

# Erik C. Nook

(347) 835-1254 | enook@princeton.edu

<https://scholar.harvard.edu/eriknook>

## Education

---

- 2021-2022 Postdoctoral Fellow  
Yale University, New Haven, CT
- 2020-2021 Clinical Psychology Predoctoral Internship  
Weill Cornell Medical College / New York Presbyterian Hospital, New York, NY
- 2016–2021 Ph.D., Clinical Psychology  
Harvard University, Cambridge, MA
- 2014–2016 A.M., Clinical Psychology  
Harvard University, Cambridge, MA
- 2008–2012 B.A., Psychology, *summa cum laude*  
Columbia University, New York, NY

## Research and Academic Training

---

- 2021–Present Clinical Affective Neuroscience & Development Lab (Advisor: Dylan Gee)  
Yale University, New Haven, CT  
*NSF-Funded Postdoctoral Fellow*
- 2020–2021 Weill Cornell Psychiatry Department (Advisors: Faith Gunning and Conor Liston)  
Weill Cornell Medical College, New York, NY  
*Clinical Psychology Intern*
- 2015–2021 Affective Neuroscience and Development Laboratory (Advisor: Leah Somerville)  
Harvard University, Cambridge, MA  
*NSF-Funded Clinical Psychology Graduate Student*
- Summer 2018 Emotion Laboratory & Emotion Mental Imagery Lab (Advisors: Andreas Olsson & Emily Holmes)  
Karolinska Institutet, Solna, Sweden  
*NSF-Funded Visiting Researcher*
- 2014–2015 Social Neuroscience and Psychopathology Laboratory (Advisor: Christine Hooker)  
Harvard University, Cambridge, MA  
*Clinical Psychology Graduate Student*
- 2012–2014 Stanford Social Neuroscience Laboratory (Advisor: Jamil Zaki)  
Stanford University, Stanford, CA  
*Researcher and Lab Manager*
- 2010–2012 Social Cognitive and Affective Neuroscience Laboratory (Advisor: Kevin Ochsner)  
Columbia University, New York, NY  
*Honors Student*

## Awards and Honors

---

- 2021 Smadar Levin Award, *Society for Research in Psychopathology*
- 2021 Best Talk Award, *Society for Affective Science*
- 2021 Social, Behavioral, and Economic Sciences Postdoctoral Research Fellowship, *NSF*
- 2020 Nominee, *Star Family Prize for Excellence in Advising*
- 2019 Fellow, *Kavli Summer Institute in Cognitive Neuroscience*

2019	Sackler Scholar in Psychobiology, <i>Sackler Foundation</i>
2018	Graduate Research Opportunities Worldwide Fellowship, <i>National Science Foundation</i>
2018	Conference Travel Award, <i>Social Communication Across the Lifespan Conference</i>
2017	Certificate of Distinction in Teaching, <i>Harvard University Derek Bok Center</i>
2016	Outstanding Poster Award, <i>Society for Affective Science</i>
2015	Graduate Student Fellowship, <i>National Science Foundation</i>
2015	Smadar Levin Award: Honorable Mention, <i>Society for Research in Psychopathology</i>
2015	Student Research Award: Honorable Mention, <i>Association for Psychological Science</i>
2015	Fellow, <i>Sackler Institute for Developmental Neurobiology at Weill Cornell Medicine</i>
2014	Karen Stone Fellowship, <i>Harvard University</i>
2013	Outstanding Alumnus Award, <i>The BACCHUS Network, Area 11</i>
2012	Summa cum laude (top 5% of class), <i>Columbia College</i>
2012	Edward S. Brainard Class Day Award for Outstanding Mind and Character, <i>Columbia College</i>
2012	Graduation Cords for Diversity and Inclusion, <i>Columbia University Office of Multicultural Affairs</i>
2008–2012	Dean's List, <i>Columbia College</i>
2011	Early Inductee, <i>Phi Beta Kappa</i>
2010	Outstanding Mentor Award, <i>Columbia University Office of Multicultural Affairs</i>

## Publications

---

Advisees are underlined. \* Equal contribution.

Cohen, K. A., Shroff, A., **Nook, E. C.**, & Schleider, J. L. (under review). Linguistic distancing predicts response to a digital single-session intervention for adolescent depression.

**Nook, E. C.**, Jaroszewski, A. C., Finch, E. F., & Choi-Kain, L.W. (under review). A cognitive-behavioral formulation of narcissistic self-esteem dysregulation.

**Nook, E. C.**, Nardini, C. Zacharek, S. J., Hommel, G. Spencer, H., Martino, A. Morra, A. Flores, S. Anderson, T., Marin, C. Silverman, W. K., Lebowitz, E. R., & Gee, D. G. (under review). Affective language spreads between parents and children during a difficult puzzle task.

Nook, D. D., **Nook, E. C.**, & Nook, B. C. (under review). Utilization of chiropractic care at The World Games 2017.

Williams, W. C., Leong, Y. C., Collier, E. A., **Nook, E. C.**, Son, J.-Y., & Zaki, J. (in revision). Communicating emotion through facial expressions: Social consequences and neural correlates.

**Nook, E. C.**, Hull, T. D., Nock, M. K., & Somerville, L. H. (2022). Linguistic measures of psychological distance track symptom levels and treatment outcomes in a large set of psychotherapy transcripts. *Proceedings of the National Academy of Sciences*, 119(13), e2114737119.

Bentley, K. H., Coppersmith, D. D. L., Kleiman, E. M., **Nook, E. C.**, Mair, P., Millner, A. J., Reid-Russell, A., Wang, S. B., Fortgang, R. G., Stein, M. B., Beck, S., Huffman, J. C., & Nock, M. K. (2021). Do patterns and types of negative affect during hospitalization predict short-term post-discharge suicidal thoughts and behaviors? *Affective Science*, 2, 484–494.

Grisanzio K. A.\*, Sasse, S. F.\*, **Nook, E. C.**, Lambert, H. K., McLaughlin, K. A., Somerville, L. H. (2021). Voluntary pursuit of negatively valenced stimuli from childhood to early adulthood. *Developmental Science*, 24, e13012.

Jenness, J., Lambert, H. K., Bitrán, D., Blossom, J., **Nook, E. C.**, Sasse, S. F., Somerville, L. H., & McLaughlin, K. A. (2021). Developmental variation in the associations of attention bias to emotion with internalizing and externalizing psychopathology. *Research on Child and Adolescent Psychopathology*, 49, 711–726.

**Nook, E. C.** (2021). Emotion differentiation and youth mental health: Current understanding and open questions. *Frontiers in Psychology*, 12, 700298.

- Nook, E. C.**, Flournoy, J. C., Rodman, A. M., Mair, P., & McLaughlin, K. A. (2021). High emotion differentiation buffers against internalizing symptoms following exposure to stressful life events in adolescence: An intensive longitudinal study. *Clinical Psychological Science*, *9*(4), 699–718.
- Nook, E. C.**, Satpute, A. B., & Ochsner, K. N. (2021). Emotion naming impedes both cognitive reappraisal and mindful acceptance strategies of emotion regulation. *Affective Science*, *2*(2), 187-198.
- Rodman, A. M., Vidal Bustamante, C. M., Dennison, M. J., Flournoy, J. C., Coppersmith, D. D. L., **Nook, E. C.**, Worthington, S., Mair, P. & McLaughlin, K. A. (in press). A year in the social life of a teenager: Within-person fluctuations in stress, phone communication, and anxiety and depression. *Clinical Psychological Science*, *9*(5), 791-809.
- Franz, P., **Nook, E. C.**, Mair, P., & Nock, M. K. (2020). Using topic modeling to detect and describe self-injurious and related content on a large-scale digital platform. *Suicide and Life-Threatening Behavior*, *50*(1), 5-18.
- Nook, E. C.**, Stavish, C. M., Sasse, S. F., Lambert, H. K., Mair, P., McLaughlin, K. A., & Somerville, L. H. (2020). Charting the development of emotion comprehension and abstraction from childhood to adulthood using observer-rated and linguistic measures. *Emotion*. *20*(5), 773-792.
- Nook, E. C.**, \* Vidal Bustamante, C. M.,\* Cho, H. Y., & Somerville, L. H. (2020). Use of linguistic distancing and cognitive reappraisal strategies during emotion regulation in children, adolescents, and young adults. *Emotion*. *20*(4), 525–540.
- Olsson, A., Pärnamets, P., **Nook, E. C.**, & Lindström, B. (2020). Social learning of threat and safety. In M. S. Gazzaniga, G. R. Mangun, & D. Poeppel (Eds.), *The Cognitive Neurosciences*, 6<sup>th</sup> Edn. Cambridge, MA: MIT Press.
- Satpute, A. B., **Nook, E. C.**, & Cakar, M. (2020). 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.
- Weissman, D. G., **Nook, E. C.**, Dews, A. A., Miller, A. B., Lambert, H. K., Sasse, S. F., Somerville, L. H., & McLaughlin, K. A. (2020). Low emotional awareness as a transdiagnostic mechanism underlying psychopathology in adolescence. *Clinical Psychological Science*, *8*(6), 971–988.
- Nook, E. C.** & Somerville, L. H. (2019). Emotion concept development from childhood to adulthood. In M. Neta & I. J. Haas (Eds.), *Emotion in the Mind and Body, Proceedings of the 66<sup>th</sup> Nebraska Symposium on Motivation*. Cham, Switzerland: Springer.
- 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, 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.
- 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.

- 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.

## Invited Oral Presentations

---

- May 2022      Rising Stars of Clinical Science Invited Symposium  
Association for Psychological Science, Chicago, IL  
*Using language to measure emotion regulation and mental health: From the lab to the e-clinic*
- May 2022      Neurocognitive Development of Emotion and Emotion Regulation Invited Symposium  
Association for Psychological Science, Chicago, IL  
*Charting key components of emotion language development*
- Jan 2022      Social Psychology Brownbag (Organizational Research Group)  
University of North Carolina – Chapel Hill, Chapel Hill, NC  
*Charting the development of emotion language*
- Nov 2021      Leonard Learning Lab (PI: Julia Leonard)  
Yale University, New Haven, CT  
*Translating research on language and emotion to understand parent-child interactions in pediatric anxiety*
- Oct 2021      Early Life Adversity Researchers Meetup  
Virtual Meeting  
*Language-emotion interactions and early life stress*
- Oct 2021      Center for Language, Music and Emotion (CLaME)  
New York University & Max Planck Institute for Empirical Aesthetics, New York, NY  
*Language and emotion development from childhood to young adulthood*
- Sept 2021      UCL Catalyst Seminar Series  
University College London, London, UK  
*How language shapes emotion regulation*
- June 2021      Psychiatry Grand Rounds  
Weill Cornell Medical College, New York, NY  
*Language and emotion regulation: Translating basic affective science*
- Dec 2020      Princeton University Psychology Department  
Princeton University, Princeton, NJ  
*An integrative approach to language and emotion*
- Nov 2020      Learning and Brain Development Laboratory (PI: Juliet Davidow)  
Northeastern University, Boston, MA  
*Advancing understanding of language and emotion across development*
- Nov 2020      Self-Regulation, Emotion, and Attention Laboratory (PI: Julia Vogt)  
University of Reading, Reading, UK  
*Talking your way to feeling better: Language and emotion regulation*
- Sep 2020      Clinical Affective Neuroscience and Development Laboratory (PI: Dylan Gee)  
Yale University, New Haven, CT  
*Language and emotion: Developmental and translational perspectives*

- Apr 2020 SaxeLab (PI: Rebecca Saxe)  
Massachusetts Institute of Technology, Cambridge, MA  
*Language and emotion concept development from childhood to young adulthood*
- Oct 2019 Social Psychology Research Seminar  
Princeton University, Princeton, NJ  
*Emotion concepts across development*
- Sep 2019 Intergroup Neuroscience Laboratory (PI: Mina Cikara)  
Harvard University, Cambridge, MA  
*Charting the foundations of emotion concept development*
- Mar 2019 Columbia Alumni Association of Boston Public Lecture  
Cambridge, MA  
*Emotions in kids, teens, and adults: The powerful influence of words on emotions across development*
- June 2018 Emotion Laboratory (PI: Andreas Olsson)  
Karolinska Institutet, Solna, Sweden  
*From social norms to emotion names: Benefits of integrating the tools of social, affective, and developmental neuroscience*
- Oct 2018 Clinical Psychology Research Training Group  
Harvard University, Cambridge, MA  
*Language and emotion regulation*
- Apr 2017 FeldmanHall Laboratory (PI: Oriol FeldmanHall)  
Brown University, Providence, RI  
*The power of nudges: Neural and affective mechanisms underlying positive applications of social influence*
- Mar 2017 Science in the News Presentation  
Beacon Hill Seminar Series, Boston, MA  
*Cognitive reappraisal and linguistic distancing as alternative strategies for emotion regulation in people self-harming and contemplating suicide*
- Nov 2016 Science in the News Presentation  
Harvard Medical School, Boston, MA  
*Is there another way? Cognitive reappraisal and linguistic distancing as alternative strategies for regulation in people self-harming and contemplating suicide*
- Feb 2016 Boston Area Affective Scientists  
Boston, MA  
*Let's talk about feelings: The effects of emotion naming and psychological distancing on emotion regulation*
- Mar 2014 Affective Science Area Seminar  
Stanford University, Stanford, CA  
*Beyond the dark and light sides of social influence*

## Conference Oral Presentations

---

Advisees are underlined.

**Nook, E. C.**, Nardini, C. Zacharek, S. J., Hommel, G. Spencer, H., Martino, A. Morra, A. Flores, S. Anderson, T., Marin, C. Silverman, W. K., Lebowitz, E. R., & Gee, D. G. (2022). *Affective language spreads in parent-child dyads during a difficult puzzle task*. Flash talk at the 5<sup>th</sup> Annual Yale Postdoctoral Association Symposium. New Haven, CT.

- Nook, E. C.,** Hull, T. D., Nock, M. K., & Somerville, L. H. (2021). *Translating research on language and emotion regulation to develop a replicable measure of treatment progress*. Oral Presentation at the Annual Conference of the International Society for Research on Emotion. Los Angeles, CA.
- Nook, E. C.,** Hull, T. D., Nock, M. K., & Somerville, L. H. (2021). *Applying psycholinguistic tools to assess internalizing symptom severity and treatment progress in a large set of psychotherapy transcripts*. Blitz talk at the Technology in Psychiatry Summit. Virtual conference.
- Nook, E. C.,** Hull, T. D., Nock, M. K., & Somerville, L. H. (2021). *Translating psycholinguistic research on emotion regulation to develop markers of treatment progress*. Student Flash Talk at the annual meeting of the Society for Research in Psychopathology. Virtual conference.
- Nook, E. C.,** Hull, T. D., Nock, M. K., & Somerville, L. H. (2021). *Tracking treatment outcomes using linguistic measures of psychological distance in a large sample of therapy transcripts*. Presentation at the annual meeting of the Society for Affective Science. Virtual conference.
- Nook, E. C.,** Jaroszewski, A. C., Finch, E. F., & Choi-Kain, L. W. (2021). *A cognitive-behavioral approach to narcissistic self-esteem dysregulation*. Presentation at the annual World Congress of the International Society for the Study of Personality Disorders. Virtual conference.
- Nook, E. C.,** Stavish, C. M., Sasse, S. F., Lambert, H. K., Mair, P., McLaughlin, K. A., & Somerville, L. H. (2021). *The role of language in developing abstract, multidimensional emotion concepts*. Symposium presentation at the biennial meeting of the Society for Research in Child Development. Virtual conference.
- Nook, E. C.,** Flournoy, J. C., Rodman, A. M., Mair, P., & McLaughlin, K. A. (2020). *Emotion differentiation promotes healthy stress coping in adolescence*. Presentation at the annual meeting of the Society for Affective Science, San Francisco, CA. (Conference canceled, presentation available [here](#)).
- Nook, E. C.** (2019). *Language and emotion concept development*. Presentation at the Interdisciplinary Advances on the Development of Emotion Understanding preconference before the annual meeting of the Cognitive Development Society, Louisville, KY.
- Nook, E. C.** (2019). *Developments in general vocabulary mediate development of multidimensional emotion concepts*. Presentation at the Construction preconference before the annual meeting of the Society for Affective Science, Boston, MA.
- Nook, E. C.,** Jaroszewski, A. C., Woynowskie, K., M., & Choi-Kain, L. W. (2019). *A cognitive-behavioral framework for narcissistic pathology: Transforming personality through exposure-based interventions*. Presentation at the annual meeting of the American Psychiatric Association. San Francisco, CA.
- Nook, E. C.,** Sasse, S. F., Lambert, H. K., McLaughlin, K. A., & Somerville, L. H. (2019). *Emotion concepts become more multidimensional across age: General vocabulary as a scaffold for emotion concept development*. Presentation at the 2019 International Emotions Symposium, Tilburg, Netherlands.
- 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*. Presentation at the annual meeting of the Society for Affective Science, Los Angeles, 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.,** Sasse, S. F., Lambert, H. K., McLaughlin, K. A., & Somerville, L. H. (2017). *Mechanisms underlying the development of multidimensional emotion concept representation*. Presentation at the annual meeting of the Society for Affective Science, Boston, MA.
- Somerville, L. H. & **Nook, E. C.** (2017). *Multimodal development of emotion understanding: Implications for emotion regulation*. Presentation at the annual meeting of the Association for Psychological Science, Boston, MA.
- Nook, E. C.,** Schleider, J. L., & Somerville, L. H. (2016). *A linguistic signature of psychological distancing in emotion regulation*. Presentation at the annual meeting of the Society for Affective Science, 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.* 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.* Presentation at the Boston Area Psychology Graduate Symposium, Boston, MA.
- Nook, E. C., Griesemer, I.,<sup>†</sup> Satpute, A. B., & Ochsner, K. N. (2014).** *Talking about feelings: Differential consequences of four methods of affect labeling.* Presentation at the European Association for Social Psychology's Emotion and the Brain Preconference, Amsterdam, Netherlands. <sup>†</sup>Presenting author.
- 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).** *SAC Roundtable.* Presentation at the BACCHUS Network Area 11 Regional Conference, Ewing, NJ.
- Nook, E. C. (2011).** *Shout-out with the SAC: building community through conversation.* Presentation at the BACCHUS Network Area 11 Regional Conference, 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, Ewing, NJ.

## Poster Presentations

---

Advisees are underlined.

- Cohen, K., Shroff, A., **Nook, E. C.**, & Schleider, J. (2022). *Adolescent word use predicts response to growth mindset intervention.* Poster at the JCCAP Future Directions Forum. Virtual conference
- Hegefeld, H. M., Satpute, A. B., Ochsner, K. N., **Nook, E. C.\***, Davidow, J. Y.\* (2022). Investigating emotion fluency's relations with verbal fluency and emotional functioning. Poster at the annual conference of the Society for Affective Science. Virtual conference.
- Nook, E. C.**, Hull, T. D., Nock, M. K., & Somerville, L. H. (2021). *Translating psycholinguistic research on emotion regulation to develop markers of treatment progress.* Poster at the annual meeting of the Society for Research in Psychopathology. Virtual conference.
- Nook, E. C.**, Hull, T. D., Nock, M. K., & Somerville, L. H. (2021). *Replicable evidence that client language tracks therapy progress.* Poster at the Opening Affective Science preconference before the annual meeting of the Society for Affective Science. Virtual conference.
- Ahn, H. E., **Nook, E. C.**, Schleider, J. L., & Somerville, L. H. (2020). *Investigating linguistic abstraction in relation to psychological distancing and emotion regulation.* Poster at the annual meeting of the Society for Affective Science, San Francisco, CA. (Conference canceled, poster available [here](#)).
- Nook, E. C.**, Flournoy, J. C., Rodman, A. M., Mair, P., & McLaughlin, K. A. (2020). *Ability to differentiate emotions buffers adolescents from the impact of stress.* Poster at the annual meeting of the Social and Affective Neuroscience Society, Santa Barbara, CA. (Conference canceled).
- Rodman, A. M., Vidal Bustamante, C. M., Dennison, M. J., Flournoy, J. C., Coppersmith, D. D. L., **Nook, E. C.**, Worthington, S., Mair, P. & McLaughlin, K. A. (2020). *Phone communication as a mechanism linking stress exposure with adolescent internalizing psychopathology using high-frequency longitudinal design.* Poster at the annual meeting of the Association for Psychological Science, Chicago, IL.
- Nook, E. C.**, Holmes, E. A., Somerville, L. H., & Olsson, A. (2019). *I see your fears: The role of empathy and mental imagery in contagious worries.* Poster at the annual meeting of the Social and Affective Neuroscience Society, Miami, FL.

- Nook, E. C.,** Holmes, E. A., Somerville, L. H., & Olsson, A. (2019). *Identifying empathy and mental imagery as mechanisms underlying the contagious spread of worries*. Poster at the annual meeting of the Society for Research in Psychopathology, Buffalo, NY.
- Nook, E. C.,** Stavish, C. M., Sasse, S. F., Lambert, H. K., Mair, P., McLaughlin, K. A., & Somerville, L. H. (2019). *Abstractness of emotion representations increases from childhood to adolescence: observer-rated and psycholinguistic evidence*. Poster at the annual meeting of the Society for Affective Science, Boston, MA.
- 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 at the annual meeting of the Society for Research in Psychopathology, 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 at the annual meeting of the Social and Affective Neuroscience Society, 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 at the annual meeting of the Society for Research in Psychopathology, Denver, CO.
- 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 at the annual meeting of the Society for Affective Science, Boston, MA.
- 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 at the annual meeting of the Social and Affective Neuroscience Society, Los Angeles, CA.
- 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 at the annual meeting of the Flux Society, Portland, OR.
- Saxena, A., Haut, K. M., **Nook, E. C.**, Dodell-Feder, D., Tully, L. M., Germine, L. T., & Hooker, C. I. (2017). *Relationship between emotional granularity and functioning in psychosis and healthy adults*. Poster at the annual meeting of the Society for Research in Psychopathology, Denver, CO.
- 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 at the annual meeting of the Flux Society, St. Louis, IL.
- 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 at the annual meeting of the Flux Society, St. Louis, IL.
- Nook, E. C.,** Schleider, J. L., & Somerville, L. H. (2016). *A linguistic signature of psychological distancing in emotion regulation*. Poster at the annual meeting of the Society for Affective Science, Chicago, IL.
- Nook, E. C.,** Schleider, J. L., & Somerville, L. H. (2016). *Discovering bidirectional relations between emotion regulation and distancing language*. Poster at the annual meeting of the Society for Research in Psychopathology, Baltimore, MD.
- 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 at the annual meeting of the Society for Affective Science, Oakland, CA.
- 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 at the annual meeting of 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 at the annual meeting of the Association for Psychological Science, 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 at the annual meeting of the Social and Affective Neuroscience Society, Boston, MA.
- Weisz, E., Cikara, M., **Nook, E. C.**, & Zaki, J. (2015). *The influence of competition and competence on empathy*. Poster at the annual meeting of the Society for Affective Science, Oakland, CA.
- 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 at the annual meeting of the Society for Personality and Social Psychology, Austin, TX.
- 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 at the annual meeting of the Society for Research in Psychopathology, Evanston, IL.
- 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 at the annual meeting of the Society for Personality and Social Psychology, Austin, TX.
- Nook, E. C.**, Lindquist, K. A., & Zaki, J. (2014). *A new look at emotion perception: Evidence for the influence of emotion concepts*. Poster at the annual meeting of the Society for Affective Science, Washington, D.C.
- Nook, E. C.**, Lindquist, K. A., & Zaki, J. (2014). *A new look at emotion perception: Evidence for top down processing*. Poster at the Emotion Preconference before the annual meeting of the Society for Personality and Social Psychology, Austin, TX.
- Nook, E. C.**, Ong, D. C., Morelli, S. A., Mitchell, J. P., & Zaki, J. (2014). *Prosocial conformity: Persistence, generalization and boundary conditions*. Poster at the annual meeting of the Association for Psychological Science, San Francisco, CA.
- Nook, E. C.** & Zaki, J. (2014). *An appetite for conformity: Peer preferences shift behavioral and neural responses to foods*. Poster at the annual meeting of the Social and Affective Neuroscience Society, 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 at the annual meeting of the Social and Affective Neuroscience Society, Denver, CO.
- 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 at the annual meeting of the Society for Personality and Social Psychology, Austin, TX.
- Williams, W. C., **Nook, E. C.**, Son, J., & Zaki, J. (2014). *Audiences enhance the expression, but not experience, of emotion*. Poster at the annual meeting of the Social and Affective Neuroscience Society, 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 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 at the annual meeting of the Society for Personality and Social Psychology, 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 at the annual meeting of the Cognitive Neuroscience Society, 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 at the annual meeting of the Social and Affective Neuroscience Society, 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 at the annual meeting of the Cognitive Neuroscience Society, Chicago, IL.

## Research Grants

---

- 2021 National Science Foundation SBE Postdoctoral Research Fellowship (\$63,250)  
*Using joint experience-sampling and fMRI methods to understand how the brain supports differentiated emotional experiences.*  
PI: Erik C. Nook
- 2019 Dissertation Completion Fellowship (\$37,814)  
*Linguistic distancing in emotion regulation: Theoretical, developmental, and translational perspectives*  
PI: Erik C. Nook
- 2019 Sackler Scholarship in Psychobiology (\$9,728)  
*Understanding the neural underpinnings of emotion differentiation*  
PI: Erik C. Nook
- 2018 NSF Graduate Research Opportunities Worldwide (GROW) Fellowship (\$5,000)  
Funded 3 months of international research at Karolinska Institutet in Stockholm, Sweden  
PIs: Erik C. Nook, Andreas Olsson, Emily A. Holmes, & Leah H. Somerville
- 2017 Harvard University Knox Grant (\$3,500)  
*I see your fears: Investigating the roles of empathy and mental imagery in worry contagion*  
PI: Erik C. Nook
- 2015 NSF Graduate Student Fellowship (\$102,000)  
*Using neuroimaging and longitudinal methods to refine the theory of emotion granularity*  
PI: Erik C. Nook
- 2014 Harvard University Stimson Grant (\$1,000)  
PI: Erik C. Nook
- 2013 Stanford University Center for Cognitive and Neurobiological Imaging Seed Grant (\$3,150)  
*Establishing the role of emotion concepts in emotion perception using a repetition suppression paradigm*  
PIs: Erik C. Nook & Jamil Zaki

## Teaching Experience

---

- Spring 2022 The Psychology of Adversity (Course Instructor: Prof. Rebecca Carey)  
Princeton University, Princeton, NJ  
*Guest Lecturer:* Provided lecture and interactive discussion on the ways that adversity and culture shape clinical approaches to psychological distress.
- Spring 2022 Stress and Resilience in the Brain (Course Instructor: Dr. Jocelyn Breton)  
Middlebury College, Middlebury, VT  
*Guest Lecturer:* Provided lecture and interactive discussion on the role of emotion differentiation in buffering youth from stress-related psychopathology.
- Summer 2021 Introduction to Cognitive Behavioral Therapy (Course Instructor: Erik Nook)  
Weill Cornell Medical College, New York, NY  
*Course Instructor:* Developed and delivered course materials (i.e., syllabus, lectures, immersive activities, and self-change project) for 6-session introductory course on the theory and practice of Cognitive Behavioral Therapy, a required course for Psychology Interns and Psychiatry Residents.
- Summer 2020 Brain Development and Adolescent Mental Health (Course Instructor: Erik Nook)  
Horizon Academic, Jersey City, NJ  
*Course Instructor:* Developed and delivered all course materials, including syllabus, homework, and final paper assignments for high school student interested in intensive research training on developmental clinical neuroscience.

- Spring 2020 Cultural and Individual Diversity (Course Instructor: Dr. Rebecca Shingleton)  
Harvard University, Cambridge, MA  
*Guest Lecturer:* Presented case vignettes describing principles of clinical care for LGBTQ+ clients.
- Fall 2019 The Emotional Mind (Course Instructor: Prof. Leah Somerville)  
Harvard University, Cambridge, MA  
*Grading Assistant:* Learned course material covering emotion theory, emotion development, and role of emotion in clinical issues. Assisted with grading of course quizzes and papers.
- Fall 2018 Psychology of Willpower (Course Instructor: Dr. Becky Fortgang)  
Harvard University, Cambridge, MA  
*Guest Lecturer:* Produced and provided lecture on the process model of emotion regulation, theoretical and applied relations between emotion regulation and self-control, and empirical research on strategies for facilitating effective emotion regulation.
- Spring 2017 Statistics for Behavioral Scientists (Course Instructor: Prof. Max Krasnow)  
Harvard University, Cambridge, MA  
*Teaching Fellow:* Planned and led laboratory section of 14 students through weekly course material and statistics problem sets. Assisted students with exam preparation. Assisted professor with homework, exam, and problem set questions and grading. Graded students' final papers.
- Fall 2017 Psychotherapy Science and Practice (Course Instructor: Prof. John Weisz)  
Harvard University, Cambridge, MA  
*Guest Lecturer:* Produced and provided lecture on the theory and application of mindfulness-based psychotherapies, including discussion of empirical support for these approaches.

## Advising Experience

---

- 2021–Present Yale University, New Haven, CT  
*Undergraduate thesis student:* Daphne Zhu (2022-present)
- 2014–2022 Harvard University, Cambridge, MA  
*Harvard College undergraduates:* Matthew Abrams (2014-2015), Hayoung Ahn (2018-2020), Aridenne Dews (2016-2018), Racheal Lama (2021-Present), Sadhana Ponnaluri (2017), Christina Uhrig (2015)  
*Post-baccalaureate research assistants:* Natalie Kleeman (2014-2018), Jessica Hsu (2017), Sandy Li (2016-2017)  
*Other:* Annie Harris (Harvard Extension School Undergraduate, 2021-2022), Kevin Kent (Harvard Graduate School of Education Master's Student, 2015-2016), José Santiago (NSF-Funded Bunker Hill Community College Intern, 2016), Caitlin Stavish (Boston University undergraduate, 2016-2018)
- 2018–2019 Karolinska Institutet, Solna, Sweden  
*Thesis student:* Therese Collins
- 2012–2014 Stanford University, Stanford, CA  
*Stanford University undergraduates:* Christina Chwyl (2013-2014), Stephen Frey (2012-2013), Christopher Middleton (2013-2014), Jae-Young Son (2012-2014)
- 2010–2012 Columbia University, New York, NY  
*Columbia College undergraduates:* Dani Golomb (2012-2013), Alissa Rogol (2012-2013)  
*Post-baccalaureate research assistants:* Ida Griesemer (2013-2014)

## Dissertation Committees

- 2022 Monica Thieu, Columbia University

## Clinical Experience and Training

---

- 2021 – Present New York Anxiety Treatment, New York, NY  
Supervisor: Anna Edwards, Ph.D.  
*Postdoctoral Clinician:* Serve as weekly outpatient therapist for patients with anxiety disorders.
- 2020–2021 Weill Cornell Medical College / New York Presbyterian Hospital, New York, NY  
Clinical Psychology Predoctoral Internship  
Supervisors: Susan Evans, Ph.D., Jessica Latack, Ph.D., Avital Falk, Ph.D., Michelle Pelcovitz, Ph.D., Elizabeth Auchincloss, M.D.  
*Intern:* Served as outpatient therapist in the Cognitive Therapy Clinic and the Child/Adolescent Outpatient Clinic. Exposure therapist and group therapist for the Pediatric Obsessive-Compulsive Anxiety and Tic Disorders Clinic. Completed intake assessments through the Evaluation Clinic.
- 2015–2021 Affective Neuroscience and Development Laboratory  
Harvard University, Cambridge, MA  
Supervisors: Matt K. Nock, Ph.D. and Katie A. McLaughlin, Ph.D.  
*Clinical consultant:* Assisted two large research projects (including the Human Connectome Project-Development) with assessments of child abuse and suicidal thoughts and behaviors. Made referrals and reports as needed. Trained and supervised research assistants in assessing risk.
- 2019 Home Base Program  
Massachusetts General Hospital, Boston, MA  
Supervisor: Erika Clark, Ph.D.  
*Neuropsychology Practicum Student:* Completed two-day neuropsychological assessments for veterans seeking insight into their cognitive functioning in an out-patient setting. Produced reports on findings and provided feedback to patients. Assessment battery included clinical interview, WAIS, WMS, D-KEFS, MMPI-2-RF, grooved pegboard, Rey Complex Figure Task, Conners Continuous Performance Task-3, and questionnaires.
- 2017–2018 Gunderson Residence  
McLean Hospital, Belmont, MA  
Supervisors: Lois Choi-Kain, M.Ed., M.D., Karen L. Jacob, Ph.D., Brandon Unruh, M.D.  
*Clinical Practicum Student:* Provided 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. Completed diagnostic assessments using SCID, SCID-II, and SNAP-2 and produced assessment reports.
- 2018 Mentalization Based Treatment: Intensive Basic Training  
Borderline Personality Disorder Training Institute at McLean Hospital, Belmont, MA  
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.
- 2016–2017 Center for Anxiety and Related Disorders (CARD)  
Boston University, Boston, MA  
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. Completed diagnostic assessments using the Anxiety Disorders Interview Schedule (ADIS) and produced assessment reports.
- 2015–2016 OCD Institute  
McLean Hospital, Belmont, MA  
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.

- 2015 Cambridge Health Alliance Inpatient Psychiatric Service  
Cambridge Hospital, Cambridge, MA  
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.
- 2008–2012 Alice! Health Promotion Program  
Columbia University, New York, NY  
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 active members, 56 annual events to 170 events, and 700 annual participants to 3100 participants in 3 years; redesigned training to include modules on appraisal theories of stress and mechanisms for stress buffering via social support.
- 2011–2012 Sexual Violence Response Program  
Columbia University, New York, NY  
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.
- 2007–2012 Erik's Tactile Therapies, Perth, Australia  
*Massage Therapist*: Evaluation health needs of clients, treatment planning, administering massage therapies, record keeping of patient histories.
- 2007–2009 Nulsen, Perth, Australia  
*Support Worker for five residents with mental disabilities*: Responsible for supporting residents' social behaviors (e.g., rewarding appropriate behaviors, de-escalating, and negotiating in difficult situations) and social/skill development.

## Media Coverage

---

Emotion naming interferes with regulation

[VICE](#)

Emotion differentiation is low in adolescence

[APS's Latest Research News](#)

[BYU Radio's Top of Mind](#)

[Greater Good Magazine](#)

[Harvard Magazine](#)

[Harvard Gazette](#)

[Learning and the Brain](#)

[New England Psychologist](#)

[NSF Science Now](#)

[Reliawire](#)

Distancing language regulates emotions

[VICE](#)

Norms shift prosocial behavior

[Pacific Standard](#)

[Edge](#)

Norms shift behavioral and neural responses to foods

[\*APS Observer\*](#)

[\*The People's Science\*](#)

[\*Cognitive Neuroscience Society Blog\*](#)

Other

“Our words, our feelings: Language and emotion development” [\*Brevia\*](#)

“Do children feel stronger emotions than adults?” [\*Giz Asks\*](#)

“Reflections on National Coming Out Day.” [\*Harvard Crimson\*](#)

“SASSC the Expert Interview with Wendy Berry Mendes.” [\*Society for Affective Science\*](#)

“Your community deserves you whole.” [\*Columbia Spectator\*](#)

## Scientific and Clinical Outreach

---

- Apr 2022      Tri-County Science & Technology Fair  
Putnam Children’s Discovery Center  
*Poster Judge:* Judged high school psychology posters submitted to regional science fair and provided constructive comments.
- Feb 2022      Hiring in Academic Panel  
Department of Psychology, Princeton University  
*Panelist:* Panelist for a departmental discussion of the pathways to hiring in academia. Provided transparent insight into the process of hiring and answered questions from the audience.
- May 2021      Psychology and Neuroscience Panel  
Simply Neuroscience  
*Panelist:* Panelist for a public outreach event targeted at high school and undergraduate students discussing emerging research and tips for pursuing research in psychology and neuroscience.
- Nov 2020      “[Change Your Emotions by Changing Your Words](#)” Video  
LGBT Global Science Show  
*Participant:* Part of a day-long science communication event on 11/13/2020 to celebrate LGBT scientists. Prepared and presented short video on linguistic distancing and emotion regulation (Nook, Schleider, & Somerville, 2017).
- Nov 2020      “Clinical Skills for Health Professionals” Presentation  
Forward Thinking Chiropractic Association  
*Presenter:* Provided overview of foundational clinical psychological skills (e.g., warmth, empathy, motivational interviewing, monitoring, boundary setting, self-care, making referrals) and how they can be applied across health professions.
- July 2020      “[Meaningful and Enjoyable Work](#)” Panel Discussion  
Happiness Institute Virtual Conference  
*Panelist:* Discussed how psychological research on stress, emotion regulation, and clinical interventions relate to finding psychological wellbeing and fulfillment in workplace settings.
- April 2020      “Emotions 101” Presentation  
Docent Health, Boston, MA  
*Presenter:* Presented overview of research on emotion theory, emotion regulation, and emotion development.
- Feb 2020      “Perspectives from Residential Life, Teaching Fellows, and Primary Care” Panel  
College Mental Health and Borderline Personality Disorder Conference, Somerville, MA  
*Panelist:* Presented clinical vignette demonstrating ways to manage borderline personality disorder traits in a residential college setting.
- 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 Harvard University undergraduates.
- 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 when 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–  
Present 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 careers in science.

## Other Service and Memberships

---

- 2021–Present Society for Affective Science Preconference Organizing Committee  
*Co-chair:* Responsible for organizing preconferences for the 2022 and 2023 Society for Affective Science annual meetings.
- 2021–Present Society for Research in Psychopathology Conference Organizing Committee  
*Member:* Responsible for co-organizing conference program for the 2022 Society for Research in Psychopathology annual conference.
- 2020–Present Walden Wise  
*Scientific Advisory Board Member:* Co-founding member of the scientific advisory board for Walden Wise, a nonprofit organization working to translate scientific understanding of development, emotion, and psychopathology to transform parenting practices to improve youth mental health. Contributed to nonprofit’s theory of change, key practices, and structure.

- 2020–Present Society for Research in Psychopathology Diversity, Inclusion, and Belonging Committee  
*Associate-Level Member*: Member of the trainee subcommittee for increasing diversity, inclusion, and belonging (DIB) in the society. Contribute to projects aimed at improving the society's structure, website, conference, and overall mission to better align with DIB initiatives.
- 2021 Application Statement Feedback Program (ASFP)  
*Core Member*: Helped coordinate volunteer editors who provided feedback to prospective psychology PhD students' application materials. Helped recruit, train, and support editors as they provided feedback and boost preparation for future scientific careers.
- 2021 Action Potential Advising Program (APAP)  
Simply Neuroscience  
*Advisor*: Provide career counseling to high-school and undergraduate students across America who are interested in pursuing careers in neuroscience.
- 2020 Prospective Ph.D. & RA Event in Psychology (PPREP)  
Harvard University, Cambridge, MA  
*Mentor*: Supported 3 students from diverse backgrounds with their applications to Ph.D. programs. Provided general advising and feedback on application materials.
- 2015–2020 Pforzheimer House  
Harvard University, Cambridge, MA  
*Resident Tutor and Senior Tutor (2018-2019)*: Residential community advisor for Harvard undergraduates. Responsible for supporting students' personal, academic, and social development through regular programming and close advising. Directly advise ~6 sophomores and ~40 upper-class students each year. Support house wellness and LGBT committees through regular event programming. Senior tutor role involves leadership position on tutor staff, developing training and support initiatives for other tutors, and regular direct support of students with academic concerns.
- 2019–2020 APAGS LGBT+ Mentoring Program  
American Psychological Association of Graduate Students Committee on Sexual Orientation and Gender Diversity  
*Advisor*: Provide scientific and career advice to an LGBT-identified young scientist through monthly advising conversations.
- 2019–2020 RallyPoint  
Watertown, MA  
*Fellow*: Collaborating researcher on interdisciplinary team investigating how active service members' and veterans' language relates to emotional and clinical processes online. Contributing to research using machine learning, psycholinguistic, and "just-in-time" intervention tools with the ultimate aim of improving mental health and reducing suicide in veteran populations.
- 2015–2020 Committee on Undergraduate Instruction  
Harvard University Psychology Department, Cambridge, MA  
*Member*: Contribute to decisions surrounding Harvard undergraduate psychology curriculum.
- 2015–2017 Psychology Graduate Student Mental Health Survey  
Harvard University, Cambridge, MA  
*Student liaison*: Assisted with design and implementation of survey designed to assess mental health of psychology graduate students at Harvard University to aid in structural changes that support student well-being.
- 2015–2017 Society for Affective Science Student Committee  
*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.

- 2019 Student Leadership Awards Selection Committee  
Harvard University, Cambridge, MA  
*Judge:* Read nomination and application materials for three student leadership awards provided by Harvard College. Discussed selections with a team of other judges and came to final decisions.
- 2019 National Collegiate Research Conference  
Harvard University, Cambridge, MA  
*Poster Judge:* Scored poster presentations at the nation's largest undergraduate-organized research conference. Queried presenters and evaluated their presentation, design, and impact.
- 2011 Under 1 Roof  
Columbia University, New York, NY  
*Workshop Facilitator:* Trained facilitator for conversations on diversity and social justice during Columbia University's 2011 New Student Orientation Program.
- 2010–2011 The BACCHUS Network (National Non-Profit Organization for Peer Health Educators)  
*Area 11 Student Advisory Committee Member:* Regional Student Representative for New York, New Jersey and Pennsylvania; responsible for connecting students across the nation through presentations at national and regional conferences, speaking at national meetings, and assembling regional newsletters.
- 2010 Internship in Building Community  
Columbia University, New York, NY  
*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.
- 2009–2012 Columbia University Student Health Advisory Committee  
Columbia University, New York, NY  
*Mental Health Subcommittee:* Generate and implement strategies to improve Columbia University's mental health care.

#### Professional Memberships

- 2021 Society for Research in Child Development  
2019 Cognitive Development Society  
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

#### Editing

- 2022 Consulting Editor, *Emotion*  
2020 Editorial Board Member, *Affective Science*

#### Grant Reviewing

- NSF  
Tryg Foundation

#### Manuscript Reviewing ([www.publons.com/author/1216333/erik-nook](http://www.publons.com/author/1216333/erik-nook))

- Affective Science*  
*Applied Cognitive Psychology*  
*Biological Psychiatry*  
*Biological Psychiatry: CNNI*  
*Brain Imaging and Behavior*  
*British Journal of Developmental Psychology*

*British Journal of Psychology*  
*British Journal of Social Psychology*  
*Clinical Psychological Science*  
*Cognition and Emotion*  
*Consciousness and Cognition*  
*Developmental Cognitive Neuroscience*  
*Developmental Psychology*  
*Emotion*  
*Emotion Review*  
*European Journal of Social Psychology*  
*Frontiers in Behavioral Neuroscience*  
*International Journal of Psychology*  
*Journal of Adolescence*  
*Journal of Cognitive Psychology*  
*Journal of Emerging Investigators*  
*Journal of Experimental Psychology: General*  
*Journal of Experimental Social Psychology*  
*Journal of General Psychology*

*Journal of Neuroscience*  
*Journal of Personality and Social Psychology*  
*Journal of Psychiatry Research*  
*Journal of Psycholinguistic Research*  
*Journal of Research on Adolescence*  
*Journal of Social and Personal Relationships*  
*Nature Human Behaviour*  
*Perception*  
*Personality and Individual Differences*  
*Personality and Social Psychology Bulletin*  
*PLOS ONE*  
*Psychological Medicine*  
*Psychological Science*  
*Quarterly Journal of Experimental Psychology*  
*Scientific Reports*  
*Social Cognitive and Affective Neuroscience*  
*Social Psychological and Personality Science*  
*Translational Psychiatry*

#### Alumni Service

2021–Present    Outreach committee member, *Columbia University 2012 10-Year Reunion Organizing Committee*  
2012–2021      Prospective student interviewer, *Columbia University's Alumni Representative Committee*  
2014–2018      Board Member, *Columbia Alumni Club of Boston*  
2012–2017      Board Member and Regional Ambassador, *Columbia College Young Alumni*  
2012–2014      Board Member, *Columbia Alumni Club of Northern California*