

## Saren H. Seeley, MA

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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     **Ruth L. Kirschstein NRSA Individual Predoctoral Fellowship (F31)**  
National Institute on Aging, NIH
- 2019     **Data Science Ambassador**  
Data Science Institute (D7), University of Arizona Research Discovery & Innovation
- 2019     **Clinical Science Student Training Award**  
Academy of Psychological Clinical Science
- 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

### RESEARCH FUNDING

- 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: Awarded  
 Institute/Center: NIA

## RESEARCH EXPERIENCE

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

## 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).

MANUSCRIPTS IN PREP.

**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. **\*Student poster award winner**
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.** & 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.
2. **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.
3. **Seeley, S.H.** & Bowen, A.M. (November, 2017). "Improving Behavioral Health for People with Cystic Fibrosis". La Frontera Center, Tucson AZ.

#### INTERNAL 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.

#### 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.

#### 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. Two-week summer institute in neuroimaging and data science, Seattle, WA.
  2. \*Reproducible fMRI Workshop (2017, December). Chris Gorgolewski, Oscar Esteban, Jeanette Mumford. 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. 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
- \* indicates invitation by application.

### 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  
*Mentor*

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>