Curriculum Vitae

 **Pallavi Aurora, M.A.**

**CONTACT INFORMATION**

Emotion, Stress, and Relationships Lab Email: paurora@kent.edu

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Kent State University

276 Kent Hall

Kent, OH 44242

**EDUCATION \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

***Graduate***

Kent State University, Kent, OH August 2016 – present

Clinical Psychology Doctoral Program (APA Accredited)

Doctoral Candidate

Advisor: Karin G. Coifman, Ph.D

*Candidacy Paper:* Synthesizing theoretical perspectives of maladaptive behaviors: Understanding misregulation attempts in affective disorders. (Passed, August 2019)

Kent State University Kent, OH May 2019

Master of Arts in Clinical Psychology

Advisor: Karin G. Coifman, Ph.D

*Thesis:* Unpacking social avoidance and substance use in social anxiety: Does extraversion predict behavioral choices in college students? (Defended, December 2018)

***Undergraduate*** May 2016

Creighton University, Omaha, NE

Bachelor of Arts

Major: Psychology

Minor: Business Administration

**RESEARCH EXPERIENCE \_\_\_\_\_\_**

**Emotion, Stress, and Relationships Lab**

August 2016 - Present

Kent State University, Department of Psychological Sciences, Kent, OH

Supervisor: Karin G. Coifman, Ph.D.

*Emotion, Learning and Health*

Dissertation Research

Developed and conducted independent research designed to assess fear acquisition and extinction utilizing an in-lab fear conditioned paradigm, followed by ecological momentary assessment techniques to examine the endorsement of maladaptive regulatory behaviors in daily life in college students.

*Emotions, Behaviors and Social Context*

Thesis Research

Developed and conducted independent research designed to assess symptoms of psychopathology and frequency of enactment of maladaptive regulatory behaviors in daily life in college students, utilizing ecological momentary assessment techniques.

*Graduate Research Assistant and Diagnostic Interviewer*

Conduct semi-structured diagnostic interviews using the Structured Clinical Interview for DSM Disorders (SCID-V) on clinical, community and college student samples. Develop and submit Institutional Review Board proposals and develop and maintain Standard Operation Procedures for multiple studies. Pilot and analyze data for a newly developed fear conditioning paradigm. Construct and develop E\*Prime tasks to trigger physiological data collection and induce conditioned fear response. Collect physiological data; including heart rate variability, skin conductance, and respiration. Collect saliva samples for genetic and hormonal analyses. Administer measures of working memory (Reading Span), verbal intelligence (Spot-the-Word), and sustained attention and response control (Go/No-Go). Develop ecological momentary assessment programs to assess longitudinal emotional functioning. Analyze data using IBM SPSS, SAS, Mplus statistical software’s. Train and supervise undergraduate research assistants

**Trauma and Substance Use Behaviors Lab**

May 2014-May 2016

Creighton University, Department of Psychology, Omaha, NE

Faculty Sponsor: Alicia Klanecky, Ph.D.

*Undergraduate Research Assistant and Study Coordinator*

Developed and conducted an experimental mood induction paradigm to examine the influence of affect on quantity and frequency of alcohol use in a college population. Clean data and analyze data using IBM SPSS software.

**Multicultural Behaviors in Africa Lab**

January 2015-May 2016

Creighton University, Department of Psychology, Omaha, NE

Faculty Sponsor: Jill Brown, Ph.D.

*Undergraduate Research Assistant*

Developed and conducted an experimental study to analyze the effects of relative deprivation in a college population.

**PUBLICATIONS**

Seah, T. H. S., **Aurora, P**., & Coifman, K.G. (2019). Emotion Differentiation as a Protective Factor against

 the Behavioral Consequences of Rumination: A Conceptual Replication and Extension in the Context of

 Social Anxiety. *Manuscript under review at Behavior Therapy.*

Coifman, K. G., Kane, M.R., Bishop, M., Matt, L. M., Nylocks, K. M., & **Aurora, P.** (2019).

 Estimating emotion regulatory capacity via working memory: Introducing the RSPAN-E and evidence

 of reliability and validity, from the lab to daily life. *Emotion.*

**Aurora, P.**, & Klanecky, A. (2016). Coping Motives Mediate Emotion Regulation Difficulties and Problem

 Drinking. *American Journal of Drug and Alcohol Abuse, 42*(3),341-350.

**MANUSCRIPTS UNDER REVIEW**

**Aurora, P.,** & Coifman, K. G. (under review). Unpacking social avoidance and substance use in social anxiety:

 Does extraversion predict behavioral choices in college students? *Manuscript under review at The*

 *Journal of Psychopathology and Behavioral Assessment.*

**Aurora, P.,** & Coifman, K.G. (under review). Synthesizing Theoretical Perspectives of Maladaptive Behaviors:

A trans-diagnostic, trans-behavioral model of distress regulation. *Manuscript under review at Clinical Psychology Review.*

Coifman, K. G., & **Aurora, P.** (under review).  From social avoidance to substance use; working memory

 updating predicts self-defeating emotion regulatory behaviors in daily life across diagnostic groups.

 *Manuscript* *under review at* *Cognitive Therapy and Research..*

Mitchell, B., **Aurora, P.,** & Coifman, K. G. (under review). Understanding the BIS/BAS as a predictor of

 substance use when considering psychopathology in first year college students. *Manuscript under*

 *review at The American Journal of Drug and Alcohol Abuse.*

Coifman, K.G., Seah, T. H., Nylocks K. M., Wise, A., Almahmoud, S., Summers, C., **Aurora, P.,** Garcia, M.,

 Delhanty, D. L. (under review). Micro versus Macro Level Processes on the Path to Disease: How stress

 impacts sleep, affect, risk-related behavior and symptom development in high-risk adults. *Manuscript*

 *under review at Clinical Psychological Science.*

Thompson, C. A., Taber, J. M., Sidney, P. G., Fitzsimmons, C. J., Mielicki, M. K., Matthews, P. G., Schemmel,

E. A., Simonovic, N., Foust, J. L., **Aurora, P.,** Disabato, D. J., Seah, T. H. S., & Coifman, K. G.(under

review). Math matters during a pandemic: A novel, brief educational intervention combats whole

number bias to improve health decision-making and predicts COVID-19 risk perceptions and worry across 10 days. *Manuscript under review at Psychological Science.*

**MANUSCRIPTS IN PREPARATION**

**Aurora, P.,** Disabato, D. J., & Coifman, K.G. (in prep). Examining an upward spiral dynamic: Positive

emotions and social connection predict engagement in adaptive health behaviors in daily life.

**Aurora, P.,** Nylocks, K.M., Matt, L. M., Disabato, D. J., & Coifman, K.G. (in prep). Following the path

downstream: Rumination causes elevated emotional behavior and arousal across social contexts.

**POSTER PRESENTATIONS**

**Aurora, P.,** & Coifman, K.G., (February 2020). *From social avoidance to substance use: Working memory predicts self-defeating regulatory behavior regardless of diagnostic status.* Poster to be presented at the

2020 conference for the Society of Personality and Social Psychology, New Orleans, LA.

**Aurora, P.,** Nylocks, K. M., & Coifman, K. G., (March 2019). *Positive emotions predict engagement in*

 *adaptive health behaviors*. Poster presented at the 2019 ICPS conference, Paris, France.

Nylocks, K. M., **Aurora, P.,** & Coifman, K.G. (March 2019). *Influence of Rumination on Down Stream*

 *Negative Emotion during Simulated Peer-Rejection.* Poster presented at the 2019 ICPS conference,

 Paris, France.

**Aurora, P.,** Coifman, K. G. (May 2018). *Understanding the relationship between an emotion working memory*

 *task and behaviors in daily life.* Poster presented at the 2018 Annual APS Conference, San Francisco,

 CA.

Bechtol, D., **Aurora, P.,** Al-Mahmoud, S. Y., & Coifman, K.G. (March 2019). Longitudinal correlation

 between executive functioning and depressive symptoms in multiple sclerosis. Poster presented at the

2019 Undergraduate Research Symposium, Kent, OH.

Mitchell, B., **Aurora, P.,** Coifman, K. G. (November 2018). *Understanding the BIS/BAS as a predictor of*

 *substance use when considering psychopathology in first year college students.* Poster presented at the

 2018 Undergraduate Research Symposium, Kent, OH.

**Aurora, P.,** Matt, L. M., Al-Mahmoud, S. Y., Nylocks, K. M., & Coifman, K.G. (May 2017). *Unpacking*

 *Social Avoidance in Social Anxiety Disorder Via Experience Sampling Methods; An Interaction Between*

 *Personality Dimensions and Momentary Negative Affect.* Poster accepted at the 2017 Annual APS

 Conference, Boston, MA.

Klanecky, A., **Aurora, P.,** Rainforth, P., Pethick, H., & McAndrews, S. (May 2016). *Emotion Regulation*

 *Difficulties Moderate the Relationship between Induced Negative Affect and Drinking Urges:*

 *Preliminary Results from a Mood Induction Study.* Poster presented at the 2016 Annual Conference

 of the Midwestern Psychological Association, Chicago, IL

**Aurora, P.**, Rainforth, P., Trombly, M., Becker, M., & Klanecky, A. (May 2015). *Desire to Dissociate and*

 *College Drinking: Implications for Chemical Dissociation.* Poster presented at the 2015 Annual

 Conference of the Midwestern Psychological Association, Chicago, IL.

Trombly, M., Becker, M., **Aurora, P.**, Rainforth, P., & Klanecky, A. (May 2015). *Coping Motives Mediate*

*Emotion Regulation Difficulties and Problem Drinking.* Poster presented at the 2015 Annual Conference of the Midwestern Psychological Association, Chicago, IL.

**SYMPOSIUM PRESENTATIONS**

**Aurora, P.,** & Coifman, K.G. (2020). *The dynamics of positive emotion, social connection, and health*.

Symposium to be presented at the 2020 Midwestern Psychological Association Conference, Chicago, IL. Conference cancelled due to COVID-19.

**Aurora, P.,** & Coifman, K.G. (2020). *From social avoidance to substance use: Working memory predicts*

*self-defeating regulatory behavior regardless of diagnostic status.* Symposium to be presented at the 2020 APS Annual Conference, Chicago, IL. Conference cancelled due to COVID-19.

**Aurora, P.,** Coifman, K. G. (2019). *Avoidance and Social Anxiety in college students: Personality and affect*

 *predict substance use and social avoidance.* Paper presented at the 2019 APS Annual Conference,

Washington, D. C.

Sekeramayi, T., **Aurora, P.**, Brown, J., & Budesheim, T. (2016). *Relative Deprivation: A look at the*

 *psychological, social and cognitive outcomes*. Paper presented at the 45th annual conference of the

 Society for Cross Cultural Research, Portland, OR.

**CLINCIAL EXPERIENCE**

**Individual Psychotherapist July 2020-July 2021**

Center for the Treatment and Study of Traumatic Stress, SUMMA St. Thomas Hospital, Akron, OH

Supervisor: Melissa Goldsmith, PhD

Provided individual psychotherapy to adult community members from Akron, Ohio in a hospital setting. Conducted intake interviews to determine eligibility for traumatic stress clinic as well as determine DSM-5 diagnosis. Provided individual psychotherapy utilizing Prolonged Exposure and Cognitive Processing Therapy to assist with trauma recovery and treatment. Observed and co-lead a behavioral avoidance focused group for 1.5 hours per week, utilized F-SET protocol.

**Individual and Group Psychotherapist June 2019-June 2020**

Premier Behavioral Health Services, Mentor OH

Supervisor: Ryan Mekota, PsyD, Farshid Afsarifard, PhD

Provided individual psychotherapy to adult community members from the Northeastern Ohio area. Utilized empirically-supported treatments including dialectical-behavior therapy (DBT), cognitive behavioral therapy, cognitive-processing therapy, acceptance and commitment therapy, and motivational interviewing. Co-lead a dual diagnosis intensive outpatient group therapy three times per week, with an emphasis on DBT skills development. Primary focus of the group included skill based learning to assist in the reduction of psychological symptoms and substance use. Conducted biopsychosocial intakes and made treatment recommendations. Collaborated with client’s therapists, social workers, and physicians as needed to develop and execute comprehensive plans of care. Collaborated with insurance companies to gain authorizations for approval of individual and group based therapy. Conducted telepsychology appointments for individual and group therapy utilizing Zoom and Doxy.me video conferencing platforms as well as telephone sessions during COVID-19 pandemic.

**Psychotherapist, Psychological Clinic, Kent State University September 2017-Present**

Supervisor: Alanna Updegraff, Ph.D, T. John Akamatsu, Ph.D., William Lechner, PhD.

Provided psychotherapy to student and community members from the Northeastern Ohio area,

with a focus on cognitive behavioral and acceptance and commitment therapy. Administered comprehensive integrative assessments using the Structured Clinical Interview for DSM-V Disorders, Minnesota Multiphasic Personality Inventory-2 and RF, Intelligence testing (WAIS-IV) and projective tasks.

**Diagnostic Interviewer, Kent State University May 2017- Present**

Supervisor:Karin G. Coifman, Ph.D

Conducted semi-structured interviews using the Structured Clinical Interview for DSM-V Disorders and the SCID-II and psychosocial interviews for a diverse sample of college students and special populations (e.g. firefighters, community populations with an ICD trauma code) in person and remotely via telephone.

**Ad Hoc Risk Assessment August 2016 – Present**

Department of Psychology, Kent State University, Kent, OH

Supervisor: Karin G. Coifman, Ph.D

Conducted risk assessments on undergraduate students, community and clinical samples who endorse suicidal/homicidal ideation while participating in research studies. Provide appropriate follow-up and referrals.

**TEACHING EXPERIENCE**

**Professor, Abnormal Psychology, Kent State University** January 2019- May 2019

Taught seventy undergraduate students about abnormal psychology. Introduced and explained DSM-5 diagnostic criteria and characteristics for mood, anxiety, stress, personality, and other psychological disorders. Provided case conceptualization examples and introduction to clinical assessment and diagnosis. Mean student evaluations consistently above university norms, with 68% of students rating teaching in the course as excellent and another 20% rating it as very good.

**Teaching Assistant- Creighton University Psychology Department** August 2015- May 2015

Selected by the professor to assist with grading, entering grades online, and preparing and organizing course materials. Provided students with study techniques and hosted weekly office hours.

Supervisor: Alicia Klanecky, Ph.D.

Total time: 65 hours

**GRANTS AND AWARDS**

**Crawford-Drotar Fellowship**

Granting Agency: Kent State University (Private donor)

Status: Funding provided for 2020-2021 Academic year ($16,000)

**Judie Fall Lasser Graduate Psychology Research Award**

Granting Agency: Judy Fall Lasser

Status: Funded ($750.00)

**Graduate Student Senate International Travel Award**

Granting Agency: Kent State University

Status: Funded ($1,500)

**APSSC Travel Grant Award**

Granting Agency: Association for Psychological Science

Status: Funded (Annual APS Convention, $200 + registration fees)

**PROFESSIONAL DEVELOPMENT AND TRAINING**

**Ad-Hoc Reviewer**

*Journal of Psychopathology and Behavioral Assessment* (2020)

*Emotion* (2019)

*Psychology of Violence* (2015)

Cognitive Processing Therapy

 MUSC online training Summer 2020

Prolonged Exposure Therapy

 MUSC online training Summer 2020

An Introduction to DBT Group Skills and Individual Therapy Fall 2019

 Premier Behavioral Health Services, Presented by Farshid Afsarifard, Ph.D.

Acceptance and Commitment Therapy Workshop Fall 2018

 Kent State University, Michael P. Twohig, Ph.D.

Mediation with Repeated-Measures and Multilevel Data Workshop May 2018

 2018 APS Conference, Amanda K. Montoya & Nicolas, J. Rockwood

Foundations of Longitudinal Modeling May 2018

 Kent State University, Todd D. Little, Ph.D.

**PROFESSIONAL ASSOCIATIONS**

Association for Psychological Science (APS)

Society for Personality and Social Psychology (SPSP)

Midwestern Psychological Association (MPA)

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