

CURRICULUM VITAE

AMANDA J. SHALLCROSS

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Education

M.P.H., Public Health, University of Colorado, (December 2012, expected).
N.D., Naturopathic Medicine, National College of Naturopathic Medicine (NCNM) (2005).
B.A., Biology, Whittier College (2000).

Clinical Expertise

Preventative medicine
Family practice

Research/Academic Appointments

Post-Doctoral Research Fellow, Department of Psychology, University of Denver (2010 - 2013).
Adjunct Instructor, Department of Psychology, University of Denver (2012).
Project Manager, Department of Psychology, University of Denver (2007 - 2010).

Fellowships/Awards

Ruth Kirschstein, Post-doctoral National Research Service Award, National Center for Complementary and Alternative Medicine (2010 - 2013).
NCNM, Community Service Award (2004, 2005).
NCNM, Leadership Award (2003, 2004).
Whittier College, Omicron Kappa Delta National Leadership Society (2000).

Research Interests

Psychophysiological correlates of depression.
Effects and mechanisms of mindfulness-based interventions on stress reactivity and depression.
Population- and individual-level determinants of depression.

Publications

Troy, A.S., **Shallcross, A.J.**, Davis, T., Mauss, I.B. (in press). Mindfulness-based cognitive therapy is associated with improved cognitive reappraisal ability. *Mindfulness*.
Mauss, I.B., **Shallcross, A.J.**, Troy, A.S., Ferrer, E., John, O.P., & Gross, J.J. (2011). Don't hide your happiness! Positive emotion dissociation, social connectedness, and psychological functioning. *Journal of Personality and Social Psychology*, *100*, 738-748.
Shallcross, A.J., Troy, A.S., Boland, M., & Mauss, I.B. (2010). Let It Be: Accepting negative emotional experiences predicts decreased negative affect and depressive symptoms. *Behaviour Research and Therapy*, *48*, 921-929.
Troy, A.S., Wilhelm, F.H., **Shallcross, A.J.**, & Mauss, I. B. (2010). Seeing the silver lining: Cognitive reappraisal ability moderates the relationship between stress and depressive symptoms. *Emotion*, *10*, 783-795.

Publications (Submitted/In revision)

- Shallcross, A.J.**, Ford, B.Q., Floerke, V., Mauss, I.B. (invited revision). Acceptance across the lifespan: Implications for improved negative affect. *Journal of Personality and Social Psychology*.
- Hopp, H., **Shallcross, A. J.**, Ford, B. Q., Troy, A. S., Wilhelm, F. H., & Mauss, I. B. (invited revision). High vagal tone protects against future depressive symptoms under conditions of social support. *Biological Psychology*.
- Ford, B.Q., **Shallcross, A.J.**, Mauss, I.B., Floerke, V., & Gruber, J. (invited revision). If you seek it, it won't come: Valuing happiness is associated with symptoms and diagnosis of depression. *Journal of Social and Clinical Psychology*.
- Kogan, A., Gruber, J., **Shallcross, A.J.**, Ford, B.Q., & Mauss, I.B. (under review). Too much of a good thing? Cardiac vagal tone's non-linear relationship with well-being. *Emotion*.
- Kogan, A., Oveis, C., Gruber, J., Mauss, I.B., **Shallcross, A.J.**, Impett, E., van der Löwe, I., Hui, B., Cheng, C., Keltner, D. (under review). From virtue to vice: Moderate cardiac vagal tone predicts prosociality. *Journal of Personality and Social Psychology*.
- Troy, A.S., **Shallcross, A.J.**, Mauss, I.B. (under review) A person-by-situation approach to emotion regulation: Cognitive reappraisal can either help or hurt, depending on the context. *Psychological Science*.

Publications (In preparation)

- Boland, M., **Shallcross, A.J.**, Papa, T., Mauss, I.B. Experimentally induced emotional acceptance leads to delayed emotional benefits for those high, but not low, in trait anxiety.
- Davis, T. S., Troy, A. S., **Shallcross, A.J.**, & Mauss, I. B. Emotional reactivity and emotion regulation among adults with a history of self-injurious behavior.
- Shallcross, A.J.**, Shirk, S.J., Dimidjian, S., Gross, J.J., Holm-Denoma, J., Visvanathan, P.D., Cox, E., Goode, K.M., Ford, B.Q., & Mauss, I.B. The specificity of the effects of Mindfulness Based Cognitive Therapy on depression relapse prevention.

Conference Posters

- Shallcross, A.J.**, Shirk, S.J., Dimidjian, S., Gross, J.J., Holm-Denoma, J., Visvanathan, P.D., Cox, E., Goode, K.M., Ford, B.Q., & Mauss, I.B. (2012). Mindfulness based cognitive therapy versus an active control condition: Preliminary results from a randomized clinical trial. International Symposia for Contemplative Studies, Denver, CO.
- Boland, M., **Shallcross, A. J.**, Papa, A., & Mauss, I. B. (2012). Emotional acceptance lowers anxiety but not sadness for individuals with high trait negative affect. Emotion pre-conference, Society for Personality and Social Psychology Conference, San Diego, CA.
- Chang, Y.C., Troy, A. S., **Shallcross, A. J.**, Floerke, V. & Mauss, I. B. (2012). Cognitive control ability in positive reappraisal across the life span. Emotion pre-conference, Society for Personality and Social Psychology Conference, San Diego, CA.
- Goode, K.M., **Shallcross, A.J.**, & Mauss, I.B. (2012). Reappraisal mediates the relationship between mindfulness and decreased depressive symptoms. Emotion pre-Conference: Society for Personality and Social Psychology, San Diego, CA.
- Shallcross, A.J.**, Mauss, I.B. (2010). Mindfulness across the lifespan: Implications for emotional well-being. Emotion Pre-Conference: Society for Personality and Social Psychology, San Antonio, TX.
- Boland, M., Papa, T., **Shallcross, A.J.**, Mauss, I.B. (2010). Benefits of emotional acceptance on high anxiety after an anxiety induction. Emotion Pre-Conference: Society for Personality and Social Psychology, San Antonio, TX.
- Shallcross, A.J.**, Mauss, I.B. (2009). Acceptance of negative experiences moderates the effect of stress on developing depression. Emotion Pre-conference: Society for Personality and Social Psychology, Tampa, FL.

- Shallcross, A.**, Caston, A., Mauss, I., Prager, E. (2008). Good Grief: The ironic benefits of accepting negative experiences on depressive symptoms. Annual meeting of the Society for Personality and Social Psychology, Albuquerque, NM.
- Caston, A.T., **Shallcross, A.J.**, Mauss, I.B. (2008). Resilience in the face of stress: Cognitive reappraisal ability moderates the relationship between stress and depression. Emotion Pre-Conference: Annual meeting of the Society for Personality and Social Psychology, Albuquerque, NM.
- Hagemann, T., Caston, A.T., **Shallcross, A.J.**, & Mauss, I.B. (2008). Religious coping and adjustment to stressful life events. XXIX International Congress of Psychology, Berlin, Germany.

Conference Symposia

- Caston, A.T., **Shallcross, A.J.**, & Mauss, I.B. (2009). Resilience in the face of stress: The ability to down-regulate negative versus up-regulate positive emotions differentially predicts depression and well-being. Symposium at the annual Convention for the Western Psychological Association, Portland, OR.
- Caston, A. T., **Shallcross, A. J.**, & Mauss, I. B. (2008). Seeing the silver lining: Cognitive reappraisal ability moderates the relationship between stress and depression. XXIX International Congress of Psychology, Berlin, Germany.

Teaching

Health Psychology, PSYC 2701. Department of Psychology, University of Denver (Spring 2012).

Invited Lectures

- ‘Mind-body Approaches to the Stress Response.’ Department of Biology, University of Denver (2008 & 2010).
- ‘Stress and Resilience.’ East High School, Denver Colorado (2010).
- ‘Naturopathic Medicine-Integrative Approaches in Healthcare.’ Department of Health Education, San Francisco State University (2006).
- ‘What is Complementary and Alternative Medicine?’ Reed College, Portland, OR (2006).
- ‘Stress: What Is It? What Can We Do About It?’ Employee Wellness Program, Portland State University. (2006).
- ‘Integrative Medicine and the Rise of Complementary and Alternative Medicine in Healthcare.’ Health Professions Symposium, National College of Naturopathic Medicine. (2005 & 2006).

Reviewing

Ad-hoc reviewer: *Cognition & Emotion*

Licensing

Board Certified Naturopathic Physician (Oregon; License #1540).

Association Memberships

- Society for Psychophysiological Research (2006 - present).
- Colorado Association of Naturopathic Physicians (2007 - present).
- Society for Personality and Social Psychology (2007 - present).