

## Erik C. Nook

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[www.researchgate.net/profile/Erik\\_Nook](http://www.researchgate.net/profile/Erik_Nook)

### Education

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- 2016 – Ph.D., Clinical Psychology  
Harvard University
- 2014 – 2016 A.M., Clinical Psychology  
Harvard University  
Thesis title: “Learning feelings: Charting the development of emotion concepts and emotion granularity”
- 2008 – 2012 B.A., Psychology (Hons), *summa cum laude*  
Columbia University  
Thesis title: “Tell me how you feel: The effects of naming emotions on emotion regulation”

### Research and Academic Training

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- 2015 – Clinical Psychology Graduate Student  
Affective Neuroscience and Development Laboratory (PI: Leah Somerville)  
Harvard University
- Summer 2018 Visiting Scholar  
Emotion Laboratory (PI: Andreas Olsson) and the  
Emotion Mental Imagery Laboratory (PI: Emily Holmes)  
Karolinska Institute
- 2014 – 2015 Clinical Psychology Graduate Student  
Social Neuroscience and Psychopathology Laboratory (PI: Christine Hooker)  
Harvard University
- 2012 – 2014 Researcher and Lab Manager  
Social Neuroscience Laboratory (PI: Jamil Zaki)  
Stanford University
- 2010 – 2012 Honors Student  
Social Cognitive and Affective Neuroscience Laboratory (PI: Kevin Ochsner)  
Columbia University
- 2009 Anatomy Laboratory Technician  
Chiropractic School Anatomy Department  
Murdoch University

### Awards and Honors

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- 2018 Graduate Research Opportunities Worldwide (GROW) Fellowship:  
*National Science Foundation (NSF)*
- 2018 Conference Travel Award  
*Social Communication Across the Lifespan Conference at University of Kent*
- 2017 Certificate of Distinction in Teaching  
*Harvard University Derek Bok Center*

- 2016 Outstanding Poster Award  
*Society for Affective Science*
- 2015 Graduate Student Fellowship  
*National Science Foundation (NSF)*
- 2015 Smadar Levin Student Research Award: Honorable Mention  
*Society for Research in Psychopathology*
- 2015 Student Research Award: Honorable Mention  
*Association for Psychological Science*
- 2015 Summer Fellow  
*Sackler Institute for Developmental Neurobiology*
- 2014 Karen Stone Fellowship  
*Harvard University*
- 2013 Outstanding Alumnus Award  
*The BACCHUS Network – Area 11*
- 2012 Summa cum laude (top 5% of class)  
*Columbia College*
- 2012 Edward S. Brainard Class Day Award for outstanding mind and character  
*Columbia College*
- 2012 Graduation Cords for  
*Columbia University Office of Multicultural Affairs*
- 2008 – 2012 Dean’s List  
*Columbia College*
- 2011 Phi Beta Kappa Early Inductee
- 2011 National Outstanding Affiliate Award to Stressbusters student group  
*The BACCHUS Network*
- 2011 Certificate of Recognition for Outstanding Student Group to Stressbusters student group  
*The BACCHUS Network – Area 11*
- 2010 Outstanding Mentor Award  
*Columbia University’s Office of Multicultural Affairs*

## Publications

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Advisees are underlined. \* Equal contribution.

Franz, P., Nook, E. C., Mair, P., Dinakar, K., & Nock, M. K. (in revision). Using topic modeling to detect and describe self-injurious and related content on a large-scale digital platform.

Nook, E. C., Stavish, C. M., Sasse, S. F., Lambert, H. K., Mair, P., McLaughlin, K. A., & Somerville, L. H. (in revision). Charting the development of emotion comprehension and abstraction from childhood to adulthood using observer-rated and linguistic measures.

Nook, E. C., \* Vidal Bustamante, C. M., \* Cho, H. Y., & Somerville, L. H. (revision under review). Use of linguistic distancing and cognitive reappraisal strategies during emotion regulation in children, adolescents, and young adults.

- Nook, E. C. & Somerville, L. H. (in press). Emotion concept development from childhood to adulthood. In Neta, M. & Haas, I. J. (Eds.), *Emotion in the Mind and Body, Proceedings of the 66<sup>th</sup> Nebraska Symposium on Motivation*. New York, NY: Springer.
- Satpute, A. B., Nook, E. C., & Cakar, M. (in press). The role of language in the construction of emotion and memory. In R. Lane & L. Nadel (Eds.), *Neuroscience of Enduring Change: Implications for Psychotherapy*. New York, NY: Oxford University Press.
- Olsson, A., Pärnamets, P., Nook, E. C., & Lindström, B. (in press). Social learning of threat and safety. In Gazzaniga, M. S., Mangun, G. R., & Poeppel D. (Eds.), *The Cognitive Neurosciences*, 6<sup>th</sup> Edn. Cambridge, MA: MIT Press.
- Nook, E. C., Sasse, S. F., Lambert, H. K., McLaughlin, K. A., & Somerville, L. H. (2018). The nonlinear development of emotion differentiation: Granular emotional experience is low in adolescence. *Psychological Science*, 29(8), 1346-1357.
- Nook, E. C., Dodell-Feder, D., Hooley, J. M., DeLisi, L. E., & Hooker, C. I. (2018). Weak dorsolateral prefrontal response to social criticism predicts worsened mood and symptoms following social conflict in people at familial risk for schizophrenia. *NeuroImage: Clinical*, 18, 40-50.
- Nook, E. C., Sasse, S. F., Lambert, H. K., McLaughlin, K. A., & Somerville, L. H. (2017). Increasing verbal knowledge mediates development of multidimensional emotion representations. *Nature Human Behaviour*, 1(12), 881-889.
- Nook, E. C., Schleider, J. L., & Somerville, L. H. (2017). A linguistic signature of psychological distancing in emotion regulation. *Journal of Experimental Psychology: General*, 146(3), 337-346.
- Nook, E. C., Ong, D. C., Morelli, S. A., Mitchell, J. P., & Zaki, J. (2016). Prosocial conformity: Prosocial norms generalize across behavior and empathy. *Personality and Social Psychology Bulletin*, 42(8), 1045-1062.
- Nook, D. D., Nook, E. C., & Nook, B. C. (2016). Chiropractic care at The World Games 2013: Patient demographics, treatment characteristics, and changes in perceived pain. *Journal of Manipulative and Physiological Therapeutics*, 39(9), 693-704.
- Satpute, A. B., Nook, E. C., Narayanan, S., Weber, J., Shu, J., & Ochsner, K. N. (2016). Emotions in “black or white” or shades of gray? How we think about emotion shapes our perception and neural representation of emotion. *Psychological Science*, 27(11), 1428-1442.
- 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, E. C., & Zaki, J. (2015). Social norms shift behavioral and neural responses to foods. *Journal of Cognitive Neuroscience*, 27(7), 1412-1426.

## Conference and Invited Talks

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Advisees are underlined.

- Nook, E. C. & Jaroszewski, A. C., Woynowski, K., M., & Choi-Kain, L. W. (2019). A cognitive-behavioral framework for narcissistic pathology: Transforming personality through exposure-based interventions. Presentation at the American Psychiatric Association annual meeting. San Francisco, CA.
- Nook, E. C. & Somerville, L. H. (2018). Charting the development of emotion language and emotion representations from childhood to adulthood. Presentation at the Social Communication Across the Lifespan conference. Canterbury, U.K.
- Nook, E. C. (2018). From social norms to emotion names: Benefits of integrating the tools of social, affective, and developmental neuroscience. Presentation for Prof. Olsson’s lab at Karolinska Institutet, Stockholm, Sweden.
- Nook, E. C. (2018). Language and emotion regulation. Invited presentation for the Harvard University Psychology Department’s Clinical Research Training Group (clinical area brownbag talk series), Cambridge, MA.

- Nook, E. C., Sasse, S. F., Lambert, H. K., McLaughlin, K. A., & Somerville, L. H. (2018). The nonlinear development of emotion differentiation: Adolescence is a period of low emotion differentiation. Thematic Flash Talk for the Society for Affective Science's Annual Meeting, Los Angeles, CA.
- Nook, E. C. (2017). The power of nudges: Neural and affective mechanisms underlying positive applications of social influence. Invited presentation for Prof. Oriol FeldmanHall's lab at Brown University, Providence, RI.
- Nook, E. C., Franz, P., & Fox, K. R. (2017). Cognitive reappraisal and linguistic distancing as alternative strategies for emotion regulation in people self-harming and contemplating suicide. Science in the News presentation at the Beacon Hill Seminar Series, Boston, MA.
- Nook, E. C., Sasse, S. F., Lambert, H. K., McLaughlin, K. A., & Somerville, L. H. (2017). Mechanisms underlying the development of multidimensional emotion concept representation. Thematic Flash Talk for the Society for Affective Science's Annual Meeting, Boston, MA.
- Somerville, L. H. & Nook, E. C. (2017). Multimodal development of emotion understanding: Implications for emotion regulation. Talk for the Association for Psychological Science's Annual Meeting, Boston, MA.
- Nook, E. C., Franz, P., & Fox, K. R. (2016). Is there another way? Cognitive reappraisal and linguistic distancing as alternative strategies for emotion regulation in people self-harming and contemplating suicide. Science in the News presentation at Harvard Medical School, Boston, MA.
- Nook, E. C., Sasse, S. F., Lambert, H. K., McLaughlin, K. A., & Somerville, L. H. (2016). Learning feelings: Charting the development of emotion concepts and emotional granularity. Second year project departmental presentation and defense at Harvard University, Cambridge, MA.
- 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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Advisees are underlined.

Nook, E. C., Vidal-Bustamante, C. M., Cho, H. Y., Kordyban, L. E., Mayer, M. & Somerville, L. H. (2018). Children and adolescents spontaneously distance their language when engaging in cognitive reappraisal. Poster for the Society for Research in Psychopathology's Annual Meeting, Indianapolis, IN.

Nook, E. C., Vidal-Bustamante, C. M., Cho, H. Y., Kordyban, L. E., & Somerville, L. H. (2018). Investigating emotion regulation and linguistic distancing across development. Poster for the Social and Affective Neuroscience Society's Annual Meeting, New York, NY.

Nook, E. C., Felix, S. A., & Hooker, C. I. (2017). Emotion granularity in romantic relationships: Relations with depressive symptoms, rumination, and social conflict. Poster for the Society for Research in Psychopathology's Annual Meeting, Denver, CO.

Sasse, S. F., Nook, E. C., Lambert, H. K., McLaughlin, K. A., & Somerville, L. H. (2017). Characteristics of contra-hedonic decision-making vary across development: Evidence from a valenced choice task. Poster for the Flux Annual Meeting, Portland, OR.

Nook, E. C., Sasse, S. F., Lambert, H. K., McLaughlin, K. A., & Somerville, L. H. (2017). Multidimensional emotion concept representations develop from childhood to adulthood and scaffold on general vocabulary development. Poster for the Social and Affective Neuroscience Society's Annual Meeting, Los Angeles, CA.

Dews, A. A., Nook, E. C., Sasse, S. F., Lambert, H. K., McLaughlin, K. A., & Somerville, L. H. (2017). Increased alexithymia mediates the emergence of depressive symptoms from childhood to adolescence. Poster for the Society for Affective Science's Annual Meeting, Boston, MA.

Nook, E. C., Schleider, J. L., & Somerville, L. H. (2016). 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.

## Grantsmanship

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- 2018 NSF Graduate Research Opportunities Worldwide (GROW) Fellowship  
Amount: \$5,000  
Funded 3 months of international collaborative research at Karolinska Institutet in Stockholm, Sweden  
PIs: Erik C. Nook, Andreas Olsson, Emily Holmes, & Leah H. Somerville
- 2017 Harvard University Knox Grant  
Amount: \$3,500  
PIs: Erik C. Nook & Leah H. Somerville
- 2015 NSF Graduate Student Fellowship  
Amount: 3 years stipend funding  
PI: Erik C. Nook
- 2014 Harvard University Stimson Grant  
Amount: \$1,000  
PI: Erik C. Nook
- 2013 Stanford University Center for Cognitive and Neurobiological Imaging Seed Grant  
Amount: \$3,150  
PIs: Erik C. Nook & Jamil Zaki

## Press

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Social norms shift behavioral and neural responses to foods

- *APS Observer*. <https://www.psychologicalscience.org/observer/the-science-of-sameness>
- *Cognitive Neuroscience Society Blog*. [https://www.cogneuroscience.org/conformity\\_eating\\_nook\\_zaki/](https://www.cogneuroscience.org/conformity_eating_nook_zaki/)
- *The People's Science*. <https://thepeoplescience.forumbee.com/t/k9ha5p>

Prosocial conformity: Prosocial norms generalize across behavior and empathy

- *Pacific Standard*. <https://psmag.com/is-generosity-contagious-1b1534b8ac26#.pgt48epty>
- *Edge*. [https://www.edge.org/conversation/jamil\\_zaki-choosing-empathy](https://www.edge.org/conversation/jamil_zaki-choosing-empathy)

The non-linear development of emotion differentiation: Granular emotional experience is low in adolescence

- *NSF Science Now*. <https://science360.gov/files/>
- *Harvard Magazine*. <https://harvardmagazine.com/2018/07/language-and-emotion>
- *Harvard Gazette*. <https://news.harvard.edu/gazette/story/2018/09/harvard-researchers-examine-evolution-of-emotion-differentiation/>
- *Association for Psychological Science's Latest Research News*. <https://www.psychologicalscience.org/news/releases/negative-emotions-are-murkier-less-distinct-in-adolescence.html>
- *Greater Good Magazine*. [https://greatergood.berkeley.edu/article/item/what\\_do\\_teens\\_emotions\\_feel\\_like](https://greatergood.berkeley.edu/article/item/what_do_teens_emotions_feel_like)
- *Reliawire*. <https://reliawire.com/adolescent-emotional-distinction/>
- *BYU Radio's Top of Mind*. <https://www.byuradio.org/episode/057152d6-ca77-4a96-9671-e0593fb895a5?playhead=5547&autoplay=true>

Other publications

- Response to Kolitz, D. (2018). "Do children feel stronger emotions than adults?" *Giz Asks*. <https://gizmodo.com/do-kids-feel-stronger-emotions-than-adults-1828933152>
- Nook, E. C. (2016). "Reflections on National Coming Out Day." *Harvard Crimson*. <http://www.thecrimson.com/article/2016/10/18/nook-coming-out-reflections/>
- Nook, E. C. & Mendes, W. B. (2015). "SASSC the Expert Interview with Wendy Berry Mendes." *Society for Affective Science SASSC the Expert Series*. [https://www.society-for-affective-science.org/expert\\_series\\_w\\_m#overlay-context=expert\\_series](https://www.society-for-affective-science.org/expert_series_w_m#overlay-context=expert_series)

- Nook, E. C. (2011). "Your community deserves you whole." *Columbia Spectator*.  
<http://columbiaspectator.com/2011/11/17/your-community-deserves-you-whole>

## Clinical Experience and Training

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- July 2015 – Affective Neuroscience and Development Laboratory  
Supervisors: Matthew K. Nock, Ph.D., and Katie A. McLaughlin, Ph.D.  
*Clinical consultant:* Assist two large research projects (including the Human Connectome Project-Development) with assessments of child abuse and suicidal thoughts and behaviors. Make referrals and reports as needed. Responsible for training and supervising research assistants in assessing risk.
- Sept 2017 – Gunderson Residence at McLean Hospital  
May 2018 Supervisors: Lois Choi-Kain, M.Ed., M.D., Karen L. Jacob, Ph.D., Brandon, M.D.  
*Clinical Practicum Student:* Provide DBT-based, mindfulness-based, and exposure-based skills coaching to women with severe borderline personality disorder through individual and group sessions in a residential hospital setting.
- April 2018 Mentalization Based Treatment: Intensive Basic Training  
Instructors: Anthony Bateman, M.A., F.R.C.Psych & Peter Fonagy, Ph.D.  
*Trainee:* Completed a 23-hour intensive training in the basics of Mentalization Based Treatment, an empirically-supported transdiagnostic treatment for personality and substance use disorders.
- July 2016 – Center for Anxiety and Related Disorders (CARD) at Boston University  
July 2017 Supervisors: Lisa Smith, Ph.D., Sharon Eldar, Ph.D.  
*Clinical Practicum Student:* Responsible for CBT-based treatment for patients with anxiety and related disorders. Received expert training on cutting-edge anxiety and depression treatments. Administered the Anxiety Disorders Interview Schedule (ADIS) and produced interview reports.
- June 2015 – OCD Institute at McLean Hospital  
Aug 2016 Supervisors: Jason Elias, Ph.D., Jason Kropf, Ph.D., Carol Hevia, Psy.D.  
*Clinical Practicum Student:* Provided individual exposure and response prevention treatment for OCD inpatients. Received close supervision on core clinical techniques and expert training on OCD pathology and treatment. Conducted diagnostic assessments (i.e., SCID, SCID-II, and MoCA) and produced assessment reports. Led group therapy for mindfulness approaches to OCD treatment.
- Jan 2015 – Cambridge Health Alliance  
May 2015 Supervisors: Adam Conklin, Ph.D., Diya Kallivayalil, Ph.D.  
*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.
- Sept 2008 – Alice! Columbia University's Health Promotion Program  
May 2012 Supervisors: Michal McNeil, Ph.D., Cara Chervin, M.P.H., Susan Hochman, M.P.H.  
*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.
- Feb 2011 – Columbia University's Sexual Violence Response Program  
May 2012 Supervisor: Gaurav Jashnani, M.Ed.  
*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.
- May 2007 – Erik's Tactile Therapies

- July 2012      *Massage Therapist*: Evaluation health needs of clients, treatment planning, administering massage therapies, record keeping of patient histories. Perth, Western Australia.
- Dec 2007 –      Nulsen  
 May 2008      *Support Worker for five residents with mental disabilities*: Responsible for supporting residents' social behaviors (encouraging appropriate behaviors, negotiating in difficult situations) and social/skill development.  
 Jun 2009 –  
 Aug 2009      Perth, Western Australia.

## Teaching and Advising Experience

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- Fall 2018      PSY 1011: Psychology of Willpower  
 Harvard University (Course Instructor: Dr. Becky Fortgang)  
*Guest lecturer*: Provided lecture on the process model of emotion regulation, theoretical and applied relations between emotion regulation and self-control, and empirical examples of strategies for facilitating effective emotion regulation.
- Fall 2017      PSY 1857: Psychotherapy Science and Practice  
 Harvard University (Course Instructor: Prof. John Weisz)  
*Guest lecturer*: Provided lecture on the theory and application of mindfulness-based psychotherapies, including discussion of empirical support for these approaches.
- Spring 2016      PSY 1900: Statistics for Behavioral Scientists  
 Harvard University (Course Instructor: Prof. Max Krasnow)  
*Teaching Fellow*: Led laboratory section of 14 students through weekly statistics problem sets. Assisted students with exam preparation. Assisted professor with homework, exam, and problem set questions and grading. Graded students' final papers.
- Fall 2015 –      Harvard University Psychology Department  
 Spring 2019      *Psychology Undergraduate Concentration Advisor*: Assisted undergraduates with course selection for each semester, lab placement, thesis decisions, and overall experience in the psychology department.
- Jan 2013 –      Tutor Corps  
 July 2014      *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.

### *Research Advisees*

- 2014 –      Harvard University  
 Matthew Abrams, Ha Young Ahn, Aridenne Dews, Kevin Kent, Natalie Kleeman, Jessica Hsu, Sandy Li, Sadhana Ponnaluri, Christina Uhrig, José Santiago, Caitlin Stavish
- 2012 – 2014      Stanford University  
 Christina Chwyl, Stephen Frey, Chris Middleton, Jae-Young Son
- 2010 – 2012      Columbia University  
 Dani Golomb, Ida Griesemer, Alissa Rogol

## Scientific and Clinical Outreach

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- Sept 2018      International science outreach event for Rossmoyne Senior High School science program  
 Harvard University Psychology Department  
*Alumni host*: Organized afternoon of interactive hands-on activities involving neuroscience and psychology research for students from the Australian public high school from which I graduated.
- April 2018      "What Can Psychology Do for You?" Alumni Panel  
 Harvard University Psychology Department

*Panelist:* Discussed avenues for pursuing graduate training in clinical psychology to room of Harvard University undergraduate students.

- Nov 2017 “When is it More than Just a Bad Day?” Mental Health Panel  
Harvard University Student Mental Health Liaisons  
*Panelist:* Discussed clinical perspectives on indicators of depression symptoms and how to seek treatment to room of Harvard University undergraduate students.
- Sept 2017 Student Publication Committee  
Society for Research in Psychopathology  
*Student Contributor:* Interviewed Dr. Ted Beauchaine and collaboratively wrote newsletter article on his training, research, vision for the future of clinical science, and advice to graduate students.
- Dec 2017 Neuroscience Basics for High School Students Outreach Event  
Harvard University  
*Outreach team member:* Assisted a team of neuroscientists as we explained principles of neuroimaging and neurodevelopment to high school students and their families. Led interactive workshop on dispelling myths about the brain.
- Oct 2016 National Depression Screening Day Event  
Boston University  
*Outreach team member:* Assisted a team of clinical psychologists as we screened students for symptoms of depression and connected them to resources as needed.
- Dec 2015 “The Changing Brain: An Insider’s Look” High School Outreach Event  
Harvard Museum of Natural History  
*Outreach team member:* Assisted a team of neuroscientists as we explained principles of neuroimaging and neurodevelopment to high school students and their families. Performed fMRI scan on a volunteer and explained images to students.
- Oct 2014 – Ad Hoc Reviewing  
*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.

## Other Service and Memberships

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- Aug 2015 – Pforzheimer House  
*Resident Tutor:* Residential community advisor for Harvard undergraduates. Responsible for supporting students’ personal, academic, and social development. Also support to house wellness and LGBT committees through regular event programming.
- Feb 2015 – Harvard University Committee on Undergraduate Instruction  
*Member:* Assist students, faculty, and staff with Harvard undergraduate psychology curriculum decisions.
- Feb 2015 – Society for Affective Science Student Committee  
April 2017  
*Chair (2016-2017), 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.
- Aug 2011 Under 1 Roof  
*Workshop Facilitator:* Trained facilitator for conversations on diversity and social justice during Columbia’s 2011 New Student Orientation Program.
- Nov 2010 – The BACCHUS Network (National Non-Profit Organization for Peer Health Educators)  
Nov 2011  
*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.

Jun-Aug 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.

Sept 2009 – Columbia University Student Health Advisory Committee  
May 2012 *Mental Health Subcommittee*: Generate and implement strategies to improve Columbia's mental health care.

#### *Professional Memberships*

2018 European Society for Cognitive and Affective Neuroscience  
2016 Flux: The Society for Developmental Cognitive Neuroscience  
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*: [www.publons.com/author/1216333/erik-nook](http://www.publons.com/author/1216333/erik-nook)

*Biological Psychiatry*  
*Brain Imaging and Behavior*  
*Cognition and Emotion*  
*Emotion*  
*Emotion Review*  
*European Journal of Social Psychology*  
*Journal of Adolescence*  
*Journal of Emerging Investigators*  
*Journal of Experimental Social Psychology*  
*Nature Human Behaviour*  
*Personality and Social Psychology Bulletin*  
*Psychological Medicine*  
*Social Psychological and Personality Science*

#### *Alumni Service*

2012 – Columbia University's Alumni Representative Committee – *Prospective student interviewer*  
2014 – 2018 Columbia Alumni Club of Boston – *Board Member*  
2012 – 2017 Columbia College Young Alumni – *Board Member and Regional Ambassador*  
2012 – 2014 Columbia Alumni Club of Northern California – *Board Member*