

Saren H. Seeley, MA

University of Arizona Department of Psychology
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EDUCATION

- 2017 – present **Doctoral Candidate, Clinical Psychology**
University of Arizona
Advisor: Dr. Mary-Frances O'Connor
Dissertation: *Dynamic Functional Connectivity as a Neurobiological Mechanism of Adaptation in Widowed Older Adults*
- 2015 – 2016 **M.A. Clinical Psychology**
University of Arizona
Advisor: Dr. Mary-Frances O'Connor
Thesis: *Functional Neuroanatomy of Grief and Perceived Discrimination in South Asian Women in the United States*
- 2009 – 2013 **B.A. Psychology (Honors), magna cum laude**
Hunter College of the City University of New York
Advisor: Dr. Douglas S. Mennin
Thesis: *Anxious, Not Depressive Symptoms Predict Heart Rate Variability in Generalized Anxiety Disorder*

AWARDS, HONORS, AND FELLOWSHIPS

- 2019 **Galileo Circle Scholar Award**
College of Science, University of Arizona
- 2017 **Science Alliance Leadership Training Program Fellow**
New York Academy of Sciences
- 2017 **NSF Graduate Research Fellowship (Honorable Mention)**
National Science Foundation
- 2015 **Student Poster Award**
Society for Psychophysiological Research
- 2015 **Student Travel Award**
Society for Psychophysiological Research
- 2015 **Graduate and Professional Student Council Travel Award**
University of Arizona
- 2013 **Undergraduate Research Initiative Fellowship**
Hunter College, City University of New York

GRANTS

Submitted:

National Research Service Award (NRSA) Individual Predoctoral Fellowship (F31)
Title: Dynamic Functional Connectivity as a Neurobiological Mechanism of Adaptation in Widowed Older Adults
Total Costs: \$126,726
Role on Project: Principal Investigator
Funding Status: Scientific Review Group review completed (Impact score: 27)

RESEARCH EXPERIENCE

- 2015 – present **Graduate Research Assistant**
Grief, Loss, and Social Stress (GLASS) Lab
Advisor: Mary-Frances O'Connor, Ph.D.
Department of Psychology, University of Arizona
- 2014 **Research Assistant**
Stress and Coping Lab
Advisor: Michael A. Hoyt, Ph.D.
Hunter College, CUNY
- 2013 – 2015 **Senior Research Assistant & fMRI Coordinator**
Regulation of Emotion in Anxiety and Depression (READ) Lab
Advisor: Douglas S. Mennin, Ph.D.
Hunter College, CUNY
- 2012 – 2013 **Undergraduate Research Assistant**
Regulation of Emotion in Anxiety and Depression (READ) Lab
Advisor: Douglas S. Mennin, Ph.D.
Hunter College, CUNY

SUPERVISED CLINICAL EXPERIENCE

- 2019 – present **Research Study Clinical Assessor**
Assessed participants using the SCID5, YBOCS, FIGS, and C-SSRS for a clinical trial of psilocybin effects on resting state network connectivity and symptoms in OCD.
PI: Francisco A. Moreno, M.D., Co-I: John J. B. Allen, Ph.D.,
Department of Psychiatry, Banner-University Medical Center
Supervisor: John J. B. Allen, Ph.D.
- 2018 – present **Early Psychosis Intervention Center (EPICenter)**
Psychotherapy (CBT for Psychosis) for young people ages 15-35 with a first-episode psychotic disorder. Individual, group, and family therapy; metacognitive remediation.
Department of Psychiatry, Banner-University Medical Center
Supervisors: Patricia Harrison-Monroe, Ph.D., Gustavo Perez, Ph.D.
- 2017 – 2018 **Banner-UMC Cystic Fibrosis Multispecialty Clinic**
Psychotherapy, brief intervention, inpatient consultation-liaison, and anxiety/depression screening for adults and adolescents with cystic fibrosis as member of multidisciplinary team.
Department of Psychiatry, Banner-University Medical Center
Supervisor: Anne M. Bowen, Ph.D.
- 2017 **Acceptance and Commitment Therapy Practicum**
Psychotherapy for adults with mood and anxiety disorders.
Behavioral Health Clinic, Department of Psychology, University of Arizona
Supervisor: Anne M. Bowen, Ph.D.
- 2016 **Cognitive Behavior Therapy Practicum**
Psychotherapy for adults with mood and anxiety disorders.

Behavioral Health Clinic, Department of Psychology, University of Arizona
Supervisor: Autumn Wiley-Hill, Ph.D.

2016

Research Study Clinical Assessor

Screened prospective participants using SCID-5 and HAM-D interviews for a randomized clinical trial of transcranial ultrasound for mood enhancement.

PI: Jay Sanguinetti, Ph.D., Co-I: John J. B. Allen, Ph.D.

Department of Psychology, University of Arizona

Supervisor: John J. B. Allen, Ph.D.

2013 – 2015

Clinical Assessment Practicum

Conducted MMPI, SCID-5, WMS, WAIS and other assessments with college students and residents at a dual-diagnosis clinic.

Behavioral Health Clinic, Department of Psychology, University of Arizona

Supervisor: John J. B. Allen, Ph.D.

PUBLICATIONS

1. Scult, M.A., Fresco, D.M., Gunning, F.M., Liston, C., **Seeley, S.H.**, Garcia, E. & Mennin, D.S. (In press). Changes in functional connectivity following treatment with Emotion Regulation Therapy. *Frontiers in Behavioral Neuroscience*.
2. **Seeley, S.H.**, Chou, Y.-H., & O'Connor, M.-F. (2018). Intranasal oxytocin and *OXTR* genotype effects on resting state functional connectivity: A systematic review. *Neuroscience and Biobehavioral Reviews*, 1-17. doi:10.1016/j.neubiorev.2018.09.011
3. Renna, M.E., **Seeley, S.H.**, Heimberg, R.G., Etkin, A., Fresco, D.M., Mennin, D.S. (2017). Increased attention regulation from Emotion Regulation Therapy for generalized anxiety disorder. *Cognitive Therapy and Research*, 42(2), 121-134. doi:10.1007/s10608-017-9872-7
4. Renna, M.E., Chin, S., **Seeley, S.H.**, Fresco, D.M., Heimberg, R.G., & Mennin, D.S. (2017). The use of the mirror tracing persistence task as a measure of distress tolerance in generalized anxiety disorder. *Journal of Rational Emotive & Cognitive-Behavior Therapy*, 36(1), 80-88. doi:10.1007/s10942-017-0274-2
5. Fresco, D.M., Roy, A.K., Adelsberg, S., **Seeley, S.H.**, García-Lesy, E., Liston, C. & Mennin, D.S. (2017). Distinct functional connectivities predict clinical response with Emotion Regulation Therapy. *Frontiers in Human Neuroscience*, 11, 1-13. doi:10.3389/fnhum.2017.00086
6. **Seeley, S.H.**, Yanez, B., Stanton, A.L. & Hoyt, M.A. (2017). Emotional approach and heart rate variability following an emotional processing intervention. *Cognition and Emotion* 31(5), 988-994. doi:10.1080/02699931.2016.1170667
7. **Seeley, S.H.**, Mennin, D.S., Aldao, A., McLaughlin, K.A., Rottenberg, J., & Fresco, D.M. (2015). Impact of comorbid depression on subjective and physiological responses to emotion in generalized anxiety disorder. *Cognitive Therapy and Research*, 1-14. doi:10.1007/s10608-015-9744-y
8. **Seeley, S.H.**, García, E., & Mennin, D.S. (2015). Recent advances in laboratory assessment of emotion regulation. *Current Opinion in Psychology*, 3, 58-63. doi:10.1016/j.copsyc.2015.02.009

Under review:

Arizmendi, B.J., **Seeley, S.H.**, Allen, J.J.B., Killgore, W.D.S., Andrews-Hanna, J. & O'Connor, M.F. Feeling a pull to be close: The effect of oxytocin on approach and avoidance in complicated grief.

Knowles, L.M., **Seeley, S.H.**, & O'Connor, M.-F. Morbidity following spousal bereavement is associated with depression, not prolonged grief disorder.

Raab, H.A., Sandman, C.S, **Seeley, S.H.**, Garcia, E., Liston, C., Fresco, D.M., & Mennin, D.S. Greater prefrontal recruitment associated with clinical improvement and regulatory skills in generalized anxiety patients following Emotion Regulation Therapy: A pilot investigation.

Book chapters:

O'Connor, M.-F. & **Seeley, S.H.** Neurobiology of Complicated Grief. In J.W. Ellor & H.W. Harris (Eds.) Macmillan Encyclopedia of Death and Dying. Macmillan Reference, USA. (Under review).

In preparation:

Seeley, S.H., García, E., Etkin, A., Liston, C., Fresco, D.M., & Mennin, D.S. Decreased salience and frontoparietal region reactivity to emotional conflict is associated with improved attention regulation in Emotion Regulation Therapy for generalized anxiety disorder (working title).

Seeley, S.H., Gupta, A., Gee, G.C., Ruiz, J.M., Killgore, W.D., & O'Connor, M.-F. The social environment impact: Neural responses to recalled social stress experiences among South Asian women in the United States (working title).

CONFERENCE PRESENTATIONS

Symposia

1. Fresco, D. M., Roy, A. K., Adelsberg, S., **Seeley, S.H.**, García-Lesy, E., Liston, C., Mennin, D. S. (2017, November). Distinct functional connectivities predict clinical response with Emotion Regulation Therapy. *In* M. T. Moore (Chair), Mechanisms of change in mindfulness-based interventions. Symposium presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, San Diego, CA.
2. **Seeley, S.H.**, Mennin, D.S., Heimberg, R.G., Fresco, D.M., & Etkin, A. (2015, November). Conflict adaptation and attentional change in Emotion Regulation Therapy for generalized anxiety disorder. *In* S. Steinman & L. Hallion (Chairs). Neurocognitive Underpinnings of Anxiety: Implications for Theory and Treatment. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
3. **Seeley, S.H.**, Abbas, M., Mennin, D.S., Aldao, A., & Fresco, D.M. (2015, May). Common and specific patterns of autonomic and subjective responsivity among the distress disorders. *In* A. Aldao & S. Hofmann (Chairs), Emotion Regulation & Psychopathology: Identifying Transdiagnostic and Disorder-Specific Deficits. Symposium presented at the annual meeting of the Association Psychological Science, New York, NY.
4. **Seeley, S.H.**, Mankus, A.M., Renna, M., Cooper, S.E., Mennin, D.S., Fresco, D.M., & Heimberg, R.G. (2014, March). Emotion Regulation Therapy for generalized anxiety disorder: Effects on response inhibition to task-irrelevant emotional content. *In* A. Aldao & D. Klemanski (Chairs), Emotion Regulation Flexibility in the Treatment of Anxiety Disorders. Symposium presented at the annual meeting of the Anxiety and Depression Association of America, Chicago, IL.

5. Garcia, E., **Seeley, S.H.**, Quintero, J.M., Fonseca, L., Mennin, D.S. (2014, November). Electrocortical and autonomic indices of self-referential processing. *In* S. Berthod & E. Garcia (Chairs). Biosignatures of Affective Psychopathology: Insights from Psychophysiological Measures of Emotional Processing. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Posters

1. **Seeley, S.H.**, Arizmendi, B.A., O'Connor, M-F. *Desperately Seeking: Precentral Gyrus Linked to a Cuneus-Precuneus Resting State Network in Complicated Grief*. Poster submitted for the annual meeting of the Society for Psychophysiological Research, October 2019, Washington DC.
2. Quintero, J.M., **Seeley, S.H.**, Renna, M.R., & Mennin, D.S. *Indices of Trait Emotionality and Emotion Regulation: A Concordance Study Between Myoelectrical Gastric Reactivity and Heart Rate Variability*. Poster presented at the annual meeting of the Society for Psychophysiological Research, October 2018, Quebec City, Quebec, Canada.
3. Quintero, J.M., **Seeley, S.H.**, Renna, M.R., & Mennin, D.S. *Trait Indices of Emotionality and Emotion Regulation: An Examination of Individual Differences in Emotional Processing and Myoelectrical Gastric Reactivity*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, November 2017, San Diego, CA.
4. Quintero, J.M., **Seeley, S.H.**, Renna, M.E., & Mennin, D.S. *Links Between Individual Differences in Trait Emotionality and Altered Gastric Myoelectrical Activity*. Poster presented at the annual meeting of the Anxiety and Depression Association of America, April 2017, San Francisco, CA.
5. Sandman, C.F., Raab, H.A., **Seeley, S.H.**, García-Lesy, E., Fresco, D.M., Mennin, D.S., & Liston, C. *Greater Prefrontal Recruitment Associated with Clinical Improvement and Metacognitive Skills in Generalized Anxiety Patients Following Emotion Regulation Therapy*. Poster presented at the annual meeting of the Anxiety and Depression Association of America, April 2017, San Francisco, CA.
6. Raab, H.A., Sandman, C.F., **Seeley, S.H.**, García-Lesy, E., Fresco, D.M., Mennin, D.S., & Liston, C. *Increased Prefrontal Activation to Negative Stimuli Is Associated with Clinical Improvement Following Emotion Regulation Therapy for Generalized Anxiety Disorder*. Poster presented at the annual meeting of the Society for Neuroscience, November 2016, San Diego, CA.
7. **Seeley, S.H.**, García-Lesy, E., Mennin, D.S. *The Role of Trait Worry in Temporal Dynamics of the Evoked Cardiac Response to Affective Images*. Poster presented at the annual meeting of the Society for Psychophysiological Research, September 2015, Seattle, WA. ***Received student poster award**
8. Renna, M.E., **Seeley, S.H.**, Chin, S., Heimberg, R.G., Fresco, D.M., Mennin, D.S. *The Utility of a Behavioral Measure of Distress Tolerance in Generalized Anxiety Disorder*. Poster presented at the annual meeting of the Association of Psychological Science, May 2015, New York, NY.
9. Renna, M.E., **Seeley, S.H.**, Chin, S., Heimberg, R.G., Fresco, D.M., Mennin, D.S. *The Mirror Tracing Persistence Task as a Distress Tolerance Marker in Generalized Anxiety Disorder*. Poster presented at the annual meeting of the Anxiety and Depression Association of America, April 2015, Miami, FL.
10. Adelsberg, S., Roy, A.K., **Seeley, S.H.**, Garcia, E., Renna, M.E., Fresco, D.M., & Mennin, D.S. *Changes in Emotion Regulation Circuitry Associated with a Regulation-Based Intervention for Generalized Anxiety Disorder*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, November 2014, Philadelphia, PA.

11. Renna, M., **Seeley, S.H.**, Chin, S., Heimberg, R.G., Fresco, D.M., Mennin, D.S. *Preliminary Evidence for a Behavioral Measure of Distress Tolerance in Generalized Anxiety Disorder*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, November 2014, Philadelphia, PA.
12. Garcia, E., Quintero, J. M., **Seeley, S.H.**, Fonseca, L., Mennin, D.S. *Dispositional Positive Self-Referential Processing Modulates Late-Positive Potential Responses in an Emotional-Motivational Context*. Poster presented at the annual meeting of the Association for Psychological Science, May 2014, San Francisco, CA.
13. Garcia, E., **Seeley, S.H.**, Fonseca, L., Quintero, J. M., Renna, M., Skytte-O'Toole, M.S., Mennin, D.S. *Positive Self-Referential Processing Modulates Electrocortical Responses to Emotional Stimuli*. Poster presented at the annual meeting of the Anxiety and Depression Association of America, March 2014, Chicago, IL.
14. Renna, M., **Seeley, S.H.**, Mankus, A.M., Garcia, E., Mennin, D.S., Fresco, D.M., Heimberg, R.G. *Emotion Regulation Therapy for Generalized Anxiety Disorder: Exploration of Heart Rate Variability and Inhibition of Emotional Interference*. Poster presented at the annual meeting of the Anxiety and Depression Association of America, March 2014, Chicago, IL.

COMMUNITY PRESENTATIONS

1. **Seeley, S.H.** (March, 2019). "Mental Health in Graduate School." Invited presentation for the UA Psychology Department Diversity Committee and Psi Chi event "Real Talk: Diverse Perspectives on Graduate School", Tucson, AZ.
2. **Seeley, S.H.** & Bowen, A.M. (January, 2018). "Understanding LGBTQ+ Students". Invited presentation for the University of Arizona Pediatric Pulmonary Center Annual School Healthcare Professionals Education Day, Tucson, AZ.
3. **Seeley, S.H.** & Bowen, A.M. (April, 2018). "Self-Care for Caregivers". Invited presentation for the University of Arizona Pediatric Pulmonary Center Annual Cystic Fibrosis Patient and Family Education Day, Tucson, AZ.
4. **Seeley, S.H.** & Bowen, A.M. (November, 2017). "Improving Behavioral Health for People with Cystic Fibrosis". La Frontera Center, Tucson AZ.

TEACHING EXPERIENCE

Fall 2018 – Spring 2019	Graduate Teaching Assistant Psychotherapy Interventions (graduate seminar: CBT/ACT practicum) Professor: Julie Feldman, Ph.D.
Spring 2017	Graduate Teaching Assistant Developmental Psychology (undergraduate) Professor: Rebecca Gomez, Ph.D.
Fall 2016	Graduate Teaching Assistant Mind, Brain, and Behavior (undergraduate) Professor: Adam Lazarewicz, Ph.D.

- Spring 2016 **Graduate Teaching Assistant**
Intro to Psychology (undergraduate)
Professor: Dana Narter, Ph.D.
- Fall 2014 –
Spring 2015 **Honors thesis supervisor**
Co-mentored two undergraduate students completing honors theses on (1) generalized anxiety disorder and heart rate variability and (2) generalized anxiety disorder and distress tolerance.
Advisor: Douglas Mennin, Ph.D.

SPECIALIZED TRAININGS

1. Neurohackademy (2019, August). University of Washington eScience Institute. Selected to attend a two-week summer institute in neuroimaging and data science, Seattle, WA.
2. Reproducible fMRI Workshop (2017, December). Chris Gorgolewski, Oscar Esteban, Jeanette Mumford. Selected to attend the five-day training at UNC-Chapel Hill, Carrboro, NC.
3. NYAS Science Alliance Leadership Training Program. (2017, September). New York Academy of Sciences: Yaihara Fortis Santiago, Julie Nadel, Boyd Branch. Selected to attend the five-day training in Atlanta, GA.
4. Software/Data Carpentry Workshop (2017, August). Two-day training in Git, Unix, R. University of Arizona, Tucson AZ.
5. fMRI Image Acquisition and Analyses Course (2015, August). Mind Research Network: Tor Wager, Vince Calhoun, Kent Kiehl. Three-day training, Albuquerque, NM

PROFESSIONAL SERVICE AND AFFILIATIONS

Professional Affiliations

Association for Psychological Science
Society for Psychophysiological Research
Society for a Science of Clinical Psychology
Society for the Improvement of Psychological Science

Service Committees

- 2016 – present Diversity Committee, University of Arizona Psychology Department
Student Representative
- 2016 – 2018 Southern Arizona Psychological Association
Student Representative

Ad-hoc Reviewing Experience (Publons profile: <https://publons.com/author/1518351>)

Cognitive, Affective & Behavioral Neuroscience
European Child & Adolescent Psychiatry

Other Service Activities

Fall 2017	Arizona's Science, Engineering and Math Scholars (ASEMS) Program <i>Mentor</i>
Fall 2015	Graduate & Professional Student Council, University of Arizona <i>Travel grants reviewer</i>
2012; 2016	"Science of Eating Disorders" web blog <i>Contributing science writer</i>
2012	Emergency Evacuation Shelter at CUNY Hunter College <i>Shelter overnight volunteer in the weeks following Hurricane Sandy</i>
2011	The Door: A Center for Alternatives <i>Intake counselor intern</i>
2009	New York State Psychiatric Institute <i>Volunteer on schizophrenia and substance use unit</i>

SKILLS

Statistical software: R, SPSS

Programming languages: R, HTML, Unix ([intermediate/novice](#)), Matlab ([novice](#))

Neuroimaging software: SPM, GIFT, *Brain Imaging Data Structure* (BIDS) apps: fMRIPrep, MRIQC

Psychophysiological software: Biopac/AcqKnowledge, QRSTool/CMetX, Kardia toolbox

Github: <https://github.com/sareenseeley>