

Natasha Parikh, Ph.D.

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Research and Teaching Interests

I am a broadly-trained cognitive neuroscientist with expertise in affective neuroscience, particularly the intersection of emotion regulation and memory. I am prepared to teach introductory courses in (cognitive) psychology, upper level courses in cognitive neuroscience, and more technical courses such as statistics, research methods, and programming for psychologists.

Education

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| May 2019 | Ph.D. in Psychology and Neuroscience • Duke University, Durham, NC
Certificates in Cognitive Neuroscience and College Teaching
<u>Dissertation</u> : Using imagination to reframe negative memories: An exploration into emotion regulation with counterfactual thinking
<u>Faculty advisors</u> : Kevin LaBar and Felipe De Brigard |
| May 2014 | B.S. in Mathematical and Computational Biology • Harvey Mudd College, Claremont, CA
Graduation with High Distinction |

Honors and Awards

Fellowships

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| 2019-2021 | College Fellow, Harvard University |
| 2019-2021 | Susan Nolen-Hoeksema Fellowship, Yale University (declined) |
| 2017-2018 | Preparing Future Faculty Fellowship, Duke University |
| 2018 | Thinking about the Possible Course Fellowship, Central European University, Budapest, Hungary |
| 2017 | Kavli Summer Institute in Cognitive Neuroscience Fellow |
| 2016-2019 | National Defense Science and Engineering Graduate (NDSEG) Fellowship, Department of Defense |
| 2016 | National Science Foundation Graduate Research Fellowship Program (GRFP) Honorable Mention |

Teaching Awards

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| 2019-2020 | Certificate of Teaching Excellence, Harvard University |
| 2019 | Dean's Award for Excellence in Teaching, Duke University |

Research Grants

2017

Summer Seminar in Neuroscience and Philosophy Grant Recipient
Corresponding author: Laura Niemi, University of Toronto
Title: Epistemic injustice and trauma: The neural substrates involved in having one's credibility repeatedly undermined

Travel Awards

2018

Charles Lafitte Foundation Graduate Travel Award, Duke University

2017

Wisconsin Symposium of Emotion Travel Award

2016-2019

Psychology & Neuroscience Travel Award, Duke University

2014-2016

Cognitive Neuroscience Admitting Program Travel Award, Duke University

Teaching

Teaching Experience

2019-

College Fellow in Psychology • Harvard University, Cambridge, MA
Postdoctoral lecturer fellowship involving designing and teaching 3 new upper level courses in psychology:

PSY 1012: Psychology of Music, Fall 2019, Fall 2020

- Advanced course, capped at 40 students
- Students study how music relates to the core topics of psychology (developmental, social, etc.) as well as how psychology can provide a framework to unpack music outside of the lab (concerts, instrument learning, etc.)

PSY 1903: Programming for Psychologists, Spring 2020, Fall 2020

- Lab course, capped at 16 students
- Students learn basic coding principles and how to conduct an experiment using these tools, including data presentation/collection, analysis, and visualization using Python and R.

PSY 1013: The Mind's Eye: Psychology of Imagination, Spring 2020

- Seminar course, capped at 20 students
- Over the semester, students work on defining imagination, understanding what evokes imagery and creativity, and use what they learn in class discussions to innovate upon an area in their own lives.

PSY 1016: Quarantine Blues? Pandemic Life and Mental Health,
Spring 2021

Co-teaching with Dr. Rebecca Shingleton

- Examining the effects of COVID-19 on mental health through discussion of research articles and community engagement

PSY S-1: Introduction to Psychology, Summer 2020

Role: Teaching Assistant. Head instructor: Dr. Elizabeth Phelps

- Fall 2017 **Adjunct Instructor in Psychology** • Elon University, Elon, NC
NEU 495: Seminar in Neuroscience
• 11 students, mostly seniors
• Students studied the topics of Learning and Memory across neuroscience disciplines, from neurobiology to neuropsychology
- 2017-2018 **Guest Lecturer** • Durham/Raleigh, NC
Duke Neuro Camp • Duke University, Summer 2018
Lecture: Functional Magnetic Resonance Imaging
• Led 30 high school students through the physics and applications of fMRI and guided them through an MRI demonstration at a scanner
- Psychology of Children and Adolescents • Meredith College, Spring 2018
Lecture: Social Development in Middle Adolescence
Instructor: Dr. Gwynn Morris
• 2 sections of ~25 students each
- Cognitive Psychology • Duke University, Spring 2017
Lecture: Visual Imagery
Instructor: Dr. Roberto Cabeza
• 64 students, mostly underclassmen
- 2015-2017 **Teaching Assistant** • Duke University, Durham, NC
Undergraduate Computing Workshop (Dr. John Pearson), Spring 2015
• 5 weeks, 15 students, all neuroscience majors
• Helped with in class activities and labs
- Introduction to Cognitive Neuroscience (Dr. Courtney Rainey), Fall 2016
• Led 2 discussion sections, one with 20 students, one with 9 students
- Cognitive Psychology (Dr. Roberto Cabeza), Spring 2017
• Led 2 discussion sections with 19 and 20 students, respectively
- Brain Waves and Cognition (Dr. Marty Woldorff), Fall 2017
• Taught a lab section for 16 students, mostly seniors
• In charge of electrophysiology methods instruction and class project supervision
- 2011-2014 **Tutor and Grader** • Harvey Mudd College, Claremont, CA
Courses: *Intro to Computer Science and Biology, Principles of Computer Science, Algorithms, Neural Networks, Calculus and Linear Algebra*
• Held office hours and graded assignments and exams

- 2006-2010
- NikNat Music School** • India Community Center, Milpitas, CA
Co-founder and Assistant Teacher
- Composed music, taught grade school children vocal and keyboard music
 - Co-wrote *Gana Bajana: Hindi Songs and Music for the Young Pianist*

Teaching Outreach

- 2015-2019
- Science Communication & Outreach** • Durham, NC
- Teach community about brain anatomy, motor adaptivity, and neural measurement (i.e., electroencephalogram)
 - Lead sessions at the North Carolina Museum of Life and Science
- 2015-2016
- Tutor** • Lakeview Secondary School, Durham, NC
- Tutored behaviorally at-risk students one-on-one on topics in the high school math curriculum
- 2015-2016
- REX (Real Experiments)** • Durham, NC
- Initiative to introduce high school students to high-quality laboratory experiments through a virtual platform
 - I created materials for and acted in videos demonstrating an in-situ hybridization experiment about the effects of nicotine exposure in rats

Pedagogical Training

- 2019-
- Peer Observations for Junior Faculty** • Harvard University, Cambridge, MA
- Observed and was observed by junior faculty and a Bok Center for Teaching and Learning staff member to exchange feedback on teaching effectiveness
- Fall 2019
- Harvard Initiative for Learning and Teaching Conference** • Harvard University, Cambridge, MA
Attendee
- Fall 2019
- Bok Center for Teaching and Learning Fall Conference** • Harvard University, Cambridge, MA
Attendee
- Winter 2019
- National Institute on the Teaching of Psychology Conference** • St. Petersburg, FL
Attendee and poster presenter

- 2018 - 2019 **Psychology One Conference** • Duke University, Durham, NC
Attendee
- Conference is specifically geared towards building a community of educators to enhance instruction of the introductory psychology course
- 2017-2018 **Preparing Future Faculty Fellow** • Duke University
Mentor: Dr. Gwynn Morris, Meredith College
- Yearlong competitive fellowship to introduce graduate students and postdocs to a variety of faculty roles
 - Visited local liberal arts colleges, state schools, historically black colleges, and research universities to learn what it means to be faculty at each
 - Shadowed mentor in faculty meetings, advising meetings, etc.
- Fall 2016 **Teaching Triangles** • Duke University
- Observed and was observed by other graduate student instructors to receive feedback on teaching abilities and style
- 2015-2019 **Certificate in College Teaching** • Duke University
Courses taken: *Fundamentals of College Teaching*, *College Teaching and Visual Communication*, *Psychological Research in the Classroom*
- 2015-2018 **Teaching & Learning Conference** • Elon University, Elon, NC
Annual Attendee

Mentoring

Academic

- 2018-2019 **Mentoring Handbook Contributor** • Durham, NC
- Co-authored an undergraduate mentoring guidebook for fellow graduate students in my department
 - Available at bit.ly/MentoringHandbook
- 2015- **Undergraduate Research Mentoring**
- Mentored the following students to learn basic programming, data collection procedures, psychophysiology and fMRI analyses
 - Many students were awarded summer fellowships and/or completed independent projects:
- Kara Xie '22, 2020-
Harvard University
- Brynn McGovern '18, 2015-2018
Summer Neuroscience Program Fellow, Duke University, 2017
- McGovern, B., Parikh, N., & LaBar, K.S. (2017, July). Replication of memory modification paradigm. Poster presented at the Summer Neuroscience Program Closing Conference, Durham, NC

Ada Zhang, '19, 2017-2019

Senior Thesis Student, now at Stanford Medical School

- Zhang, A., Parikh, N., & LaBar, K.S. (2019, July). Modulating implicit bias in a fear conditioning paradigm. Thesis and poster presented at the Celebration of Neuroscience Thesis Projects, Durham, NC

Jason Zhang '21, 2018-2019

Huang Fellow, Duke University, Summer 2018

- Zhang, J., Parikh, N., & LaBar, K.S. (2018, July). Effects of downward counterfactual thinking on emotional factors associated with regretful memories. Poster presented at the 6th Annual North Carolina BioSciences Collaborative Symposium, Durham, NC

Katie Herrmann '19, 2018-2019

Senior Thesis Student and Summer Vertical Integration Program, Duke University, 2018

- Herrmann, K., Parikh, N., & Hard, B.M. (2018, July). Your anxiety can help you! – A video intervention for exam anxiety reappraisal. Poster presented at Vertical Integration Program Poster Session, Durham, NC

Sarah Haurin '20, 2018-2019

Summer Neuroscience Program Fellow, Duke University, 2019

- Haurin, S., Faul, L., Parikh, N., & LaBar, K.S. (2019, July). Perspective shift and emotional regulation of moral memories. Poster presented at the Summer Neuroscience Program Closing Conference, Durham, NC

Volunteer

2016-2018

Women and Math (WAM) Mentor • Durham, NC

- Encourage groups of 8th grade girls to see the applications and utility of STEM fields through field trips and educational activities

2011-2014

Uncommon Good Mentor • Claremont, CA

- Met weekly with underprivileged, local middle school girls to set academic and personal goals, help with school work, make sure they kept in good position for college applications

Fall 2013

Vocal Mentor • Crossroads, Inc., Claremont, CA

- Mentored previously incarcerated women to perform a song about freedom in a choir concert

Research Experience

Harvard University, Cambridge, MA

2019-

Affective and Neuroscience Development Lab

Faculty advisor: Dr. Leah Somerville

- Investigating how adults and adolescents choose how to regulate their emotion in a naturalistic context

Duke University, Durham, NC

2014-2019

LaBar Lab

Faculty advisor: Dr. Kevin LaBar

- Investigated the effects of emotion regulation on memory reconsolidation using psychophysiological measures

2015-2019

Imagination and Modal Cognition Lab

Faculty advisor: Dr. Felipe De Brigard

- Examined the neural correlates of counterfactual thinking in high and low anxiety groups using fMRI

2018-2019

Behavioral Research Informing Teaching Excellence (BRITE) lab

Faculty mentor: Dr. Bridgette Hard

- Examined how a test anxiety intervention could improve test scores in three introductory-level classes

Spring 2015

Woldorff Lab • Rotation Student

Faculty advisor: Dr. Marty Woldorff

- Used EEG to differentiate oscillatory activity between viewing faces and houses

Claremont McKenna College, Claremont, CA

2011-2014

Cognitive Neuroscience Lab • Undergraduate Research Intern

Faculty advisor: Dr. Catherine L. Reed

- Collected and analyzed data for an embodied attention ERP study and a simultaneous EEG study on a tactile interpersonal task
- Created ERP analysis manual comparing various analysis pipelines and softwares
- Developed and conducted original EEG/ERP experiment investigating the influence of satiety on attentional orienting

Stanford University, Stanford, CA

Summer 2012

Etkin Lab • Summer Research Intern

Faculty advisor: Dr. Amit Etkin

Mentor: Dr. Brian Patenaude

Funding: Summer Neuroscience Fellowship, Pitzer College

Publications (*indicates work with an undergraduate mentee)

- Parikh, N.**, LaBar, K.S., & De Brigard, F. (2020). Phenomenology of counterfactual thinking is dampened in anxious individuals. *Cognition and Emotion*, 1-9. <https://doi.org/10.1080/02699931.2020.1802230>
- Faul, L., St. Jacques, P.L., DeRosa, J., **Parikh, N.**, & De Brigard, F. (2020). Differential contribution of anterior and posterior midline regions during mental simulation of counterfactual and perspective shifts in autobiographical memories. *NeuroImage*, 215, 116843.
- Parikh, N.**, McGovern, B.*, & LaBar, K.S. (2019). Spatial distancing reduces emotional arousal to reactivated memories. *Psychonomic Bulletin and Review*, 26(6), 1967-1973.
- De Brigard, F., & **Parikh, N.** (2019). Episodic Counterfactual Thinking. *Current Directions in Psychological Science*, 28(1), 59-66. <https://doi.org/10.1177/0963721418806512>
- Parikh, N.**, Ruzic, L., Stewart, G.W., Spreng, R.N., & De Brigard, F. (2018). Neural effects of episodic and semantic counterfactual thinking. *NeuroImage*, 178, 332-345.
- De Brigard, F., **Parikh, N.**, Stewart, G.W., Szpunar, K.K., & Schacter, D.L. (2017). Neural activity associated with repetitive simulation of episodic counterfactual thoughts. *Neuropsychologia*, 106, 123-132.
- Stanley, M.L., **Parikh, N.**, Stewart, G.W., & De Brigard, F. (2017). Emotional intensity in episodic autobiographical memory and counterfactual thinking. *Consciousness and Cognition*, 48, 283-291.

Under Review/In Preparation

- Whitehead, P.S., Geib, B.R., **Parikh, N.**, Beck, J.C., & Woldorff, M.G. (under review) Maintenance of information in visual working memory in the absence of sustained contralateral delay activity in the visual cortices., *Neuropsychologia*.
- Parikh, N.**, De Brigard, F., & LaBar, K.S. (in preparation). Anxiety and the efficacy of emotion regulation with counterfactual thinking.
- Parikh, N.**, LaBar, K.S., Rosenthal, M.Z., DeRosa, J.T., Stewart, G.W., & De Brigard, F. (in preparation). Neural activity during episodic counterfactual thinking in anxious and non-anxious individuals.
- Reed, C.L., Bush, W., **Parikh, N.**, Nagar, N., Garza, J.P., & Vecera, S. (in preparation). Hand location affects visual processing under distributed but not focused spatial attention.

Presentations and Talks (*indicates work with an undergraduate student)

Conference Presentations

- Camp, C.*, Stanley, M., Geib, B., **Parikh, N.**, and De Brigard, F. (2019, April). Dynamic integration of the hippocampus during episodic counterfactual thinking. Presented at the 26th meeting of the Cognitive Neuroscience Society, San Francisco, CA.

- Haurin, S.*, **Parikh, N.**, Zhang, J.H.*, De Brigard, F., & LaBar, K.S. (2019, April). The effectiveness of downward counterfactual thinking as an emotion regulation strategy. Presented at the 26th meeting of the Cognitive Neuroscience Society, San Francisco, CA.
- Parikh, N.**, LaBar, K.S., Rosenthal, M.Z., DeRosa, J.T., Stewart, G.W., Geib, B., & De Brigard, F. (2019, April). Neural activity during episodic counterfactual thinking in anxious and non-anxious individuals. Presented at the 26th meeting of the Cognitive Neuroscience Society, San Francisco, CA.
- Herrmann, K.*, **Parikh, N.**, & Hard, B.M. (2019, January). Exam anxiety in college students: Video anxiety reappraisal intervention. Presented at the 41st meeting of the National Institute on the Teaching of Psychology, St. Petersburg, FL.
- Parikh, N.**, LaBar, K.S., Rosenthal, M., DeRosa, J., Stewart, G.W., & De Brigard, F. (2018, November) Neural activity during episodic counterfactual thinking in anxious and non-anxious individuals. Presented at the 49th annual meeting of the Society for Neuroscience, San Diego, CA.
- Parikh, N.**, McGovern, B.*, & LaBar, K.S. (2018, March). Spatial distancing reduces arousal to reactivated memories. Presented at the 25th meeting of the Cognitive Neuroscience Society, Boston, MA.
- De Brigard, F., **Parikh, N.**, Stewart, G.W., Szpunar, K.K., & Schacter, D.L. (2017, November). Neural activity associated with repetitive simulation of episodic counterfactual thoughts. Presented at the 48th annual meeting of the Society for Neuroscience, Washington, D.C.
- Parikh, N.**, McGovern, B.*, & LaBar, K.S. (2017). Using spatial distancing to alter emotional reactivity to memories in a reconsolidation-inspired paradigm. Presented at Wisconsin Symposium on Emotion, Madison, WI (April 2017; Travel Award Winner), Duke Institute of Brain Science's Brainaroo, Duke University (May 2017; Best Poster Award)
- De Brigard, F., Stewart, G.W., **Parikh, N.**, & Spreng, R.N. (2016, November). A quantitative meta-analysis of neuroimaging studies on counterfactual thinking. Presented at the 47th annual meeting of the Society for Neuroscience, San Diego, CA.
- Stanley, M.L., **Parikh, N.**, Stewart, G.W., & De Brigard, F. (2016, November). Emotional intensity in episodic autobiographical memory and counterfactual thinking. Presented at Seminar on Counterfactual Reasoning, Toronto, ONT, CA.
- Parikh, N.**, Ruzic, L., Stewart, G.W., Spreng, R.N., De Brigard, F. (2016, April). Neural effects of plausibility during episodic and semantic counterfactual thinking. Presented at the 23rd Meeting of the Cognitive Neuroscience Society, New York City, NY.
- Reed, C.L., Bush, W., **Parikh, N.**, Nagar, N., Garza, J.P., & Vecera, S. (2014). Hand location affects visual processing under distributed but not focused spatial attention: An electrophysiological study. Presented at the 21st Meeting of the Cognitive Neuroscience Society, Boston, MA, 26th meeting of the Association for Psychological Science, San Francisco, CA..

Invited Talks

Parikh, N. (Oct. 2020). Talk title TBD. *Innovators in Cognitive Neuroscience*, Dartmouth University, NH. Virtual talk.

Parikh, N. (2018-19). Using imagination to reframe emotional memories.

- *Department of Psychology*. Reed College, Portland, OR.
- *Department of Psychology*. Illinois College, Jacksonville, IL.
- *Department of Psychology*. Bard College, Annandale-on-Hudson, NY.
- *Department of Psychology*. Fairfield University, Fairfield, CT.
- *Department of Psychology*. Weber State University, Ogden, UT.
- *Department of Psychology*. Elmhurst College, Elmhurst, IL.

Parikh, N. (2018). My research and life as a graduate student. Guest speaker, *Neuroscience Seminar*, Elon University, Elon, NC.

Parikh, N. (2018). The consequences of creating counterfactuals. *Thinking about the Possible*, Summer Course at Central European University, Budapest, Hungary

Parikh, N. (2018). Intentionally changing memories for the better. *Data Blitz at Duke University's Center for Cognitive Neuroscience Retreat*, Chapel Hill, NC. (Third Place for Data Blitzes)

Parikh, N. (2018). Overthinking: Why we do it and what we can do about it. *Duke GradX* (TEDx style talks on graduate research), Duke University, Durham, NC

Parikh, N. (2015). Looking for ERP-independent oscillatory differences between stimulus types. *Department of Psychology*, Claremont McKenna College, Claremont, CA

Professional Service

Extramural

Spring 2020

Reviewer • Cognition

Spring 2020

Reviewer • Cognition and Emotion

Fall 2018

Reviewer • Psychiatry Research

Summer 2018

Reviewer • PLOS One

Spring 2017

Reviewer • Cognitive Science conference submissions (for CogSci 2017, London, UK)

Spring 2017

Ad Hoc Reviewer • Behavioral and Brain Sciences

Spring 2016

Judge • Regional Science Fair, North Carolina School of Science and Math, Durham, NC

Intramural

2020-

Diversity, Inclusion, and Belonging Committee Member • Department of Psychology, Harvard University

2018-2019

Search Committee Member • Director of Chapel Music, Duke University

2018-2019

Committee Member • Neuroscience Undergraduate Thesis Defenses, Duke University (one thesis in 2018, two in 2019)

2017 - 2018	Panelist • Psychology Teaching Assistant Training, Duke University
Fall 2018	Panelist • First-year graduate student seminar, Duke University
Spring 2017	Organizer • Center for Cognitive Neuroscience Retreat, Duke University
2017-2018	Organizer • Psychology & Neuroscience Recruitment, Duke University
2015-2017	Organizer • Center for Cognitive Neuroscience Journal Club, Duke University
2014-2016	Organizer • Cognitive Neuroscience Admitting Program Recruitment, Duke University
Fall 2015	Volunteer • Duke Institute of Brain Sciences Bootcamp, Duke University
2014-	Alumni Interviewer and Admissions Ambassador • Harvey Mudd College
2012-2013	Board Member • Harvey Mudd College Honor Board

Leadership

2018-2019	Duke Chapel Choir President • Duke University <ul style="list-style-type: none">• Manage the weekly needs of a 100+ person choir• Head a monthly meeting for the officer team• Choir officer since 2015 (Social chair and vice president)
2013-2014	Uncommon Good Campus Head • Harvey Mudd College <ul style="list-style-type: none">• Met with other campus leaders to organize activities and promote the Connect to College Mentoring Program, which encourages at risk, low-income children to stay in school by assigning them a college mentor
2012-2014	Residential Life Staff • Harvey Mudd College <i>Proctor, 2013-14</i> <ul style="list-style-type: none">• Led a team to plan engaging programs and uphold the well-being of 80 students• Served as hall's go-to for minor mental and medical concerns• Met weekly with the Dean of Students staff to discuss dorm concerns and plan effective programs <i>Mentor, 2012-13</i> <ul style="list-style-type: none">• Planned interactive activities for the dorm and work regularly with the Dean of Students Office• Acted as a role model, counselor, and support system for 50 freshmen and sophomores

References

Research

- Dr. Leah Somerville Professor of Psychology
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- Dr. Felipe De Brigard Fuchsberg-Levine Family Associate Professor of Philosophy
Associate Professor, Psychology and Neuroscience
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- Dr. Kevin LaBar Professor, Psychology & Neuroscience
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Teaching

- Dr. Katherine Powers Associate Director of Undergraduate Studies
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- Dr. Marty Woldorff Professor, Psychiatry and Behavioral Sciences
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