

Erik C. Nook

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Education

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

Research and Academic Training

- 2015 – Clinical Psychology Graduate Student
Affective Neuroscience and Development Laboratory (PI: Leah Somerville)
Harvard University
- 2014 – 2015 Clinical Psychology Graduate Student
Social Neuroscience and Psychopathology Laboratory (PI: Christine Hooker)
Harvard University
- 2012 – 2014 Researcher and Lab Manager
Social Neuroscience Laboratory (PI: Jamil Zaki)
Stanford University
- 2010 – 2012 Honors Student
Social Cognitive and Affective Neuroscience Laboratory (PI: Kevin Ochsner)
Columbia University
- 2009 Anatomy Laboratory Technician
Chiropractic School Anatomy Department
Murdoch University

Awards and Honors

- 2016 Society for Affective Science Poster Award
- 2015 NSF Graduate Student Fellowship
- 2015 Society for Research in Psychopathology Smadar Levin Student Research Award: Honorable Mention
- 2015 Association for Psychological Science Student Research Award: Honorable Mention
- 2015 Funded Summer Training at the Sackler Institute for Developmental Neurobiology, Weill Cornell Medical College, New York, NY.
- 2014 Harvard University Karen Stone Fellowship
- 2014 Harvard University Stimson Grant
- 2013 Stanford University Center for Cognitive and Neurobiological Imaging Seed Grant
- 2013 BACCHUS Area 11 Outstanding Alumnus Award
- 2012 Graduated from Columbia University *summa cum laude* (top 5% of class)
- 2012 Columbia College Edward S. Brainard Class Day Award
- 2012 Columbia University Office of Multicultural Affairs Graduation Cords
- 2012 Columbia University Eureka J. Kellett Fellowship Finalist
- 2008 – 2012 Columbia University Dean’s List

2011	Phi Beta Kappa Early Inductee
2011	National Award from The BACCHUS Network: “Outstanding Affiliate” - Stressbusters
2011	Certificate of Recognition for “Outstanding Student Group” - Stressbusters
2010	Outstanding Mentor from Columbia University’s Office of Multicultural Affairs

Publications

- 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: Social norms motivate broad generosity 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.

Manuscripts in Progress

Advisees are underlined.

- Nook, E. C.**, Sasse, S. F., Lambert, H. K., McLaughlin, K. A., & Somerville, L. H. (under review). Increasing verbal knowledge mediates development of multidimensional emotion representations.
- Nook, E. C.**, Chwyl, C., & Zaki, J. (under review). Interpersonal emotion granularity.
- Nook, E. C.**, Dodell-Feder, D., Hooley, J. M., DeLisi, L. E., & Hooker, C. I. (under review). Neural response to criticism predicts mood and symptoms following social conflict in people at familial risk for schizophrenia.

Conference and Invited Talks

Advisees are underlined.

- Nook, E. C.** (2017). The power of nudges: Neural and affective mechanisms underlying positive applications of social influence. Invited presentation for Prof. Oriell FeldmanHall’s lab at Brown University, Providence, RI.
- Nook, E. C.**, Franz, P., & Fox, K. R. (2017). Cognitive reappraisal and linguistic distancing as alternative strategies for emotion regulation in people self-harming and contemplating suicide. Science in the News presentation at the Beacon Hill Seminar Series, Boston, MA.
- Nook, E. C.**, Sasse, S. F., Lambert, H. K., McLaughlin, K. A., & Somerville, L. H. (2017). Mechanisms underlying the development of multidimensional emotion concept representation. Thematic Flash Talk for the Society for Affective Science’s Annual Meeting, Boston, MA.
- Nook, E. C.**, Franz, P., & Fox, K. R. (2016). Is there another way? Cognitive reappraisal and linguistic distancing as alternative strategies for emotion regulation in people self-harming and contemplating suicide. Science in the News presentation at Harvard Medical School, Boston, MA.
- Nook, E. C.**, Sasse, S. F., Lambert, H. K., McLaughlin, K. A., & Somerville, L. H. (2016). Learning feelings: Charting the development of emotion concepts and emotional granularity. Second year project departmental presentation and defense at Harvard University, Cambridge, MA.
- Nook, E. C.**, Satpute, A. B., Ochsner, K. N., Schleider, J. L., & Somerville, L. H. (2016). Let’s talk about feelings: The effects of emotion naming and psychological distancing on emotion regulation. Presentation at the Boston Area Affective Scientists Meeting, Boston, MA.
- Nook, E. C.**, Schleider, J. L., & Somerville, L. H. (2016). A linguistic signature of psychological distancing in emotion regulation. Data Blitz Presentation at the Society for Affective Science’s Annual Meeting, Chicago, IL.

- Nook, E. C.**, Schleider, J. L., & Somerville, L. H. (2016). Getting away from the here and now: linguistic markers of psychological distancing in emotion regulation. Data Blitz Presentation at the Social Brain Sciences Symposium, Boston, MA.
- Nook, E. C.** & Zaki, J. (2015). Hungry for consensus: Social norms shift behavioral and neural responses to foods. Data Blitz Presentation at the Boston Area Psychology Graduate Symposium, Boston, MA.
- Nook, E. C.** & Zaki, J. (2014). The power of we: Using social norms to boost healthy and prosocial decision-making. Presentation to Harvard University research methods class on child and adolescent clinical psychology, Cambridge, MA.
- Nook, E. C.**, Griesemer, I.,* Satpute, A. B., & Ochsner, K. N. (2014). Talking about feelings: Differential consequences of four methods of affect labeling. Data Blitz Presentation at the European Association for Social Psychology's Emotion and the Brain Preconference, Amsterdam, Netherlands. *Presenting author
- Nook, E. C.** & Zaki, J. (2014). Beyond the dark and light sides of social influence. Presentation at Stanford University's Affective Seminar, Stanford, CA.
- Nook, E. C.**, Satpute, A. B., & Ochsner, K. N. (2012). Tell me how you feel: The effect of emotion naming on emotion regulation. Presentation for Columbia University Honors Colloquium, New York, NY.
- Nook, E. C.** & Chervin, C. (2012). Leading with a carrot: motivational tools for growing your peer health education organization. Presentation at the BACCHUS Network National Meeting, Reston, VA.
- Nook, E. C.** (2011). Shout-out with the SAC: building community through conversation. Presentation at the BACCHUS Network Area 11 Regional Conference held at the College of New Jersey, Ewing, NJ.
- Nook, E. C.** (2011). SAC Roundtable. Presentation at the BACCHUS Network Area 11 Regional Conference held at the College of New Jersey, Ewing, NJ.
- Nook, E. C.** & Chervin, C. (2011). Leading with a carrot: motivational tools for growing your peer health education organization. Presentation at the BACCHUS Network Area 11 Regional Conference held at the College of New Jersey, Ewing, NJ.

Poster Presentations

Advisees are underlined.

- Nook, E. C.**, Sasse, S. F., Lambert, H. K., McLaughlin, K. A., & Somerville, L. H. (2017). Multidimensional emotion concept representations develop from childhood to adulthood and scaffold on general vocabulary development. Poster for the Social and Affective Neuroscience Society's Annual Meeting, Los Angeles, CA.
- Dews, A. A., **Nook, E. C.**, Sasse, S. F., Lambert, H. K., McLaughlin, K. A., & Somerville, L. H. (2017). Increased alexithymia mediates the emergence of depressive symptoms from childhood to adolescence. Poster for the Society for Affective Science's Annual Meeting, Boston, MA.
- Nook, E. C.**, Schleider, J. L., & Somerville, L. H. (2016). Discovering bidirectional relations between emotion regulation and distancing language. Poster for the Society for Research in Psychopathology's Annual Meeting, Baltimore, MD.
- Nook, E. C.**, Sasse, S. F., Lambert, H. K., McLaughlin, K. A., & Somerville, L. H. (2016). Emotion concepts become more distinct across development but the ability to specifically identify one's emotions is low in adolescence. Poster for the Flux Annual Meeting, St. Louis, IL.
- Franz, P., **Nook, E. C.**, Dinakar, K., Nock, M. K. (2016). Psychological distance and cognitive coping styles among adolescent users of an online mental health forum. Poster for the Flux Annual Meeting, St. Louis, IL.
- Nook, E. C.**, Schleider, J. L., & Somerville, L. H. (2016). A linguistic signature of psychological distancing in emotion regulation. Poster for the Society for Affective Science's Annual Meeting, Chicago, IL.
- Nook, E. C.**, Dodell-Feder, D., Osborne, J., Hooley, J. M., DeLisi, L. E., & Hooker, C. I. (2015). Neural responses to criticism predict negative mood and positive symptoms following social conflict in those at familial risk for schizophrenia. Poster for the Society for Research in Psychopathology, New Orleans, LA.
- Nook, E. C.**, Dodell-Feder, D., Osborne, J., Hooley, J. M., DeLisi, L. E., & Hooker, C. I. (2015). Social conflict and familial risk for schizophrenia: the regulatory role of the dorsolateral prefrontal cortex. Poster for the Association for Psychological Science's Annual Meeting, New York, NY.
- Nook, E. C.**, Dodell-Feder, D., Osborne, J., Hooley, J. M., DeLisi, L. E., & Hooker, C. I. (2015). Reduced dorsolateral prefrontal cortex activity following social challenge in individuals at familial risk for schizophrenia. Poster for the Social and Affective Neuroscience Society's Annual Meeting, Boston, MA.

- Weisz, E., Cikara, M., **Nook, E. C.**, & Zaki, J. (2015). The influence of competition and competence on empathy. Poster for the Society for Affective Science's Annual Meeting, Oakland, CA.
- Nook, E. C.**, Dodell-Feder, D., Osborne, J., DeLisi, L. E., & Hooker, C. I. (2015). The risk of unknown feelings: Granularity and depression in familial risk for schizophrenia. Poster for the Society for Affective Science's Annual Meeting, Oakland, CA.
- Nook, E. C.**, Chwyl, C., & Zaki, J. (2014). The importance of distinguishing feelings: A novel lab-based measure of emotion granularity predicts self-reports of mood disorder severity. Poster for the Society for Research in Psychopathology's Annual Meeting, Evanston, IL.
- Nook, E. C.** & Zaki, J. (2014). An appetite for conformity: Peer preferences shift behavioral and neural responses to foods. Poster for the Social and Affective Neuroscience Society's Annual Meeting, Denver, CO.
- Williams, W. C., **Nook, E. C.**, Son, J., & Zaki, J. (2014). Audiences enhance the expression, but not experience, of emotion. Poster for the Social and Affective Neuroscience Society's Annual Meeting, Denver, CO.
- Porter, J., Silvers, J., **Nook, E. C.**, Zaki, J., & Ochsner, K. N. (2014). Beyond the lab: Predicting daily social interaction quality from performance on emotion regulation and empathic accuracy tasks. Poster for the Social and Affective Neuroscience Society's Annual Meeting, Denver, CO.
- Nook, E. C.**, Ong, D. C., Morelli, S. A., Mitchell, J. P., & Zaki, J. (2014). Prosocial conformity: Persistence, generalization and boundary conditions. Poster for the Association for Psychological Science's Annual Meeting, San Francisco, CA.
- Nook, E. C.**, Lindquist, K. A., & Zaki, J. (2014). A new look at emotion perception: Evidence for the influence of emotion concepts. Poster for the Society for Affective Science's Inaugural Meeting, Washington, D.C.
- Williams, W. C., **Nook, E. C.**, Son, J., & Zaki, J. (2014). Audiences enhance the expression, but not experience, of emotion. Poster for the Society for Affective Science's Inaugural Meeting, Washington, D.C.
- Nook, E. C.**, Lindquist, K. A., & Zaki, J. (2014). A new look at emotion perception: Evidence for top down processing. Poster for the SPSP Emotion Preconference, Austin, TX.
- Nook, E. C.**, Frey, S., & Zaki, J. (2014). I'll like it if you do, too: social conformity can shift food preferences at behavioral and neural levels. Poster for the Society for Personality and Social Psychology's Annual Meeting, Austin, TX.
- Griesemer, I., **Nook, E. C.**, Satpute, A. B., Friedlander, R., & Ochsner, K. N. (2014). Let's talk about feelings: Differential consequences of four methods of affect labeling. Poster for the Society for Personality and Social Psychology's Annual Meeting, Austin, TX.
- Williams, W. C., **Nook, E. C.**, Son, J., & Zaki, J. (2014). Audiences enhance the expression, but not experience, of emotion. Poster for the Society for Personality and Social Psychology's Annual Meeting, Austin, TX.
- Porter, J., Silvers, J., **Nook, E. C.**, Zaki, J., & Ochsner, K. N. (2014). The social regulation of emotions in daily life: How others help us regulate our emotions. Poster for the Society for Personality and Social Psychology's Annual Meeting, Austin, TX.
- Nook, E. C.**, Satpute, A. B., & Ochsner, K. N. (2013). Don't say it: Self-Generated Emotion Naming Impedes Emotion Regulation in Short Timeframes. Poster for the Cognitive Neuroscience Society's Annual Meeting, San Francisco, CA.
- Nook, E. C.**, Satpute, A. B., Narayanan, S., Weber, J., & Ochsner, K. N. (2012). Facing your fears: a behavioral and neuroimaging exploration of the role of trait anxiety in ignoring irrelevant fear expressions. Poster for the Social and Affective Neuroscience Society's Annual Meeting, New York, NY.
- Nook, E. C.**, Satpute, A. B., Narayanan, S., Weber, J., & Ochsner, K. N. (2012). Pushing fear aside: neural regions involved in ignoring irrelevant fear expressions. Poster for the Cognitive Neuroscience Society's Annual Meeting, Chicago, IL.

Press

Social norms shift behavioral and neural responses to foods

- Sleek, S. (2016). "The science of sameness." *APS Observer*. <https://www.psychologicalscience.org/observer/the-science-of-sameness>
- Munoz, L. M. P. (2015). "Conformity can be good for your eating habits." *Cognitive Neuroscience Society Blog*. https://www.cogneurosociety.org/conformity_eating_nook_zaki/
- Nook, E. C. (2015). "Social norms shape food preferences." *The People's Science*. <https://thepeoplescience.forumbee.com/t/k9ha5p>

Prosocial conformity: Prosocial norms generalize across behavior and empathy

- Jacobs, T. (2016). "Is generosity contagious? Group norms influence people's willingness to help others." *Pacific Standard*. <https://psmag.com/is-generosity-contagious-1b1534b8ac26#.pgt48epty>
- Zaki, J. (2016). "Choosing Empathy." *Edge*. https://www.edge.org/conversation/jamil_zaki-choosing-empathy

Other publications

- Nook, E. C. (2016). "Reflections on National Coming Out Day." *Harvard Crimson*. <http://www.thecrimson.com/article/2016/10/18/nook-coming-out-reflections/>
- Nook, E. C. & Mendes, W. B. (2015). "SASSC the Expert Interview with Wendy Berry Mendes." *Society for Affective Science SASSC the Expert Series*. https://www.society-for-affective-science.org/expert_series_w_m#overlay-context=expert_series
- Nook, E. C. (2011). "Your community deserves you whole." *Columbia Spectator*. <http://columbiaspectator.com/2011/11/17/your-community-deserves-you-whole>

Clinical Experience and Training

- July 2016 – Center for Anxiety and Related Disorders (CARD) at Boston University
Supervisor: Lisa Smith, Ph.D.
Clinical Practicum Student: Responsible for CBT-based treatment for patients with anxiety and related disorders. Received expert training on cutting-edge anxiety and depression treatments. Administered the Anxiety Disorders Interview Schedule (ADIS) and produced interview reports.
- June 2015 – OCD Institute at McLean Hospital
Aug 2016 Supervisors: Jason Elias, Ph.D., Jason Krompinger, Ph.D., Carol Hevia, Psy.D.
Clinical Practicum Student: Provided individual exposure and response prevention treatment for OCD inpatients. Received close supervision on core clinical techniques and expert training on OCD pathology and treatment. Conducted diagnostic assessments (i.e., SCID, SCID-II, and MoCA) and produced assessment reports. Led group therapy for mindfulness approaches to OCD treatment.
- Jan 2015 – Cambridge Health Alliance
May 2015 Supervisors: Adam Conklin, Ph.D., Diya Kallivayalil, Ph.D.
Clinical Practicum Student: Observed clinical interviews and treatments in an inpatient hospital setting. Worked closely with supervisors on important clinical skills such as interviewing, diagnosis, case conceptualization, medication, treatment, etc. Patients presented with a wide range of severe psychopathologies including suicidality, psychosis-like symptoms, trauma and affective disorders.
- Sept 2008 – Alice! Columbia University's Health Promotion Program
May 2012 Supervisors: Michal McNeil, Ph.D., Cara Chervin, M.P.H., Susan Hochman, M.P.H.
Stressbusters Coordinator: Leader of student organization that trains students to support the well-being of the Columbia community by educating on stress coping skills and providing 15-minute back rubs at approximately 170 events each year. Built program from 16 active members to 70, 56 annual events to 170 and 700 annual participants to 3100 in 3 years; redesigned training to include modules on appraisal theories of stress and mechanisms for stress buffering via social support. New York, NY.
- Feb 2011 – Columbia University's Sexual Violence Response Program
May 2012 Supervisor: Gaurav Jashnani, M.Ed.
Men's Peer Educator: Educated self and other men on ways to end sexual violence through workshops, events, trainings and regular conversations that raise awareness of masculine social privilege and motivate participants to work against their own privilege. New York, NY.
- May 2007 – Erik's Tactile Therapies
July 2012 *Massage Therapist*: Evaluation health needs of clients, treatment planning, administering massage therapies, record keeping of patient histories. Perth, Western Australia.
- Dec 2007 – Nulsen
May 2008 *Support Worker for five residents with mental disabilities*: Responsible for supporting residents' social behaviors (encouraging appropriate behaviors, negotiating in difficult situations) and development (teaching life skills, supporting when certain skills are lacking). Perth, Western Australia.
- Jun 2009 –
Aug 2009

Teaching and Advising Experience

- Spring 2016 PSY 1900: Statistics for Behavioral Scientists
Harvard University (Prof. Max Krasnow)
Teaching Fellow: Led laboratory section of 14 students through weekly statistics problem sets. Assisted students with exam preparation. Assisted professor with homework, exam, and problem set questions and grading. Graded final papers
- Fall 2015 – Harvard University Psychology Department
Psychology Undergraduate Concentration Advisor: Assisted undergraduates with course selection for each semester, lab placement, thesis decisions, and overall experience in the psychology department.
- Jan 2013 – Tutor Corps
July 2014 *Hired Tutor*: Responsible for planning lessons that cover course material, building organizational study framework that optimizes each student's learning, assist students of all ages master skills and concepts, identifying weaknesses in student understanding, precise explanation of material, building relationships with students and families. San Francisco, CA.
- Research Advisees*
- 2010 – 2012 Columbia University
Dani Golomb, Ida Griesemer, Alissa Rogol
- 2012 – 2014 Stanford University
Christina Chwyl, Stephen Frey, Chris Middleton, Jae-Young Son
- 2014 – Harvard University
Matthew Abrams, Aridenne Dews, Kevin Kent, Natalie Kleeman, Jessica Hsu, Sandy Li, Sadhana Ponnaluri, Christina Uhrig, José Santiago, Caitlin Stavish (Senior thesis)

Other Memberships

- Feb 2015 – Harvard University Committee on Undergraduate Instruction
Member: Assist students, faculty, and staff with Harvard undergraduate psychology curriculum decisions.
- Feb 2015 – Society for Affective Science Student Committee
Chair (2016-Present), Inaugural Vice-Chair (2015-2016): Co-founded student committee for international society of affective scientists. Assisted with developing committee's structure and currently help implement events and initiatives for uniting and empowering student members.
- Aug 2015 – Pforzheimer House
Residential Tutor: Residential community advisor for Harvard undergraduates. Responsible for supporting students' personal, academic, and social development. Also provide support with house wellness and LGBT committees through regular event programming.
- Oct 2014 – Journal of Emerging Investigators
Reviewer: Ad hoc reviewer for journal that publishes scientific works of high school students and thereby encourages them to pursue a career in science.
- Nov 2010 – The BACCHUS Network (National Non-Profit Organization for Peer Health Educators)
Nov 2011 *Area 11 Student Advisory Committee Member* - Regional Student Representative for New York, New Jersey and Pennsylvania; responsible for connecting students across the nation through presentations at national and regional conferences, speaking at national meetings and assembling regional newsletters; provided four presentations at regional and national conferences.
- Sept 2009 – Columbia University Student Health Advisory Committee
May 2012 *Mental Health Subcommittee* - Generate and implement strategies to improve Columbia's mental health care. New York, NY.

Aug 2011 Under 1 Roof
Workshop Facilitator: Trained facilitator for conversations on diversity and social justice during Columbia's 2011 New Student Orientation Program. New York, NY.

Jun-Aug 2010 Internship in Building Community
Summer Resident Advisor - Summer intern working to support an on-campus precollege educational and cultural program for 1700 high school students taking summer classes at Columbia University; individually advised two groups of 10 students. New York, NY.

Professional Memberships

2016 Flux: The Society for Developmental Cognitive Neuroscience
2016 Association for Behavioral and Cognitive Therapies
2014 Society for Research in Psychopathology
2013 Society for Affective Science
2013 Association for Psychological Science
2012 Society for Personality and Social Psychology
2011 Cognitive Neuroscience Society
2011 Social and Affective Neuroscience Society

Ad Hoc Reviewing

www.publons.com/author/1216333/erik-nook

Brain Imaging and Behavior

Cognition and Emotion

Emotion

Emotion Review

Journal of Adolescence

Journal of Emerging Investigators

Psychological Medicine

Alumni Service

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