

Chelsea E. Boccagno

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Education

- 2016 – **Harvard University** (Graduate School of Arts & Sciences), Cambridge, MA
 Ph.D. Student, Clinical Science
Primary Advisor: Jill M. Hooley, Ph.D
 GPA: **3.96/4.00**
- 2010 – 2014 **Vassar College**, Poughkeepsie, NY
 B.A., Psychology, correlate sequence in English Literature (creative writing concentration)
 GPA: **3.83/4.00**; Psychology GPA: **3.86/4.00**

Honors and Awards

- 2014 Phi Beta Kappa, Vassar College
 2014 Psychology Departmental Honors, Vassar College
 2014 General Honors, Vassar College
 2014 Distinction: Independent Thesis, Vassar College
 2014 Academic Enrichment Fund, Vassar College
 2014 Asprey Center Research Enhancement Award, Vassar College
 2013 Psi Chi (*Secretary*, 2013–2014), Vassar College Chapter
 2012 Psychology Majors' Committee (*Chair*, 2013–2014), Vassar College

Peer-Reviewed Publications

- Raio, C., **Boccagno, C.**, Rodrik, O., Ochsner, K.N. (in prep). The impact of acute stress on emotion regulation choice and effectiveness.
- Doré, B., Rodrik, O., **Boccagno, C.**, Hubbard, A., Weber, J., Oquendo, M. . Ochsner, K.N. (submitted). Negative autobiographical memory in major depression reflects elevated amygdala-hippocampal reactivity and hippocampally-mediated emotion regulation.
- 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

- Nock, M.K., **Boccagno, C.**, Kleiman, E.K., Ramirez, F., Wang, S.B. (In Press). Suicidal and nonsuicidal self-injury. In M. J. Prinstein, E. A. Youngstrom, E. J. Mash, & R. A. Barkley (Eds.), *Treatment of Childhood Disorders*, Fourth Edition. New York, NY: Guilford Publications.
- Ramirez, F., Kleiman, E.K., **Boccagno, C.**, Nizzi, M., Nock, M.K. (In Press). Suicide. In G. H. Wynn & Benedek, D.M. (Eds.), *Posttraumatic Stress Disorder*, Second Edition. Arlington, VA: American Psychiatric Association.
- 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.

Online Scholarly Contributions

Boccagno, C. (2012). Is screen time ruining our face time? Retrieved from <http://www.gordonschool.org/Customized/uploads/files/Psychology%20in%20the%20N.pdf>

Poster Presentations

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 patients 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.

Professional Talks

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, California.

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

Research Experience

2016 – Present

Clinical Research Laboratory, Harvard University

(P.I.: Jill M. Hooley, Ph.D.)

Graduate Student. Investigate the malleability of identity (e.g., self-concept flexibility) and emotion (e.g., emotion regulation), and assess whether and how this malleability influences the development of—or protection against—direct and indirect self-destructive behaviors (e.g., nonsuicidal self-injury and binge eating, respectively).

- **First-Year Project Title:** Linguistic content of nonsuicidal self-injury text entries: Applying text analysis to a novel treatment approach
- **Second-Year Project Title:** Emotion regulation strategy selection in self-injury

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 mechanisms of perspective taking, self-referential processing, and positive and negative cognitive reappraisal across several projects. Populations: healthy undergraduate students (perspective-taking fMRI and psychophysiology experiments), younger (18-35) versus older (65+) healthy adults (aging fMRI study), and individuals suffering from or at hereditary risk for major depressive disorder and suicidal behaviors (clinically oriented study with NYSPI collaborators).

- Launched lab-based project with Professor Kevin Ochsner and Dr. Candace Raio examining the effects of acute stress (assessed via cortisol collection) on cognitive reappraisal ability
- Assisted in the planning and execution of four research projects
- Modified experiment scripts in E-Prime and MATLAB
- Collected and analyzed psychophysiological, behavioral, and fMRI data
- Trained research assistants on recruitment procedures, MRI operation, data collection, and data analysis; co-mentor undergraduates’ senior theses
- Administered and scored neuropsychology assessments (e.g., MMSE, Trail Making Test)
- Participated in weekly lab meetings on lab projects, articles, and data analysis techniques
- Participated in weekly meetings with the NYSPI MIND Clinic on recruitment strategies, grant allocations, and treatment process for patients

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.

- Designed and supervised implementation of laboratory-based study examining the

impact of mindfulness on willingness to self-disclose personal experiences

- Assisted in the design of an experience sampling study assessing the effects of daily positive emotion elicitation on psychological well-being
- Analyzed questionnaire data from several laboratory projects
- Independently composed literature reviews and Vassar IRB proposals
- Prepared and served as lead designer on collaborative research posters
- Recruited participants via website advertisements
- Participated in bi-weekly meetings on the current state of social psychology literature

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.

- Composed a year-long thesis involving a literature review across social psychology, cognitive science, and neuroscience disciplines to illuminate the malleability of the self-concept, as well as the impact of mindfulness on self-concept malleability
- Proposed integrative frameworks on malleability of the temporal self-concept

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.

- Composed ideas and gathered materials for professor's written work
- Collected material and publications for classes
- Administered and updated course websites
- Coordinated meetings with scholars of interest from various colleges and universities

2013

Independent Research, Vassar College

(**Advisor:** Randolph Cornelius, Ph.D.)

Project Title: *The differential effects of distinct Facebook features and use on loneliness perception.*

- Designed, conducted, analyzed, and presented a year-long, laboratory-based research study examining the differential effects of distinct Facebook features and use (e.g., comment-versus picture-viewing) on perceived loneliness levels
- Composed formal research paper

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 impact of attentional control on Go/NoGo response-inhibition task performance during active walking in elderly individuals.

- Screened and recruited participants
- Administered and scored neuropsychological assessments (e.g., MMSE, Trail Making Test)
- Collected and analyzed EEG data
- Assisted in MATLAB coding to perform ERP and time-frequency analyses
- Presented analyses on the role of attention in neutral entrainment and audiovisual processing
- Participated in weekly seminar lectures on methodologies in cognitive neurophysiology

Clinical Experience

2017 – 2018

Obsessive Compulsive Disorder Institute, McLean Hospital

(**Supervisor:** Jason Krompinger, Ph.D.; **Assessment Supervisor:** Martha Falkenstein, Ph.D.)

Practicum Student and Behavioral Coach.

- Act as a behavioral coach for exposure and response prevention therapy sessions
- Administer Structured Clinical Interview for DSM-5 (SCID-5) to incoming clients
- Participate in weekly group discussions for assessment and therapy supervision
- Initiated integration of culturally-relevant assessments (i.e., the Cultural Formulation Interview) into clinic's assessment battery

Spring 2017

Department of Psychiatry, Cambridge Health Alliance

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

Practicum Student.

- Observed clinical intake interviews and therapy sessions for clients suffering from various mental illnesses (e.g., schizophrenia, 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)

2013 – 2014

Psychiatry Department, Mount Sinai St. Luke's Roosevelt

CARES ("Comprehensive Adolescent Rehabilitation and Education Services")

Tracks: Adolescent Alternative Day Program and Comprehensive Addiction Program for Adolescents

(**Supervisor:** Jessica Houser, Ph.D.)

Patient Assistant (Volunteer). Assisted psychologists, psychiatrists, and high-school teachers in the maintenance of a continuing day treatment level of care for adolescents (ages 14-19, grades 9-12) who suffer from severe emotional and behavioral difficulties.

- Participated in daily staff meetings on clients' progress
- Attended intake evaluation and relapse prevention meetings
- Supervised and aided clients (e.g., English tutoring; crisis intervention)
- Utilized Dialectical Behavior Therapy manuals and techniques with clients during group therapy (e.g., mindfulness skills, distress tolerance skills)
- Screened clients for drug use via weekly urine collection

Mentorship Experience

Undergraduate Senior Thesis Students

- Missy Dreier (Harvard University; Thesis Title: *The effects of rumination and distraction on Stroop task performance among individuals with discorded eating versus food allergies*) – (Project in its preliminary stages; secondary advisor)
- Sienna Nielsen (Harvard University; Thesis Title: *The influence of dissociation and narrative self-concept integration on self-authenticity and cognitive interpretation*) – (Project in its preliminary stages; primary advisor)
- Chananda Thavisin (Barnard College; Thesis Title: *The effect of perspective taking on emotion regulation: A psychophysiology study*) – (Project completed Fall 2016-Spring 2017; secondary advisor)

Research Assistants Supervised

- Julia Friend (Harvard University) – Fall 2017 - Spring 2018
- Ariel Kachuro (Columbia University) – Summer 2015
- Rhea Kotecha (Columbia University) – Summer - Fall 2015

Harvard University's Crimson's PhD Consulting Program

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

Harvard Summer Honors Undergraduate Research Program

- Alan Gutierrez (Vassar College student and research mentee) – Summer 2017

Harvard College Undergraduate Research Association Mentorship Program

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

Additional Experiences and Activities

- 2017, 2018 **Poster Session Judge**, Annual National Collegiate Research Conference, Harvard University
- 2012 – 2014 **Projects to Empower and Organize the Psychiatrically Labeled (PEOPLE), Inc.**
(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 health diagnoses.
- Assisted in the design of the *Imagine Dutchess* project: a mission to launch a collaborative mental healthcare model in Dutchess County
 - Created and maintained the database of contacts for the *Imagine Dutchess* project
 - Co-developed a “neighborhood village” website, on which consumers are provided a catalog of wellness services accessible in Dutchess County
 - Generated preliminary collaborative mental healthcare models for local hospitals
 - Designed sets of wellness questionnaires that probe consumer needs
 - Assisted housing coordinator on local visits to Poughkeepsie residents who are placed in supportive housing program
 - Conducted library research on jail diversion protocols for New York judicial systems
- 2012 – 2014 **Psychology Majors’ Committee, Vassar College**
Faculty-Student Liaison (2012 – 2013), Chair (2013 – 2014).
- Pioneered Vassar’s first *Psychology Research Conference* (2014), at which psychology, neuroscience, and cognitive science students showcased their research and fieldwork
 - Directed bi-weekly team meetings and delegated tasks to committee members
 - Selected committee members
 - Organized Vassar psychology events (e.g., Graduate School Panel)
 - Acted as primary liaison between psychology students and faculty
 - Participated in psychology faculty meetings on departmental ideas and decisions

Professional Memberships

- 2016 – Present Member, Association for Behavioral and Cognitive Therapies
- 2015 – Present Member, Cognitive Neuroscience Society
- 2015 – Present Member, Society of Clinical Child and Adolescent Psychology
- 2015 – Present Member, International Society for Self and Identity
- 2015 – Present Member, Association for Psychological Science
- 2015 – Present 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

Specialized Skills

Research Methodology

- Computer: collection and analysis of laboratory-based studies
- Behavioral: collection, organization, and analysis of E-Prime and Ecological Momentary Assessment data
- fMRI: collection, processing, and analysis of functional data
- EEG: collection, processing, and analysis of EEG/ERP recordings
- Psychophysiology: collection, processing, and analysis of heart rate and skin conductance; collection of salivary cortisol

Software

- R
- MATLAB
- SPSS
- E-Prime
- Neuroelf
- BESA
- LIWC
- REDCap
- RedOxygen
- AcqKnowledge
- Qualtrics
- Microsoft Office (Excel, PowerPoint, and Word)

Clinical

- SCID-5 Assessment training and application at McLean Hospital's Obsessive Compulsive Disorder Institute
- Exposure and Response Prevention therapy administration at McLean Hospital's Obsessive Compulsive Disorder Institute
- Patient interaction (shadowing intake interviews and sessions, 20 hours) at Cambridge Health Alliance
- Patient interaction (interviewing) at New York State Psychiatric Institute
- Neuropsychological assessment certification at New York State Neurological Institute
- Dialectical Behavior Therapy training and application at Mount Sinai St. Luke's Roosevelt
- Crisis Intervention training at Mount Sinai St. Luke's Roosevelt
- Drug screen administration at Mount Sinai St. Luke's Roosevelt
- Supportive housing assistance in Dutchess County, New York