

Natalia Van Doren

CURRICULUM VITAE

The Pennsylvania State University
 370 Moore Building
 State College, PA 16801
 nataliavandoren@psu.edu
 530-414-8772

Education

The Pennsylvania State University

Doctor of Philosophy in Clinical Psychology, 2022 (Expected)

University of California, Berkeley

Bachelor of Arts in Psychology, 2016, Psychology Honors Program
Highest Distinction in General Scholarship, College of Letters and Science
Phi Beta Kappa

Undergraduate Honors Thesis: *'Leaning in' during group meetings: Gender, power, and personality.*
 Advisor: Prof. Oliver P. John
Received Highest Honors in Psychology Department

Sierra College

Associate of Arts in Psychology, 2014, with Honors
Phi Theta Kappa

Publications

Van Doren, N., Brown, C.L., Sze, J.A., Levenson, R.W. (2016) The relationship between emotion coherence and life satisfaction. *Berkeley McNair Research Journal.*

Van Doren, N. (2015). The role of yoga's rituals in psychological well-being. *Journal of Interpersonal Relations, Intergroup Relations and Identity*, 8(1).

Van Doren, N., John, O.P. (in preparation). Where do you sit? Effects of gender, personality, and motivation.

Van Doren, N., Johnson, S.L., Tharp, J., Staudenmaier, P.J., Freeman, M. (in preparation) Perseverance of effort and consistency of interest are differentially related to seven-factor dominance.

Brown, C.L., **Van Doren, N.,** Sze, J.A., Levenson, R.W. (in preparation) Suppression mediates the relationship between emotion coherence and life satisfaction.

Conference Presentations and Invited Talks

Van Doren, N., John, O.P. (January 2017) *Where do you sit? Motivation and Personality account for Gender Differences in Power Preferences.* Poster to be presented at the Society for Personality and Social Research Annual Meeting. San Antonio, TX.

Van Doren, N., Zhang, J.W., Chen, S. (May 2016) *Self-compassion promotes authenticity*. Poster to be presented at the Association for Psychological Science Annual Meeting. Chicago, IL.

Van Doren, N., Zhang, J.W., John, O.P. (January 2016) *'Leaning In' during group meetings: Do women prefer low-power seats?* Poster presented at the 2016 Society for Personality and Social Research Annual Meeting. San Diego, CA.

Van Doren, N., Zhang, J.W., John, O.P. (May 2015) *Lean in: Self-esteem and seating choice*. Poster presented at the Stanford Undergraduate Research Conference. Stanford, CA.

Van Doren, N., Zhang, J.W., Chen, S. (May 2015) *Learning from our regrets: Self-compassion leads to greater personal improvement motivation*. Poster presented at the Association for Psychological Science Annual Meeting. New York, NY.

Van Doren, N., Brown, C.L., Sze, J.A., Levenson, R.W. (October 2015) *Coherence between emotional experience and physiology is related to greater life satisfaction*. Poster presented at the Society for Psychophysiological Research Annual Meeting. Seattle, WA.

Van Doren, N., Brown, C.L., Sze, J.A., Levenson, R.W. (October 2015) *The relationship between emotion coherence and life satisfaction*. Talk presented at the University of Wisconsin McNair Scholars Research Symposium. Milwaukee, WI.

Van Doren, N., Johnson, S.L., Tharp, J., Staudenmaier, P.J., Freeman, M. (August 2015) *Power and grit: Are dominant individuals more gritty?* Poster presented at the American Psychological Association Annual Meeting. Toronto, Ontario, CA.

Van Doren, N., Brown, C.L., Sze, J.A., Levenson, R.W. (July 2015) *Emotions and wellbeing: Can coherent emotions improve life satisfaction?* Talk presented at the McNair Scholars Research Symposium. Berkeley, CA.

Honors and Awards

- 2016 **Graduate Scholar Award** – Competitive Summer Research grant awarded to incoming graduate students in recognition of strength and excellence in academic record
- 2016 **Quantedge Award for Academic Excellence** – awarded to recognize exceptional sustained academic excellence among senior students with a GPA of 4.0 at the University of California, Berkeley.
- 2015 **Association for Psychological Science Undergraduate Student Research Award** – Competitive research grant awarded to promising undergraduate projects
- 2015 **SWAN Award for Undergraduate Research** – Departmental award for undergraduates acknowledging excellence in research that provides grant funding for outstanding student research proposals
- 2014 **McNair Scholars Award** – Competitive scholarship awarded to low-income, first-generation college students that provides mentoring support, funding for research, and a stipend
- 2014 **Gallagher-Koster Health Career Scholarship Award** – Competitive scholarship awarded to promising undergraduates who plan to pursue a career in a healthcare field, such as Clinical Psychology and medicine

- 2014 **Osher Foundation Scholarship for Summer Research** – Research grant and living stipend support awarded from the Osher Foundation for undergraduate community college students with outstanding promise and who have obtained a summer research internship
- 2014 **Chubb Foundation Scholars Award** – Competitive need and merit based scholarship
- 2014 **The Berkeley Undergraduate Scholarship** – Need and merit based award for undergraduates
- 2014 **Dean’s Honors List, UC Berkeley** – Acknowledged the academic achievement of the top 4% of Letters and Science students
- 2013 **Dean’s Honors List, Sierra College** – Acknowledged the academic achievement of the top 5% of students

Research Experience

August 2016 – Present | Graduate Student Researcher | Culture, Health, and Emotion Lab The Pennsylvania State University

Principal Investigator: Dr. Jose Soto

- Conducting independent research on gender and emotion
- Assisting with data cleaning
- Training in running psychophysiological studies of emotion and mental health, using BioPac psychophysiological equipment

August 2015 – September 2015 | Data Analyst | Paul Ekman Group San Francisco, CA

Principal Investigator: Dr. Paul Ekman

Supervisor: Julie Kim

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

August 2014 – May 2016 | Research Assistant | Berkeley Psychophysiology Laboratory University of California, Berkeley

Principal Investigator: Dr. Robert Levenson

Supervisors: Casey Brown, Marcela Otero

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

August 2014 – May 2016 | Research Assistant | CalMania Laboratory University of California, Berkeley

Principal Investigator: Dr. Sheri Johnson

- Conduct independent research on social dominance, hypomanic tendencies, and task persistence.
- Created a novel behavioral measure of task persistence using an anagram solving paradigm.
- Analyzing multiple datasets in SPSS. Assist in preparing protocols for IRB. Managing survey instruments in Qualtrics.

August 2014 – May 2015 | Research Assistant | Self, Identity & Relationships Laboratory

University of California, Berkeley

Principal investigator: Dr. Serena Chen

Supervisor: Jia Wei Zhang

- Performed independent research on self-compassion, regrets, and personal improvement motivation. Data was collected online using Amazon’s Mechanical Turk as well as on campus using Qualtrics for a study that showed that self-compassion, as compared to self-esteem, mediated the relationship between regrets and personal improvement motivation. The results were presented at the 2015 APS conference.

January 2015 – May 2016 | Honors Thesis Student | Berkeley Personality Laboratory

University of California, Berkeley

Principal Investigator: Dr. Oliver John

- Conduct independent research for Senior Honors Thesis on gender differences in person-situation interactions in business settings. The study evaluates the “Lean In” hypothesis put forth by Sheryl Sandberg, COO of Facebook—that women tend to sit away from the table at business meetings due to low self-esteem. Preliminary results from the online pilot study show that women tend to prefer low power seats; while men have a stronger preference for high power seats. This project is currently in the second phase of data collection.

August 2014 – September 2015 | Research Assistant | Berkeley Social Interaction Laboratory

University of California, Berkeley

Principal Investigator: Dr. Dacher Keltner

Supervisor: Jia Wei Zhang

- Collected data for studies of Awe and Creativity in group interactions.
- Coded survey responses for multiple studies of Awe, Prosocial Behavior and Creativity.

May 2015 – August 2015 | Project Manager | Enterprise for High School Students

San Francisco, CA

Principal Investigator: Tony DiStefano, MBA

- Designed and executed a research study under the direction of Tony Distefano. The study examined the impact of job readiness training and educational programs on low-income and minority high-school students. The training was provided by Enterprise for High School Students (EHSS) through “This Way Ahead” and “Pathways” programs in partnership with Gap, Inc. The study found that both programs significantly increased post-high school employment, college matriculation, and job success in students who had participated in the programs.
- Managed a team of interns to organize administrative duties and participant recruitment.
- Conducted data analysis in R.
- Prepared a comprehensive report of research findings for donors and nonprofit board members.
- Presented research findings at the 2015 San Francisco Antiques Show.

June 2014 – August 2014 | Research Assistant | The Duckworth Lab, Center for Positive Psychology

University of Pennsylvania, Philadelphia, PA

Principal Investigator: Dr. Angela Duckworth

Supervisor: Lauren Eskreis-Winkler

- Assisted in intervention work with classroom teachers on developing Grit and self-control in children through Mental Contrasting with Implementation Intentions (MCII); assisted in data collection and analysis for data collected in various experiments involving Grit and self-discipline in children and adults.

- Research Assistant for the *Character Development in Adolescents Project (CDAP)*. Coded open-ended survey responses from pilot studies, input surveys into Qualtrics, and assisted in pilot studies for survey instruments of gratitude that were adapted for children.

**June 2014 – August 2014 | Research Assistant | Center for High Impact Philanthropy
University of Pennsylvania, Philadelphia, PA**

Principal Investigator: Dr. Carol McGlaughlin

Supervisor: Cecily Wallman-Stokes

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

**January 2014 – May 2014 | Research Assistant | Cyster Immunology and Cancer Research Laboratory
University of California, San Francisco**

Principal Investigator: Dr. Jason Cyster

Supervisor: Lauren Rodda

- Assisted graduate students and post-doctoral fellows with a study of leukocyte migration and selection mechanisms in lymphoid organs in mice by preparing films of mouse lymph nodes for genetic analysis.

**January 2013 – May 2014 | Research Assistant | Sierra College Mental Health and Wellness
Sierra College, Rocklin, CA**

Principal Investigator: Dr. Jennica Jenkins, PsyD

- Assisted in conducting campus-wide survey research and health intake questionnaires in order to determine the effect of campus mental health services on students with depression, anxiety, and suicidal thoughts.
- Assisted in preparing a research report for renewal of state funding for mental health resources at the community college.

**September 2013 – May 2014 | Honors Student | Sierra College Honors Program
Sierra College, Rocklin, CA**

Principal Investigator: Dr. Linda Kelly

- Worked with Dr. Linda Kelly to develop an independent honors research project.
- Published a paper on theoretical model of yoga and psychological well-being, where prosocial behavior mediates the relationship between yoga and psychological well-being.

Clinical Experience

**September 2015 – May 2016 | Group Therapy Co-Facilitator | San Francisco VA Medical Center
Supervisor: Dan Evenhouse, LCSW**

- Assisted a licensed clinical social worker in conducting reintegration and stress management therapy sessions and workshops for inpatient and outpatient veterans with psychiatric and neurological diagnoses, including PTSD, depression, anxiety, and dementia.

**September 2015 – May 2016 | Vice President & Discussion Leader | University of California, Berkeley
NAMI club**

- Lead group discussions around de-stigmatizing mental illness using the Lets Erase The Stigma (LETS) program model developed by Dr. Stephen Hinshaw.
- Organize campus events to raise awareness about mental health issues.

January 2013 – May 2014 | Mental Health and Wellness Internship | Sierra College, Rocklin, CA
Supervisor: Dr. Jennica Jenkins, PsyD

- Trained student volunteers using a question-persuade-refer (QPR) model to help de-stigmatize mental health counseling on campus and encourage students to use mental health services.
- Developed and led a 4-session course on domestic violence prevention for Latina women.

September 2013 – May 2014 | Women of Worth: Shelter for Domestic Violence Volunteer | Grass Valley, CA

- Acted as first point of contact for women in distress by answering crisis hotline.
- Developed and managed the Back to School program for children who are victims of domestic violence.

September 2013 – May 2014 | Food Bank of Nevada County: Volunteer | Grass Valley, CA

- Packaged and delivered food to homeless shelters in the area.
- Served meals to homeless and mentally ill patients.

Teaching Experience

August 2016 – Present | Teaching Assistant | The Pennsylvania State University
State College, PA

- Teaching assistant for Psychology 243: Introduction to Positive Psychology and Well-being
- Assist professor with test creation, grading, and fielding student questions

Professional Memberships (Student Status)

Society for Personality and Social Research
 American Psychological Association
 Association for Psychological Science
 Society for Psychophysiological Research
 Society for Industrial and Organizational Psychology
 Society for Research in Personality

Professional Service

Reviewer

Association for Psychological Science RISE Research Award

2016

Associate Editor

Undergraduate Journal of Psychology at Berkeley

2014-2015

Research Skills

Behavioral Coding

Facial Action Coding System (FACS) training with Dr. Erika Rosenberg

January 2015

Attentional Control (ATCO) coding system for visual avoidance behaviors
 Created by Marcela Otero and Dr. Robert Levenson

January 2015 – May 2016

Statistical Software for Data Analysis

- SPSS
- R
- Excel

Computer Programming Experience

- Python
 - Student led course at UC Berkeley in Spring 2015 on Python for data analysis in psychology.
 - Analyzed data sets using multivariate regression, t tests, correlations.
- Java
 - Student led course at University of Pennsylvania in Summer 2014 for basic data analysis.

Survey Software

- Qualtrics
- Amazon Mechanical Turk
- SurveyMonkey

Certifications

Collaborative Institutional Training Initiative (CITI) – Group 2: Social and Behavioral Research Investigators

08/02/2014 – Present