

Chelsea E. Boccagno, A.M.

Department of Psychology, Harvard University
 William James Hall | Office 1260
 cboccagno@g.harvard.edu | Cell: (917) 455-8410

Education

- 2018 – Present **Harvard University, Department of Psychology**, Cambridge, MA
 Ph.D. Candidate, Clinical Science (APA and PCSAS accredited)
Dissertation: Links between self-concept and emotion in nonsuicidal self-injury
Dissertation Committee: Jill M. Hooley, D.Phil., Matthew K. Nock, Ph.D., Leah H. Somerville, Ph.D.
- 2016 – 2018 **Harvard University, Department of Psychology**, Cambridge, MA
 A.M., Clinical Science (APA and PCSAS accredited)
Master's Thesis: Emotion regulation strategy selection in direct and indirect self-injury
Advisor: Jill M. Hooley, D.Phil.; **Secondary Reader:** Matthew Nock, Ph.D.,
- 2010 – 2014 **Vassar College**, Poughkeepsie, NY
 B.A., Psychology, correlate sequence in English Literature (creative writing focus)
Primary Advisor: Michele M. Tugade, Ph.D.

Honors & Awards

- 2019-2021 George W. Goethals Award for Teaching Excellence, Harvard University (4x)
- 2019-2021 Bok Center Certificate of Distinction & Excellence in Teaching, Harvard University (5x)
- 2020 Star Family Prize for Excellence in Advising (nominee by mentee), Harvard University
- 2020 Bok Award for Excellence in Graduate Student Teaching of Undergraduates (departmental nominee by Harvard psychology faculty), Harvard University
- 2019 Graduate Student Poster Award, Association for Behavioral and Cognitive Therapies Suicide and Self-Injury Special Interest Group (awarded \$100)
- 2014 Phi Beta Kappa, Vassar College
- 2014 Psychology Departmental Honors, Vassar College
- 2014 General Honors, Vassar College
- 2014 Distinction: Independent Thesis, Vassar College
- 2014 Psi Chi International Honors Society in Psychology, Vassar College

Grants & Fellowships

- 2021 – 2022 Dissertation Completion Fellowship (\$34,212), Harvard University
- 2021 Graduate School of Arts and Sciences Support Initiative (\$3,500), Harvard University
- 2020 Summer Research Grant (\$746), Harvard University
- 2018, 2019 Restricted Funds Travel Grant (\$500) (5x), Harvard University
- 2019 Professional Development Fund (\$1,111), Harvard University
- 2019 Restricted Funds Large Grant (\$3,500), Harvard University
- 2018 Sackler Fellowship in Psychobiology (\$20,303), Harvard University
- 2018 Restricted Funds Large Grant (\$3,000), Harvard University
- 2018 Stimson Fund (\$1,000), Harvard University

- 2014 Academic Enrichment Fund (\$500), Vassar College
 2014 Asprey Center Research Enhancement Award (\$750), Vassar College

Clinical Practicum Experience

- 2020 – 2021 **Dauten Family Center for Bipolar Treatment Innovation, Massachusetts General Hospital** (Boston, MA)
 (Supervisor: Douglas Katz, Ph.D.)
Clinical Fellow.
- Provided weekly individual teletherapy to clients diagnosed with severe bipolar disorder, integrating approaches from cognitive behavioral therapy (CBT), third-wave CBT (dialectical behavioral therapy [DBT], acceptance and commitment therapy [ACT], mindfulness-based cognitive therapy [MBCT]), motivational interviewing (MI), and exposure and response prevention (ERP)
 - Developed manual for weekly psychoeducation group therapy, adapted from Dr. David Miklowitz’s “*The Bipolar Disorder Survival Guide*” 2019 workbook
 - Contributed to the development of the “FITT-BD” research treatment center (“Focused, Integrative, Team-Based Treatment for Bipolar Disorder”): A stepped-care, collaborative, learning healthcare model (e.g., edited client handbook, co-created client “treatment target” worksheets, assisted in website development)
 - Co-created bipolar disorder informational online course for Massachusetts General Hospital’s “Psychiatry Academy” Program
 - Participated in weekly staff meetings and received weekly individual supervision
- 2019 – 2020 **Gunderson Residence, McLean Hospital** (Belmont, MA)
 (Supervisors: Lois Choi-Kain, M.D., M.Ed.; Karen Jacobs, Ph.D.; Brandon Unruh, M.D.)
Group Leader, Skills Coach, and Adjunct Therapist.
- Provided weekly individual therapy to female clients diagnosed with borderline personality disorder (BPD) and narcissistic personality disorder (NPD) in a residential setting, integrating approaches from cognitive behavioral therapy (CBT), third-wave CBT (dialectical behavioral therapy [DBT], acceptance and commitment therapy [ACT]), mentalization-based treatment (MBT), general psychiatric management (GPM), and exposure and response prevention (ERP)
 - Led weekly psychoeducation group (~5-8 clients per session) and created educational modules (e.g., principles of exposure therapy, self-injurious behaviors, identity and emotion regulation, BPD and NPD symptoms and treatment mechanisms)
 - Co-led 4 therapy groups: Interpersonal effectiveness (~5-8 clients per session), family treatment planning (~5-8 clients per session), BPD DSM-5 symptoms (~5-8 clients per session), and treatment tribunal (1 client per session)
 - Participated in weekly staff meetings and case conceptualization meetings, and received weekly individual supervision
- 2018 – 2019 **Depression Clinical and Research Program, Massachusetts General Hospital** (Boston, MA)
 (Supervisors: Lauren Fisher, Ph.D. and Paola Pedrelli, Ph.D.)
Clinical Fellow.
- Provided weekly manualized cognitive behavioral therapy (CBT) to outpatient clients diagnosed with major depressive disorder (MDD), as well as manualized adapted CBT to individuals with comorbid MDD and moderate to severe traumatic brain injury
 - Administered diagnostic assessment interviews using the Mini International Psychiatric Interview (MINI), Quick Inventory of Depressive Symptomatology

(QIDS), Patient-Reported Outcomes Measurement Information System (PROMIS), Massachusetts General Hospital Antidepressant Treatment Response Questionnaire (MGH ATRQ), and Hamilton Depression Rating Scale (HAM-D). Composed formal reports

- Participated in weekly staff meetings and received weekly individual supervision

2017 – 2018 **Obsessive Compulsive Disorder Institute, McLean Hospital** (Belmont, MA)

(Supervisor: Jason Krompinger, Ph.D.)

Practicum Student & Behavioral Coach.

- Delivered exposure and response prevention (ERP) to clients with severe obsessive-compulsive and related disorders (obsessive-compulsive disorder, trichotillomania, hoarding disorder, excoriation disorder) in a residential setting
- Administered diagnostic assessment interviews assessing treatment history and using the Montreal Cognitive Assessment (MOCA), Structured Clinical Interview for DSM-5 (SCID-5), PTSD Checklist for DSM-5 (PCL-5), and Personality Inventory for DSM-5 (PID-5). Composed formal integrated reports
- Led weekly emotion regulation group therapy (~8-25 clients per session)
- Contributed to clinic's emotion regulation group therapy handbook via 4 additional evidence-based modules (topics: strengthening self-concept, increasing self-compassion, learning mindfulness-based tools, and decreasing rumination)
- Proposed and added Cultural Formulation Interview (CFI) to intake assessment battery in efforts to conduct person-centered cultural assessments
- Participated in weekly assessment, group therapy, and individual therapy supervision meetings

Spring 2017 **Department of Psychiatry, Cambridge Health Alliance** (Cambridge, MA)

(Supervisors: Adam Conklin, Ph.D. and Chris Pagano, Ph.D.)

Observational Practicum Student.

- Observed clinical intake interviews and psychoanalytic therapy sessions for clients diagnosed with a range of conditions (e.g., schizophrenia, post-traumatic stress disorder, major depressive disorder) across all ages
- Participated in weekly discussions about psychodynamic theory and approach
- Completed preliminary training in psychodynamic-based assessment tools (e.g., Rorschach test, Thematic Apperception Test [TAT])
- Attended didactic lectures with psychologists and psychiatrists on clinical skills (e.g., case conceptualization, the role of culture in mental illness)

Additional Clinical Training and Experiences

2016 – Present **Clinical Research Laboratory, Harvard University** (Cambridge MA)

- Administer Self-Injurious Thoughts and Behaviors Interview (SITBI) to 200+ adults presenting with current and prior history of suicidal and nonsuicidal thoughts and behaviors across lab-based research studies
- Determine level of risk and conduct risk assessments as needed
- Train and supervise research assistants in conducting risk assessments

2019 **Mentalization-Based Treatment Training, McLean University** (Belmont, MA)

- Completed two-day intensive training led by Peter Fonagy, Ph.D. and Anthony Bateman, M.D. to learn and practice mentalization-based treatment (empirically supported transdiagnostic treatment for personality and substance use disorders)

- 2018, 2019 **Crimson Emergency Medical Services, Harvard University** (Cambridge, MA)
- Led two trainings focused on suicide and non-suicidal self-injury in medical patients for Harvard University’s undergraduate Emergency Medical Technicians (EMTs)
 - Trained EMTs on the delivery of safety plans for patients with active suicidal ideation
- 2018 **Psychological Testing Seminar, Harvard University** (Cambridge, MA)
- Completed semester-long seminar to learn how to administer cognitive and neuropsychological assessments (e.g., Delis-Kaplan Executive Function System [D-KEFS], Minnesota Multiphasic Personality Inventory – 2 – Restructured Form [MMPI-2-RF], Wechsler Memory Scale – Fourth Edition [WMS-IV], Wechsler Adult Intelligence Scale-Fourth Edition [WAIS-IV], California Verbal Learning Test-III [CVLT-III])
- 2014 **Neuropsychological Assessment Certification, New York State Neurological Institute** (New York, New York)
- Trained and received certification in administering neuropsychological assessments (e.g., D-KEFS, MMPI-II) to clinical research participants (older adults: ages 65+)
- 2013 – 2014 **Psychiatry Department, Mount Sinai St. Luke’s Roosevelt** (New York, NY)
CARES (“Comprehensive Adolescent Rehabilitation and Education Services”)
 Tracks: Adolescent Alternative Day Program; Addiction Program for Adolescents
(Supervisor: Jessica Houser, Ph.D.)
Patient Assistant (Volunteer).
- Assisted a multidisciplinary team of psychologists, psychiatrists, social workers, art therapists, and high-school teachers in the maintenance of a continuing day treatment level of care for high-school students (ages 14-19, grades 9-12) with severe emotional and behavioral difficulties
 - Participated in daily staff meetings on clients’ progress
 - Attended intake evaluation and relapse prevention meetings
 - Supervised and aided clients through school and mental health difficulties (e.g., math tutoring and crisis intervention, respectively)
 - Screened clients for drug use via weekly urine collection
 - Received formal crisis intervention training
- 2012 – 2014 **Projects to Empower and Organize the Psychiatrically Labeled (PEOPLE)** (Poughkeepsie, NY)
(Supervisor: Steve Miccio, CEO)
Intern (2012—2013), Project Assistant (2013—2014).
- Assisted a peer-run, mental health nonprofit organization dedicated to promoting a sense of hope, empowerment, and self-determination in individuals with mental illness
 - Assisted in the design and execution of the *Imagine Dutchess* project: A collaborative mental healthcare model in Dutchess County, NY
 - Co-developed a “neighborhood village” website on which consumers are provided a catalog of wellness services accessible in Dutchess County, NY
 - Generated preliminary collaborative mental healthcare models for local hospitals
 - Assisted housing coordinator on local visits to Poughkeepsie residents placed in supportive housing program

Peer-Reviewed Manuscripts

- Boccagno, C.** & Hooley J.M. (in press). Emotion regulation strategy choices following aversive self-awareness in people who engage in non-suicidal self-injury or indirect self-injury. *Journal of Emotion and Psychopathology*. PsyArXiv link to manuscript: <https://psyarxiv.com/7m69u>
- Wang, S.B., Fox K., **Boccagno, C.**, Hooley J.M., Mair P., Nock, M.K., Haynos, A.F. (in press). Functional assessment of restrictive eating: A three-study transdiagnostic investigation. *Journal of Abnormal Psychology*.
- Pulopulos, M., **Boccagno, C.**, De Raedt, R., Hooley, J.M. (2021). Attenuated beta-adrenergic response to stress and increased anticipation and perception of social threat in women high on perceived criticism. *Psychoneuroendocrinology*.
- Hooley, J.M., Fox, K.R., **Boccagno, C.** (2020). Nonsuicidal self-injury: Diagnostic challenges and current perspectives. *Neuropsychiatric Disease and Treatment*.
- Fox, K.R., Wang, S.B., **Boccagno, C.**, Haynos, A.F., Kleiman, E.M., Hooley, J.M. (2019). Comparing self-harming intentions underlying eating disordered behaviors and NSSI: Evidence that distinctions are less clear than assumed. *International Journal of Eating Disorders*.
- Doré, B., Rodrik, O., **Boccagno, C.**, Hubbard, A., Weber, J., Oquendo, M., Ochsner, K.N. (2018). Negative autobiographical memory in major depression reflects elevated amygdala-hippocampal reactivity and hippocampally-associated emotion regulation. *Biological Psychiatry: Cognitive Neuroscience and Neuroimaging*.
- Doré, B., **Boccagno, C.**, Burr, D., Hubbard, A., Weber, J., Stern, Y., Ochsner, K.N. (2016). Finding positive meaning in negative experiences engages ventral striatal and ventromedial prefrontal reward regions. *Journal of Cognitive Neuroscience*.
- Gilead, M., **Boccagno, C.**, Silverman, M., Hassin, R., Weber, J., Ochsner, K.N. (2016). Self-regulation via neural simulation. *Proceedings of The National Academy of Sciences*.

Invited Chapters

- Katz, D., Gold, A., **Boccagno, C.**, Deckersbach, T., Eisner, L. Sylvia, L., Katz, D. (in press). Cognitive behavioral-based treatments for bipolar disorder. In *The Massachusetts General Hospital Handbook of Cognitive Behavioral Therapy, Second Edition*. Boston, Massachusetts.
- Ramirez, F., Kleiman, E.K., **Boccagno, C.**, Nizzi, M., Nock, M.K. (in press). Suicide in PTSD. In G. H. Wynn & Benedek, D.M. (Eds.), *Posttraumatic Stress Disorder*, Second Edition. Arlington, VA: American Psychiatric Association.
- Nock, M.K., **Boccagno, C.E.**, Kleiman, E.K., Ramirez, F., Wang, S.B. (2019). Suicidal and nonsuicidal self-injury. In M. J. Prinstein, E. A. Youngstrom, E. J. Mash, & R. A. Barkley (Eds.), *Treatment of Disorders in Childhood and Adolescence*, Fourth Edition. New York, NY: Guilford Publications.
- Mitamura, C., Leu, J., Campos, B., **Boccagno, C.**, Tugade, M. M. (2014). Traversing affective boundaries: Examining cultural norms for positive emotions. In M. M. Tugade, M. N. Shiota, & L. D. Kirby (Eds.), *Handbook of Positive Emotions*. New York, NY: Guilford Publications.

Articles Submitted

Sylvia, L., Tovey, R., Katz, D., **Boccagno, C.**, Stromberg, A., Temis, C., Puvanich, N., Arbury, E., Stephan, N., Neirenberg, A., Kamali, M. (submitted). A new treatment program: Focused Integrated Treatment Program for Bipolar Disorder (FITT-BD).

Articles in Preparation

Boccagno, C. & Hooley J.M. (in prep). Understanding the “self” in non-suicidal self-injury: A conceptual review and framework for future research.

PsyArXiv link to manuscript: <https://psyarxiv.com/ensj6>

Boccagno, C. & Hooley J.M. (in prep). Cognitive emotion regulation strategy choices across positive and negative stimuli in direct and indirect self-injury.

Boccagno, C., Conwell, C., & Hooley, J.M. (in prep). Machine-learning approaches to social media data: Identifying longitudinal relationships among Instagram use, identity, emotion, and mental health in emerging adults.

Boccagno, C., Nook, E., Fox, K.R., Wang, S.B., Hooley, J.M. (in prep). The role of psychological distancing in three efficacious daily diary studies for nonsuicidal self-injury.

Choi-Kain, L. W., **Boccagno, C.**, Ilagan, G.S., Iliakis, E., Volkert, J., Javaras, K., Fertuck, E.A. (in prep). Attachment, computerized reflective functioning, and borderline personality disorder: Evaluating the role of social cognitive and neuropsychological features.

Lewis, S., Washburn, J., Kiekens, G., Kruzan, K.P., **Boccagno, C.**, Buelens, T., Hasking, P. (in prep). Research priorities for non-suicidal self-injury research: Perceptions among researchers, clinicians, and people with lived experience.

Nock, M.K., **Boccagno, C.**, Deliberto, T.L., Dour, H.J., Slama, K., Mendes W.B. (in prep). Self-harm as self-help.

Edenbaum, E.R., Goldstein, O.C., Grace, A., **Boccagno, C.**, & Allen, K.J.D. (in prep). Specificity of affective control deficits in people with nonsuicidal self-injury and comorbid suicidal ideation.

Raio, C., **Boccagno, C.**, Rodrik, O., Ochsner, K.N. (in prep). The effect of acute physiological stress on emotion regulation choice and effectiveness.

Professional Talks

Boccagno, C., & Hooley, J.M. (2021, June). *Concurrent and prospective links between self-concept and emotion in non-suicidal self-injury*. Talk presented at the annual conference of the International Society for the Study of Self-Injury (ISSS), virtual due to COVID-19.

Boccagno, C., Conwell, C., & Hooley, J.M. (2020, November). *Using social media content to examine temporal relationships between self-concept and nonsuicidal self-injury*. Research blitz presented at the Suicide and Self-Injury Special Interest Group at the annual conference of the Association for Behavioral and Cognitive Therapies (ABCT), virtual due to COVID-19.

Boccagno, C., & Hooley, J.M. (2020, June). *Cognitive emotion regulation strategies across affective contexts in direct and indirect self-injury*. Talk presented at the annual conference of the International Society for the Study of Self-Injury (ISSS), virtual due to COVID-19.

Boccagno, C. *Diversity in clinical work: Identities and case conceptualization.* (2020, April). Talk presented to “Harvard Psych 2430: Cultural and Individual Diversity” (graduate student course), Cambridge, MA.

Choi-Kain, L., Abramson, D., **Boccagno, C.**, Finch, E.E., Nook, E., & Yogman, M. (2020, February) *Perspectives from the Ground Level: Residential Life, Teaching Fellows, and Primary Care.* Panel presented at the College Mental Health and Borderline Personality Disorder Conference, McLean Hospital, Belmont, MA.

Boccagno, C. & Hooley, J.M. (2019, November). *Behavioral or cognitive?: Emotion regulation choices in individuals with direct and indirect self-injury.* Talk presented at the Suicide and Self-Injury Special Interest Group at the annual conference of the Association for Behavioral and Cognitive Therapies (ABCT), Atlanta, GA.

Boccagno, C., Fox, K.R., Wang, S.B., & Hooley, J.M. (2019, June). *Linguistic mechanisms underlying the efficacy of daily diary interventions for non-suicidal self-injury: The nuanced roles of psychological distancing and positive and negative emotion.* Talk presented at the annual conference of the International Society for the Study of Self-Injury (ISSS), Orlando, FL.

Carpenter, R.W., Allen, K.J.D., **Boccagno, C.**, Emery, N.N., & Armev, M. (2018, November). *Emotion regulation strategy selection and efficacy in self-injury: Moving beyond instruction-based laboratory tasks.* In Allen, K.J.D. (chair), Novel research approaches to self-destructive behaviors and associated psychopathology. Symposium talk presented at the annual conference of the Association for Behavioral and Cognitive Therapies (ABCT), Washington, DC.

Boccagno, C. & Hooley, J.M. (2018, May). *Unpacking the roles of emotion dysregulation and maladaptive self-processing in self-injurious behaviors.* Harvard-MIT Data Blitz, Women in Psychology, Harvard University, Boston, MA.

Boccagno, C. & Hooley, J.M. (2018, April). Emotion regulation choices across affective contexts in self-injurious populations. Second-Year Talk, Harvard University, Boston, MA.

Gilead, M., Silverman, M., **Boccagno, C.**, Hassin, R., Weber, J., & Ochsner, K.N. (2017, July). *Neural mechanisms of “walking in someone else’s shoes” in order to predict their emotions.* Symposium talk presented at the general meeting of the European Association of Social Psychology. Granada, Spain.

Gilead, M., **Boccagno, C.**, Silverman, M., Hassin, R., Weber, J., & Ochsner, K.N. (2016, February). *Self-regulation via neural simulation.* Data-blitz presented at the Emotion Preconference at 17th annual meeting of the Society for Personality and Social Psychology. San Diego, CA.

Boccagno, C. (2014, April). *Escaping, knowing, transcending, or transforming self?: Self-concept and its role in mindfulness.* Vassar College Psychology Research Conference. Poughkeepsie, NY.

Poster Presentations

Advisees are underlined.

Boccagno, C. & Hooley, J.M. (2021, November). *Recalling positive aspects of the self reduces negative affect stemming from negative autobiographical memory recall.* Poster to be presented at the

annual conference of the Association for Behavioral and Cognitive Therapies (ABCT), New Orleans, LA.

Boccagno, C. & Hooley, J.M. (2021, September). *Same self or alternative self?: Recalling pride-oriented autobiographical memories reduces negative affect and enhances positive affect following negative autobiographical recall*. Poster presented at the annual conference of the Society of Research in Psychopathology (ABCT), virtual due to COVID-19.

Barr, M., **Boccagno, C.**, Hooley, J.M., Eddie, D. (2020, April). *Investigating the role of affect and craving in relapse for individuals with alcohol use disorder: An experience-sampling study*. Psychology Undergraduate Thesis Poster Session, Cambridge, MA.

Boccagno, C., Hooley, J.M. (2019, November). *Cognitive or behavioral regulation?: Emotion regulation choices in direct and indirect self-injury*. Poster to be presented at the annual conference of the Association for Behavioral and Cognitive Therapies (ABCT), Atlanta, GA.

Boccagno, C., Hooley, J.M. (2019, September). *No reappraisal, please: Emotion regulation strategy selection in people with self-injury*. Poster presented at the annual conference of the Society of Research in Psychopathology, Buffalo, NY.

Nielsen, S., **Boccagno, C.**, Hooley, J.M. (2019, September). *The role of accommodative processing in the link between life challenges and authenticity*. Poster presented at the annual conference of the Society of Research in Psychopathology, Buffalo, NY.

Nielsen, S., **Boccagno, C.**, Hooley, J.M. (2019, April). *The story of adversity and the self: The relation between life challenges and authenticity*. Mind Brain Behavior Poster Showcase, Cambridge, MA.

Nielsen, S., **Boccagno, C.**, Hooley, J.M. (2019, April). *Adversity and the self: The relation between life challenges and authenticity*. Psychology Undergraduate Thesis Poster Session, Cambridge, MA.

Wang, S.B., Fox, K.R., **Boccagno, C.**, Hooley, J.M., Haynos, A.F. (2019, March). *Why do people restrict their eating? A functional assessment approach*. Paper presented at the International Conference on Eating Disorders, New York, NY.

Boccagno, C., Fox, K.R., Wang, S.B., & Hooley, J.M. (2018, September). *Beliefs that negative emotions are unacceptable dampen the benefits of psychological distancing: Evidence from an emotional challenge study in direct and indirect self-injury*. Poster presented at the annual conference of the Society for Research in Psychopathology (SRP), Indianapolis, IN.

Miller, J.M., Doré, B., Zanderigo, F., Stanley, B., Rubin-Falcone, H., Schenck, N., Sublette, E., **Boccagno, C.**, Rodrik, O., Oquendo, M.A., Mann, J.J., Ochsner, K. (2018, July). *Serotonin 1A autoreceptor binding modulates neural responses to emotion reactivity and regulation*. Poster presented at the annual NeuroReceptor Mapping (NRM) conference, London, England.

Boccagno, C., Rodrik, O., Doré, B., Fuster, D., Singh, T., Weber, J., Stanley, B., Miller, J., Mann, J., Ochsner, K. (2017, April). *Enhancing positive affect in positive contexts recruits differential brain regions for healthy individuals and patients with major depressive disorder*. Poster presented at the annual conference of the Society for Affective Science (SAS), Boston, MA.

- Rodrik, O., **Boccagno, C.**, Doré, B., Fuster, D., Singh, T., Weber, J., Stanley, B., Miller, J., Mann, J., Ochsner, K. (2017, March). *Enhancing positive affect in negative contexts engages distinct brain regions in healthy individuals and those with major depressive disorder*. Poster presented at the annual conference of the Social and Affective Neuroscience Society (SANS), Los Angeles, CA.
- Doré, B., **Boccagno, C.**, Hubbard, A., Burr, D., Long, K., Weber, J., Stern, Y. (2016, April). *Finding positive meaning in negative experiences engages ventral striatal and ventromedial reward regions*. Poster presented at the annual conference of the Social and Affective Neuroscience Society (SANS), New York, NY.
- Boccagno, C.**, Doré, B., Fuster, D., Singh, T., Weber, J., Stanley, B., Miller, J., Mann, J., Ochsner, K. (2016, April). *Hippocampal and prefrontal functional connectivity during memory retrieval correlates with self-distancing reappraisal success in patients with major depressive disorder*. Poster presented at the annual conference of the Social and Affective Neuroscience Society (SANS), New York, NY.
- Boccagno, C.**, Doré, B., Fuster, D., Singh, T., Weber, J., Kotecha, R., Chaudhury, S., Miller, J., Mann, J., Stanley, B., Ochsner, K. (2016, April). *The influence of affective context on brain and behavioral responses to neutral stimuli*. Poster presented at the annual conference of the Cognitive Neuroscience Society (CNS), New York, NY.
- Boccagno, C.**, Gilead, M., Silverman, M., Hassin, R., Weber, J., Ochsner, K. (2016, March). *The neural underpinnings of emotional perspective taking*. Poster presented at the annual conference of the Society for Affective Science (SAS), Chicago, IL.
- Boccagno, C.**, Doré, B., Burr, D., Weber, J., Hubbard, A., Stern, Y., Ochsner, K. (2015, April). *Ability versus motivation in aging: Cognitive and motivational influences on down-regulation of negative affect*. Poster presented at the annual conference of the Social and Affective Neuroscience Society (SANS), Boston, MA.
- Burr, D., Doré, B., **Boccagno, C.**, Weber, J., Hubbard, A., Stern, Y., Ochsner, K. (2015, April). *Addressing the emotion paradox: Older adults show impaired regulation but enhanced bottom-up positive response to negative stimuli*. Poster presented at the annual conference of the Social and Affective Neuroscience Society (SANS), Boston, MA.
- Boccagno, C.**, du Pont, A., Tugade, M. M. (2015, February). *How willing are you to self-disclose?: The roles of mindfulness and positive affect in emotional vulnerability*. Poster presented at the annual conference of the Society for Personality and Social Psychology (SPSP), Long Beach, CA.
- Boccagno, C.**, Rivlin, M., Culligan, C., & Tugade, M.M. (2014, April). *Mindfulness and mind-wandering: The effects of attention and awareness on coping and resiliency*. Poster presented at the annual conference of the Society for Affective Science (SAS), Bethesda, MD.
- Boccagno, C.** (2014, March). *Is it my profile, or yours?: The distinct effects of Facebook features on loneliness perception*. Poster presented at the annual Hunter College Psychology Convention, New York, NY.
- Tugade, M. M., du Pont, A., **Boccagno, C.** (2014, February). *The effects of positive emotion differentiation on coping and problem-solving*. Poster presented at the Emotion Pre-Conference of the Society for Personality and Social Psychology (SPSP), Austin, TX.

Research Experience

- 2016 – Present **Clinical Research Laboratory, Harvard University**
(P.I.: Jill M. Hooley, D.Phil.).
Doctoral Candidate. Examine links between sense of self (e.g., self-oriented attention, self-concept, self-presentation) and emotion (e.g., emotion reactivity and regulation), and assess how this link is implicated in self-injury across 5 independently led research projects.
Participants: Individuals ages 18+ who engage in direct or indirect self-injury (e.g., non-suicidal self-injury [NSSI] and disordered eating, respectively), suffer from suicidal thoughts and behaviors, and meet diagnostic criteria for a range of psychiatric diagnoses (e.g., major depressive disorder, borderline personality disorder)
- ***Projects include:*** (a) lab-based studies examining emotion regulation choices among individuals with NSSI and indirect self-injury; (b) online study examining “self-conscious emotions” (e.g., shame, guilt) and emotion regulation in NSSI; (c) POISE Study (Psychology of Instagram, Self, and Emotions): Online longitudinal project using self-report and Instagram data to assess prospective relationships among social media use, identity, emotion, and mental health; (d) online behavioral study examining the multiplicity of the self-concept as an affect regulation strategy
- 2014 – 2016 **Social, Cognitive, and Affective Neuroscience Laboratory, Columbia University**
(P.I.: Kevin Ochsner, Ph.D.; Collaborators: Molecular Imaging and Neuropathology Division [MIND] Clinic at New York State Psychiatric Institute [NYSPI]).
Lab Manager and Research Assistant. Examined the neural and psychophysiological mechanisms of perspective taking, self-referential processing, stress reactivity, and positive and negative cognitive reappraisal across 4 fMRI and psychophysiology projects.
Participants: Healthy undergraduate students, younger and older healthy adults, and individuals diagnosed with major depressive disorder struggling with suicidal and non-suicidal self-injurious behaviors
- 2013 – 2014 **Emotions and Psychophysiology Laboratory, Vassar College**
(P.I.: Michele Tugade, Ph.D.)
Research Assistant. Examined the structure and dynamics of emotion regulation, resilience, and mindfulness strategies in 3 laboratory-based and online research projects.
Independent Study Title: *The effect of mindfulness on willingness to self-disclose.*
Participants: Vassar undergraduate students
- 2013 – 2014 **Independent Senior Thesis, Vassar College**
(Advisors: Michele Tugade, Ph.D. and Randolph Cornelius, Ph.D.)
Thesis Title: *Escaping, knowing, transcending, or transforming the self?: A transdisciplinary examination on self-concept and its role in mindfulness.*
- 2013 – 2014 **Independent Research, Vassar College**
(Advisor: Randolph Cornelius, Ph.D.)
Project Title: *The effects of distinct Facebook features and use on loneliness perception.*
Participants: Vassar undergraduate students
- 2011 – 2014 **English and Urban Studies Department, Vassar College**
(Professor: Tyrone Simpson, II, Ph.D.)
Research Assistant. Assisted in the literature analysis of American nationalism patterns, ghettoization effects, critical race theory, and the politics of confessional storytelling as Dr. Simpson’s sole research assistant.

Summer 2013 **Cognitive Neurophysiology Laboratory, Albert Einstein College of Medicine**
(P.I.: John Foxe, Ph.D.; **Primary Mentor:** Pierfilippo De Sanctis, Ph.D.)
Intern/Research Assistant. Investigated brainwave entrainment in inhibitory-control audiovisual task performance in healthy young adults, as well as the effect of attentional control on Go/NoGo response-inhibition performance during walking in elderly individuals.
Participants: Individuals ages 18+ across the greater New York City community

Teaching Experience

2019 - 2021 **Sophomore Tutorial in Psychology & Neuroscience, Harvard University (4 semesters)**
(Supervisor: Katherine Powers, Ph.D.)
Instructor. Independently created and led a process-based science course to teach newly declared psychology undergraduate students how to think, read, and write like psychological scientists. (6-8 undergraduate students per semester).
Created syllabus centered on three themes: (1) “Ephemeral Emotions”: Experiencing and Changing Feelings; (2) “Slippery Selves”: Identity Development and Change; (3) “You and Me”: Thinking about Others
Overall Student Rating (Spring 2021; Neuroscience): 5.0/5.0
Overall Student Rating (Fall 2020; General Psychology): 5.0/5.0
Overall Student Rating (Spring 2020; Neuroscience): 5.0/5.0 (indicated via course evaluation form; official university evaluations not collected due to COVID-19)
Overall Student Rating (Fall 2019; General Psychology): 5.0/5.0

Spring 2019 **Introduction to Abnormal Psychology, Harvard University**
(Lecturer: Joshua W. Buckholtz, Ph.D.)
Teaching Fellow. Led three discussion sections and edited/graded tests and term papers (55 undergraduate students).
Overall Student Rating: 4.6/5.0

Fall 2018 **Psychopharmacology, Harvard University**
(Lecturer: Scott Lukas, Ph.D.)
Teaching Fellow. Led three discussion sections and edited/graded tests and term papers (35 undergraduate students).
Overall Student Rating: 4.0/5.0

Mentorship Experience

Undergraduate Psychology Honors Thesis Advisor, Harvard University (Cambridge, MA)

- Supervised three undergraduate students pursuing an Honors Thesis in Psychology; facilitated design and execution of three empirical studies
- Met with students weekly to assist with: thesis proposal, IRB submission, data collection, data management, data analysis, final report, and oral presentation and defense

Undergraduate Senior Thesis Students Supervised

*Received competitive research grant from Harvard College Research Program

~Awarded Harvard College Psychology Faculty Prize

- Hannah Jackson (Harvard University; Thesis Title: *Similar but different worlds: Understanding how bisexual women experience non-suicidal self-injury relative to lesbian women*) – (project ongoing; primary advisor)*

- Maya Barr (Harvard University; Thesis Title: *Investigating the role of affect and craving in relapse for individuals with alcohol use disorder: An experience-sampling study*) – (ecological momentary assessment project completed Fall 2019-Spring 2020; primary advisor); awarded Magna Cum Laude Plus*
 - **Current Position**: *Lab Manager, Clinical Affective Neuroscience & Development Lab (Yale University)*; P.I.: Dylan Gee, Ph.D.)
- Sienna Nielsen (Harvard University; Thesis Title: *The story of the true self: Unpacking the relationship between challenges and authenticity*) – (lab-based project completed Fall 2018-Spring 2019; primary advisor; primary advisor); awarded Summa Cum Laude*~
 - **Current Position**: *Ph.D. Student, Personality Processes & Outcomes Lab (University of Pittsburgh)*; P.I.: Aidan C. Wright, Ph.D.)
- Chananda Thavisin (Barnard College; Thesis Title: *The effect of perspective taking on emotion regulation: A psychophysiology study*) – (psychophysiology project completed Fall 2016-Spring 2017; secondary advisor)
 - **Current Position**: *Master's Student of Social Work, Columbia University*

Independent Research Students Supervised

- Pedro Garcia (Harvard University; Research Project Title: *Effects of social comparison on social media use and mental health: Differences among sexual orientations and marital status – an exploratory study*) – Project completed January - May 2020
- Emma Edenbaum (Oberlin College; Research Project Title: *Examining relationships among nonsuicidal self-injury, self-triggering, and compulsivity*) – Project ongoing; Co-supervisor with doctoral students Benjamin Bellet and Emily Mellen

Research Assistants Supervised

- Emma Edenbaum (Oberlin College B.A. graduate) – Summer 2020 – present
- Alexander Winters (Case Western University B.A. student) – Summer 2020 – present
- Clair Fu (Harvard College A.B. student) – Summer 2018 – Present
- Nour Afandi (University of Toronto B.A. graduate) – Fall 2019 – Summer 2021
- Julia London (Harvard College A.B. student) – Fall 2019 – Spring 2020
- Ally Beard (Harvard College A.B. student) – Fall 2019 – Spring 2020
- Alexandria Onuoha (Bates College B.A. student) – Summer 2019
- Ariel He (Mount Holyoke College B.A. student) – Summer 2019
- Margaret Canady (Harvard College A.B. student) – Spring 2019 – Spring 2020
- Hannah Babcock (Harvard College A.B. student) – Spring 2019
- Maya Barr (Harvard College A.B. student) – Fall 2018 – Present
- Zelal Kilic (Harvard College A.B. student) – Fall 2018 – Fall 2019
- Calais Galbraith (Harvard College A.B. student) – Spring 2018 – Spring 2019
- Sabrina Wu (Harvard College A.B. student) – Fall 2018
- Ragini Jha (Boston College M.A. student) – Summer 2018 - Fall 2018
- Elyse Yarmosky (Licensed social worker) – Spring 2018 - Fall 2018
- Emma Potvin (Harvard College A.B. student) – Summer 2018
- Joseph Kremer (Boston College B.A. student) – Summer 2018
- Nikki Daurio (Harvard College A.B. student) – Spring 2018
- Julia Friend (Harvard College A.B. student) – Fall 2017
- Ariel Kachuro (Columbia University research assistant) – Summer 2015
- Rhea Kotecha (Columbia University research assistant) – Summer 2015 - Fall 2015

Mind, Brain, Behavior Grad-Undergrad Mentorship Program (Mentor)

- Jesse Barrera (Harvard College A.B. student) – Spring 2019
- Sheila De La Cruz (Harvard College A.B. student) – Spring 2019

Crimson’s PhD Consulting Program (Mentor)

- Ragini Jha (M.A. application consultant student) – Fall 2017 - Spring 2018

Harvard Summer Honors Undergraduate Research Program for Underserved Students (Mentor)

- Alan Gutierrez (Harvard Medical School summer research mentee) – Summer 2017
- Leslie Charles (Harvard Medical School summer research mentee) – Summer 2018

Harvard College Undergraduate Research Association Mentorship Program (Mentor)

- Harvard College undergraduates (various students attending sessions) – Fall 2017 – 2018

Editorial Experience

Ad Hoc Reviewer:

Personality and Mental Health

Personality Disorders: Theory, Research, and Treatment

Journal of Psychopathology and Behavioral Assessment

Clinical Psychology & Psychotherapy

Service, Outreach, & Leadership Experience

2020 – 2021 *Strategic Planning Committee Member*, International Society for the Study of Self-Injury
2020, 2021 *Prospective PhD and RA Event in Psychology (PPREP) Mentor*, Harvard University
2020 *Presenter*, “Millie’s Guide to Psychology”, Millie International Group
2019, 2020 *Panelist*, Harvard Clinical Psychology PhD Student Orientation
2019 – 2021 *Psychology Departmental Representative*, Harvard Graduate Student Council
2019 – 2020 *President*, Harvard Clinical Student Group
2019 *Member*, Harvard Crimson EMS Mental Health Task Force
2019 *Training Leader*, Emotional Emergencies Training (Talk Title: “Suicidal Ideation: Detection, Support, and Liaisons to Treatment”), Harvard University’s CrimsonEMS
2018 *Training Leader*, Behavioral Emergencies Training (Talk Title: “The Overlap of Physical and Psychological Pain in Self-Injury”), Harvard University’s CrimsonEMS
2019 *Panelist*, Vassar Transitions Senior Summit for Underrepresented Students
2019 *Publication Committee Contributor*, Society for Research in Psychopathology
2019 *Psychology Student Representative*, Harvard University Graduate School Fair
2019 *Psychology Student Representative*, Departmental Visiting Committee Meeting, Harvard University
2019, 2020 *Judge*, “China Thinks Big” Research Competition, Harvard College Association for U.S.-China Relations
2017, 2018 *Poster Session Judge*, National Collegiate Research Conference(s), Harvard University
2017 *Psychology Department Ph.D. Orientation Organizer*, Harvard University
2013 – 2014 *Secretary*, Vassar College Psi Chi Chapter
2012 – 2014 *Faculty-Student Liaison (2012–2013), Chair (2013–2014)*, Vassar College Psychology Majors’ Committee

Professional Memberships

2019 – Present *Member*, International Society for the Study of Self-Injury

2018 – Present *Associate Member*, Society for Research in Psychopathology

2016 – Present *Member*, Association for Behavioral and Cognitive Therapies
2015 – 2017 *Member*, International Society for Self and Identity
2015 – Present *Member*, Association for Psychological Science
2015 – 2017 *Member*, Social and Affective Neuroscience Society
2014 – Present *Member*, Society for Affective Science
2014 – Present *Member*, Society for Personality and Social Psychology
2012 – Present *Student Affiliate*, APAGS, American Psychological Association

Skills

Research Methodologies

- Online: collection, organization, and analysis of laboratory-based and online studies; social media recruitment
- Behavioral: collection, organization, and analysis of E-Prime and JavaScript data
- fMRI: collection, processing, and analysis of functional data
- EEG: collection of EEG/ERP recordings
- Psychophysiology: collection of skin conductance, pre-ejection period, and salivary cortisol data

Software

- REDCap
- EPIC Electronic Health Records
- R
- SAS (working proficiency)
- SPSS
- E-Prime
- MATLAB (working proficiency)
- Neuroelf (MATLAB extension package)
- JavaScript (working proficiency)
- AcqKnowledge
- Amazon's Mechanical Turk
- Prolific
- Qualtrics
- Inquisit
- Microsoft Office (Excel, PowerPoint, Word)

References

Jill M. Hooley, D.Phil.
Professor, Department of Psychology
Harvard University
(617) 495-3800
jmh@wjh.harvard.edu

Lois W. Choi-Kain, M.Ed., M.D.
Assistant Professor of Psychiatry, Harvard Medical School
Director, Gunderson Personality Disorder Institute
McLean Hospital
(617) 855-3933
lchoikain@partners.org

Douglas Katz, Ph.D.
Instructor, Harvard Medical School
Staff Psychologist, Dauten Family Center for Bipolar Treatment Innovation
Massachusetts General Hospital
(617) 638-8456
DKATZ5@mgh.harvard.edu