV in Massage Therapy

## Research and Academic Experience

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- 2015 – Harvard University Affective Neuroscience and Development Laboratory (PI: Leah Somerville)  
*Clinical Psychology Graduate Student*: Lead researcher in fMRI and behavioral studies on the development of social cognitive and affective processes (such as emotion conceptualization, emotion regulation, and emotion perception) and their relationships with psychopathology. Concurrently taking classes on the fundamentals of psychological research and the practice of clinical psychology.
- 2014 – 2015 Harvard University Social Neuroscience and Psychopathology Laboratory (PI: Christine Hooker)  
*Clinical Psychology Graduate Student*: Lead researcher in fMRI and behavioral studies on social cognitive and affective processes (e.g., emotional granularity and responses to social criticism) in psychopathology.
- 2012 – 2014 Stanford Social Neuroscience Laboratory (PI: Jamil Zaki)  
*Researcher and Lab Manager*: Lead researcher in multiple behavioral and neuroimaging projects on interpersonal emotion phenomena such as emotion perception, conformity, and prosociality. Managerial duties included: developing infrastructure for new laboratory, managing lab's financial and timetabling logistics, managing a team of research assistants, maintaining lab website, other administrative and research duties.
- 2010 – 2012 Columbia University Social Cognitive and Affective Neuroscience Laboratory (PI: Kevin Ochsner)  
*Honors Student*: Programmed, conducted and analyzed fMRI experiment investigating the perception of fear with Dr. Ajay Satpute. Concurrently designed, programmed and conducted Honors project investigating the effects of naming emotions on emotion regulation.
- 2009 Murdoch University Chiropractic School Anatomy Department  
*Anatomy Laboratory Technician*: Assisted professors in laboratory classes; performed dissection of two forearms.

## Awards and Honors

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- 2016 Society for Affective Science Poster Award
- 2015 NSF Graduate Student Fellowship
- 2015 Society for Research in Psychopathology Smadar Levin Student Research Award: Honorable Mention
- 2015 Association for Psychological Science Student Research Award: Honorable Mention
- 2014 Harvard University Karen Stone Fellow
- 2014 Harvard University Stimson Grant
- 2013 Stanford University Center for Cognitive and Neurobiological Imaging Seed Grant
- 2013 BACCHUS Area 11 Outstanding Alumnus Award
- 2012 Graduated from Columbia University *summa cum laude* (top 5% of class)
- 2012 Edward S. Brainard Columbia College Class Day Award
- 2012 Office of Multicultural Affairs Graduation Cords

2012	Euretta J. Kellett Fellowship Finalist
2008 – 2012	Dean's List
2011	Phi Beta Kappa Early Inductee
2010 – 2012	Psychology Honors Student
2011	National Award from The BACCHUS Network: "Outstanding Affiliate" - Stressbusters
2011	Certificate of Recognition for "Outstanding Student Group" - Stressbusters
2010	Outstanding Mentor from Columbia University's Office of Multicultural Affairs

## Publications

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- Nook, E. C.**, Ong, D. C., Morelli, S. A., Mitchell, J. P., & Zaki, J. (2016). Prosocial conformity: Social norms motivate broad generosity and empathy. *Personality and Social Psychology Bulletin*, *42*(8), 1045-1062.
- Nook, E. C.**, & Zaki, J. (2015). Social norms shift behavioral and neural responses to foods. *Journal of Cognitive Neuroscience*, *27*(7), 1412–1426.
- Nook, E. C.**, Lindquist, K. A., & Zaki, J. (2015). A new look at emotion perception: Concepts speed and shape facial emotion recognition. *Emotion*, *15*(5), 569–578.
- Nook, D. D., **Nook, E. C.**, & Nook, B. C. (in press). Chiropractic care at The World Games 2013: Patient demographics, treatment characteristics, and changes in perceived pain. *Journal of Manipulative and Physiological Therapeutics*.

## Manuscripts Under Review

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- Satpute, A. B., **Nook, E. C.**, Narayanan, S., Weber, J., Shu, J., & Ochsner, K. N. (in revision). Emotions in "black or white" or shades of gray? How we think about emotion shapes our perception and neural representation of emotion.

## Conference and Invited Talks

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- Nook, E. C.**, Satpute, A. B., Ochsner, K. N., Schleider, J. L., & Somerville, L. H. (2016). Let's talk about feelings: The effects of emotion naming and psychological distancing on emotion regulation. Presentation at the Boston Area Affective Scientists Meeting, Boston, MA.
- Nook, E. C.**, Schleider, J. L., & Somerville, L. H. (2016). A linguistic signature of psychological distancing in emotion regulation. Data Blitz Presentation at the Society for Affective Science's Annual Meeting, Chicago, IL.
- Nook, E. C.**, Schleider, J. L., & Somerville, L. H. (2016). Getting away from the here and now: linguistic markers of psychological distancing in emotion regulation. Data Blitz Presentation at the Social Brain Sciences Symposium, Boston, MA.
- Nook, E. C.** & Zaki, J. (2015). Hungry for consensus: Social norms shift behavioral and neural responses to foods. Data Blitz Presentation at the Boston Area Psychology Graduate Symposium, Boston, MA.
- Nook, E. C.** & Zaki, J. (2014). The power of we: Using social norms to boost healthy and prosocial decision-making. Presentation to Harvard University research methods class on child and adolescent clinical psychology, Cambridge, MA.
- Nook, E. C.**, Griesemer, I.,\* Satpute, A. B., & Ochsner, K. N. (2014). Talking about feelings: Differential consequences of four methods of affect labeling. Data Blitz Presentation at the European Association for Social Psychology's Emotion and the Brain Preconference, Amsterdam, Netherlands. \*Presenting author
- Nook, E. C.** & Zaki, J. (2014). Beyond the dark and light sides of social influence. Presentation at Stanford University's Affective Seminar, Stanford, CA.
- Nook, E. C.**, Satpute, A. B., & Ochsner, K. N. (2012). Tell me how you feel: The effect of emotion naming on emotion regulation. Presentation for Columbia University Honors Colloquium, New York, NY.
- Nook, E. C.** & Chervin, C. (2012). Leading with a carrot: motivational tools for growing your peer health education organization. Presentation at the BACCHUS Network National Meeting, Reston, VA.

- Nook, E. C.** (2011). Shout-out with the SAC: building community through conversation. Presentation at the BACCHUS Network Area 11 Regional Conference held at the College of New Jersey, Ewing, NJ.
- Nook, E. C.** (2011). SAC Roundtable. Presentation at the BACCHUS Network Area 11 Regional Conference held at the College of New Jersey, Ewing, NJ.
- Nook, E. C.** & Chervin, C. (2011). Leading with a carrot: motivational tools for growing your peer health education organization. Presentation at the BACCHUS Network Area 11 Regional Conference held at the College of New Jersey, Ewing, NJ.

## Poster Presentations

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- Nook, E. C.**, Schleider, J. L., & Somerville, L. H. (under review). Discovering bidirectional relations between emotion regulation and distancing language. Poster for the Society for Research in Psychopathology's Annual Meeting, Baltimore, MD.
- Nook, E. C.**, Sasse, S. F., Lambert, H. K., McLaughlin, K. A., & Somerville, L. H. (2016). Emotion concepts become more distinct across development but the ability to specifically identify one's emotions is low in adolescence. Poster for the Flux Annual Meeting, St. Louis, IL.
- Franz, P., **Nook, E. C.**, Dinakar, K., Nock, M. K. (2016). Psychological distance and cognitive coping styles among adolescent users of an online mental health forum. Poster for the Flux Annual Meeting, St. Louis, IL.
- Nook, E. C.**, Schleider, J. L., & Somerville, L. H. (2016). A linguistic signature of psychological distancing in emotion regulation. Poster for the Society for Affective Science's Annual Meeting, Chicago, IL.
- Nook, E. C.**, Dodell-Feder, D., Osborne, J., Hooley, J. M., DeLisi, L. E., & Hooker, C. I. (2015). Neural responses to criticism predict negative mood and positive symptoms following social conflict in those at familial risk for schizophrenia. Poster for the Society for Research in Psychopathology, New Orleans, LA.
- Nook, E. C.**, Dodell-Feder, D., Osborne, J., Hooley, J. M., DeLisi, L. E., & Hooker, C. I. (2015). Social conflict and familial risk for schizophrenia: the regulatory role of the dorsolateral prefrontal cortex. Poster for the Association for Psychological Science's Annual Meeting, New York, NY.
- Nook, E. C.**, Dodell-Feder, D., Osborne, J., Hooley, J. M., DeLisi, L. E., & Hooker, C. I. (2015). Reduced dorsolateral prefrontal cortex activity following social challenge in individuals at familial risk for schizophrenia. Poster for the Social and Affective Neuroscience Society's Annual Meeting, Boston, MA.
- Weisz, E., Cikara, M., **Nook, E. C.**, & Zaki, J. (2015). The influence of competition and competence on empathy. Poster for the Society for Affective Science's Annual Meeting, Oakland, CA.
- Nook, E. C.**, Dodell-Feder, D., Osborne, J., DeLisi, L. E., & Hooker, C. I. (2015). The risk of unknown feelings: Granularity and depression in familial risk for schizophrenia. Poster for the Society for Affective Science's Annual Meeting, Oakland, CA.
- Nook, E. C.**, Chwyl, C., & Zaki, J. (2014). The importance of distinguishing feelings: A novel lab-based measure of emotion granularity predicts self-reports of mood disorder severity. Poster for the Society for Research in Psychopathology's Annual Meeting, Evanston, IL.
- Nook, E. C.** & Zaki, J. (2014). An appetite for conformity: Peer preferences shift behavioral and neural responses to foods. Poster for the Social and Affective Neuroscience Society's Annual Meeting, Denver, CO.
- Williams, W. C., **Nook, E. C.**, Son, J., & Zaki, J. (2014). Audiences enhance the expression, but not experience, of emotion. Poster for the Social and Affective Neuroscience Society's Annual Meeting, Denver, CO.
- Porter, J., Silvers, J., **Nook, E. C.**, Zaki, J., & Ochsner, K. N. (2014). Beyond the lab: Predicting daily social interaction quality from performance on emotion regulation and empathic accuracy tasks. Poster for the Social and Affective Neuroscience Society's Annual Meeting, Denver, CO.
- Nook, E. C.**, Ong, D. C., Morelli, S. A., Mitchell, J. P., & Zaki, J. (2014). Prosocial conformity: Persistence, generalization and boundary conditions. Poster for the Association for Psychological Science's Annual Meeting, San Francisco, CA.

- Nook, E. C.**, Lindquist, K. A., & Zaki, J. (2014). A new look at emotion perception: Evidence for the influence of emotion concepts. Poster for the Society for Affective Science's Inaugural Meeting, Washington, D.C.
- Williams, W. C., **Nook, E. C.**, Son, J., & Zaki, J. (2014). Audiences enhance the expression, but not experience, of emotion. Poster for the Society for Affective Science's Inaugural Meeting, Washington, D.C.
- Nook, E. C.**, Lindquist, K. A., & Zaki, J. (2014). A new look at emotion perception: Evidence for top down processing. Poster for the SPSP Emotion Preconference, Austin, TX.
- Nook, E. C.**, Frey, S., & Zaki, J. (2014). I'll like it if you do, too: social conformity can shift food preferences at behavioral and neural levels. Poster for the Society for Personality and Social Psychology's Annual Meeting, Austin, TX.
- Griesemer, I., **Nook, E. C.**, Satpute, A. B., Friedlander, R., & Ochsner, K. N. (2014). Let's talk about feelings: Differential consequences of four methods of affect labeling. Poster for the Society for Personality and Social Psychology's Annual Meeting, Austin, TX.
- Williams, W. C., **Nook, E. C.**, Son, J., & Zaki, J. (2014). Audiences enhance the expression, but not experience, of emotion. Poster for the Society for Personality and Social Psychology's Annual Meeting, Austin, TX.
- Porter, J., Silvers, J., **Nook, E. C.**, Zaki, J., & Ochsner, K. N. (2014). The social regulation of emotions in daily life: How others help us regulate our emotions. Poster for the Society for Personality and Social Psychology's Annual Meeting, Austin, TX.
- Nook, E. C.**, Satpute, A. B., & Ochsner, K. N. (2013). Don't say it: Self-Generated Emotion Naming Impedes Emotion Regulation in Short Timeframes. Poster for the Cognitive Neuroscience Society's Annual Meeting, San Francisco, CA.
- Nook, E. C.**, Satpute, A. B., Narayanan, S., Weber, J., & Ochsner, K. N. (2012). Facing your fears: a behavioral and neuroimaging exploration of the role of trait anxiety in ignoring irrelevant fear expressions. Poster for the Social and Affective Neuroscience Society's Annual Meeting, New York, NY.
- Nook, E. C.**, Satpute, A. B., Narayanan, S., Weber, J., & Ochsner, K. N. (2012). Pushing fear aside: neural regions involved in ignoring irrelevant fear expressions. Poster for the Cognitive Neuroscience Society's Annual Meeting, Chicago, IL.

## Clinical Experience and Training

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- 2015 – OCD Institute at McLean Hospital  
*Clinical Practicum Student*: Provide individual coaching with exposure and response prevention treatment for OCD inpatients. Receiving close supervision on core clinical techniques and expert training on OCD pathology and treatment. Observing group therapy for mindfulness approaches to OCD treatment.
- 2015 Cambridge Health Alliance  
*Clinical Practicum Student*: Observed clinical interviews and treatments in an inpatient hospital setting. Worked closely with supervisors on important clinical skills such as interviewing, diagnosis, case conceptualization, medication, treatment, etc. Patients presented with a wide range of severe psychopathologies including suicidality, psychosis-like symptoms, trauma and affective disorders.
- 2009 – 2012 Alice! Columbia University's Health Promotion Program  
*Stressbusters Coordinator*: Leader of student organization that trains students to support the well-being of the Columbia community by educating on stress coping skills and providing 15-minute back rubs at approximately 170 events each year. Built program from 16 active members to 70, 56 annual events to 170 and 700 annual participants to 3100 in 3 years; redesigned training to include modules on appraisal theories of stress and mechanisms for stress buffering via social support. New York, NY.
- 2011 – 2012 Columbia University's Sexual Violence Response Program  
*Men's Peer Educator*: Educated self and other men on ways to end sexual violence through workshops, events, trainings and regular conversations that raise awareness of masculine social privilege and motivate participants to work against their own privilege. New York, NY.

- 2007 – 2012 Erik's Tactile Therapies  
*Proprietor and Massage Therapist*: Evaluation health needs of clients, treatment planning, administering massage therapies, record keeping of patient histories. Perth, Western Australia.
- 2007 – 2009 Nulsen  
*Support Worker for five residents with mental disabilities*: Responsible for supporting residents' social behaviors (encouraging appropriate behaviors, negotiating in difficult situations) and development (teaching life skills, supporting when certain skills are lacking). Perth, Western Australia.

## Other Memberships

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- 2015 – Society for Affective Science Student Committee  
*Chair (2016-Present), Inaugural Vice-Chair (2015-2016)*: Co-founded student committee for international society of affective scientists. Assisted with developing committee's structure and currently help implement events and initiatives for uniting and empowering student members.
- 2015 – Pforzheimer House  
*Residential Tutor*: Residential community advisor for Harvard undergraduates. Responsible for supporting students' personal, academic, and social development. Also provide support with house wellness and LGBT committees through regular event programming.
- 2014 – Journal of Emerging Investigators  
*Reviewer*: Ad hoc reviewer for journal that publishes scientific works of high school students and thereby encourages them to pursue a career in science.
- 2013 – 2014 Tutor Corps  
*Hired Tutor*: Responsible for planning lessons that cover course material, building organizational study framework that optimizes each student's learning, assist students of all ages master skills and concepts, identifying weaknesses in student understanding, precise explanation of material, building relationships with students and families. San Francisco, CA.
- 2010 – 2012 The BACCHUS Network (National Non-Profit Organization for Peer Health Educators)  
*Area 11 Student Advisory Committee Member - Regional Student Representative for New York, New Jersey and Pennsylvania*; responsible for connecting students across the nation through presentations at national and regional conferences, speaking at national meetings and assembling regional newsletters; provided four presentations at regional and national conferences.
- 2009 – 2012 Columbia University Student Health Advisory Committee  
*Mental Health Subcommittee* - Generate and implement strategies to improve Columbia's mental health care. New York, NY.
- 2011 Under 1 Roof  
*Workshop Facilitator*: Trained facilitator for conversations on diversity and social justice during Columbia's 2011 New Student Orientation Program. New York, NY.
- 2010 Internship in Building Community  
*Summer Resident Advisor* - Summer intern working to support an on-campus precollege educational and cultural program for 1700 high school students taking summer classes at Columbia University; individually advised two groups of 10 students. New York, NY.

### Professional Memberships

- 2016 – Association for Behavioral and Cognitive Therapies
- 2014 – Society for Research in Psychopathology
- 2013 – Society for Affective Science
- 2013 – Association for Psychological Science
- 2012 – Society for Personality and Social Psychology
- 2011 – Cognitive Neuroscience Society
- 2011 – Social and Affective Neuroscience Society

*Ad Hoc Reviewing*

*Brain Imaging and Behavior*

*Emotion Review*

*Journal of Adolescence*

*Journal of Emerging Investigators*

*Alumni Service*

2014 – Columbia Alumni Club of Boston – *Board Member*

2012 – Columbia College Young Alumni – *Board Member*

2012 – Columbia University's Alumni Representative Committee – *Conduct interviews of prospective students*

2012 – 2014 Columbia Alumni Club of Northern California – *Board Member*