

Aaron Shain Heller

CURRICULUM VITAE

Assistant Professor

Department of Psychology
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Academic Appointments

2015-present Assistant Professor
Department of Psychology
Department of Psychiatry
Department of Neuroscience
University of Miami

Education & Training

2013-2015 Postdoctoral Associate of Psychology in Psychiatry at Weill
Cornell Medical College

2012-2013 Predoctoral psychology intern at Weill-Cornell Medical
College / New York Presbyterian Hospital

2006-2013 PhD, Clinical Psychology
University of Wisconsin – Madison

2004-2006 Lab Manager & Research Assistant
Center for Neuroscience, Department of Psychology
University of California, Davis

2003-2004 Travelled in South America

1999-2003 Bachelor of Arts
University of California, Berkeley

Research Grants

2017-2019 John Templeton Foundation
Pathways To Character Grant
*Characterizing Character Growth Following Breast Cancer Diagnosis Using Mobile
Health*
Role: Principal Investigator
Amount awarded: \$225,000

2017-2018 Society for a Science of Clinical Psychology
Varda Shoham Clinical Science Training Initiative

Modernizing a training clinic to enhance patient monitoring
 Role: Principal Investigator
 Amount awarded: (\$1,500)

Honors and Awards

2017	Faces of the Future Presentation <i>Society for Research in Psychopathology</i>
2016	Career Development Leadership Program <i>Anxiety and Depression Association of America</i>
2015	Rising Star Award <i>Association for Psychological Science</i>
2015	Hot Topics Presentation <i>American College of Neuropsychopharmacology</i>
2014	Travel Fellowship <i>Wisconsin Symposium of Emotion</i>
2013	Clinical Psychology Intern Research Award <i>Weill-Cornell Medical College</i>
2011	Ramona O. Messerschmidt Clinical Psychology Award <i>University of Wisconsin – Madison</i>
2010-2012	Hertz and Royalty Research Travel Award <i>University of Wisconsin – Madison</i>
2008	Scholarship and Travel Award <i>Beck Institute for Cognitive Therapy and Research</i>
2006-2008	NIMH Emotion Research Training Grant recipient

Peer Reviewed Publications

1. **Heller AS**, Fox AS, Davidson RJ (*Under Review*) Parsing Affective Dynamics to Identify Risk for Mood and Anxiety Disorders.
2. **Heller AS**, Jutagir DR, Jacobs JM, Bouchard LC, Gudenkauf LM, Diaz A, Carver CS, Lechner SC, Blomberg BB, Antoni MH (*Under Review*) Social Well-Being is Associated with Survival and Recurrence in Women after Surgery for Breast Cancer over 11-15 years.
3. Casey BJ, **Heller AS**, Gee DG, Cohen AO (*Under Review*). Development of the Emotional Brain.
4. **Heller AS**, Chiemeka Ezie CE, Otto AR, Timpano KR (*Under Review*). Goal-Directed Decision Making and Negative Affect: The Moderating Role of Stress.
5. Jutagir DR, Blomberg BB, Carver CS, Lechner SC, Timpano KR, Bouchard LC, Gudenkauf LM, Jacobs JM, Diaz A, Lutgendorf SK, Cole SW, **Heller AS**, Antoni MH (2017) Social

Well-Being is Associated with Less Pro-Inflammatory and Pro-Metastatic Leukocyte Gene Expression in Women after Surgery for Breast Cancer. *Breast Cancer Research and Treatment*. DOI: 10.1007/s10549-017-4316-3

6. Nomi JS, Bolt TS, Chiemeka Ezie CE, Uddin LQ, **Heller AS** (2017). Moment-to-moment BOLD Signal Variability Reflects Regional Changes in Neural Flexibility Across the Lifespan. *Journal of Neuroscience* 37(22):5539-5548. doi: 10.1523/JNEUROSCI.3408-16.2017
7. Ryff CD, **Heller AS**, Schaefer SM, van Reekum CM, Davidson RJ (2016). Purposeful Engagement, Healthy Aging, and the Brain. *Current Behavioral Neuroscience Reports*. 1-10. doi: 10.1007/s40473-016-0096-z.
8. Grupe DW, **Heller AS** (2016). Brain imaging alterations in PTSD. *Psychiatric Annals*. 46(9): 519-526.
9. **Heller AS** (2016). Rethinking strategies for when to acquire neural markers associated with treatment response. *Molecular Psychiatry* 21(12):1655-1656. doi: 10.1038/mp.2016.176.
10. **Heller AS**, Cohen AO, Dreyfuss M, Casey BJ (2016). Changes in cortico-subcortical and subcortico-subcortical connectivity impact impulsivity to emotional cues across development. *Social Cognitive and Affective Neuroscience* 11(12):1910-1918.
11. **Heller AS** (2016). Cortical-Subcortical Interactions in Depression. *Frontiers in Systems Neuroscience*. 10:1-20. doi: 10.3389/fnsys.2016.00020
12. Cohen AO, Breiner K, Steinberg L, Bonnie RJ, Scott ES, Taylor-Thompson KA, Rudolph MD, Chein J, Richeson JA, **Heller AS**, Silverman MR, Dellarco DV, Fair DA, Galván A, Casey BJ (2016). When is an adolescent an adult? Assessing cognitive control in emotional and non-emotional contexts. *Psychological Science*. 27(4):549-62. doi: 10.1177/0956797615627625.
13. Cohen AO, Dellarco DV, Breiner K, Helion C, **Heller AS**, Rahdar A, Pedersen, G, Chein J, Dyke JP, Galvan A, Casey BJ (2016). The Impact of Emotional States on Cognitive Control Circuitry and Function. *Journal of Cognitive Neuroscience*. 28(3):446-59. doi: 10.1162/jocn_a_00906.
14. **Heller AS** & Casey BJ (2016). The Neurodynamics of emotion: Delineating typical and atypical emotional processes during adolescence. *Developmental Science*. 19(1):3-18. doi: 10.1111/desc.12373
15. **Heller AS** (2015). Neural predictors of depression symptom course. *Current Opinion in Psychology*. 4:104-109.
16. Richey JA, Damiano CR, Sabatino A, Rittenberg A, Petty C, Bizzell J, Voyvodic J, **Heller AS**, Coffman MC, Smoski M, Davidson RJ & Dichter GS (2015). Neural mechanisms of emotion Regulation in Autism Spectrum Disorder. *Journal of Autism and Developmental Disorders*.

17. **Heller AS**, Fox AS, Wing EK, McQuisition KM, Vack NJ, Davidson RJ (2015). The Neurodynamics of Affect in the Laboratory Predicts Persistence of Real-World Emotional Responses. *Journal of Neuroscience* 35(29):10503-10509.
18. **Heller AS**, Lapate RC, Mayer KE, & Davidson RJ (2014). The face of negative affect: Trial-by-trial corrugator responses to negative pictures are positively associated with amygdala and negatively associated with ventromedial prefrontal cortex activity. *Journal of Cognitive Neuroscience* 26(9): 2102-2110.
19. **Heller AS**, Johnstone T, Peterson M, Kolden G, Kalin N, & Davidson RJ (2013). Increases in prefrontal cortex activity when regulating negative emotion predicts symptom severity trajectory in depression. *JAMA Psychiatry* 70(11):1181-1189.
20. **Heller AS***, van Reekum CM*, Schaefer SM, Lapate RC, Radler BT, Ryff, CD, & Davidson, RJ (2013). Sustained striatal activity predicts eudaimonic well-being and cortisol output. *Psychological Science* 24(11):2191-2200.
21. **Heller AS**, Johnstone T, Light S, Peterson M, Kolden G, Kalin N, & Davidson RJ (2013). Changes in sustained fronto-striatal circuitry resulting from antidepressant treatment correlates with changes in positive affect in major depression. *American Journal of Psychiatry* 170(2):197-206.
22. Lee H, **Heller AS**, van Reekum CM, Nelson B, & Davidson RJ (2012). Amygdala prefrontal coupling underlies individual differences in emotion regulation. *NeuroImage* 62(3):1575-1581.
23. Light SN, **Heller AS**, Johnstone T, Kolden GG, Peterson MJ, Kalin N, & Davidson RJ (2011). Reduced Ventrolateral Prefrontal Cortex Activity While Inhibiting Positive Affect Predicts Anhedonia Treatment Response in Major Depressive Disorder. *Biological Psychiatry* 70(10):962-968.
24. **Heller AS**, Greischar LL, Honor A, Davidson RJ (2011). Simultaneous acquisition of corrugator electromyography and functional magnetic resonance imaging: A new method for objectively measuring affect and neural activity concurrently. *NeuroImage* 58(3):930-934.
25. **Heller AS**, Johnstone T, Shackman AJ, Light S, Peterson M, Kolden G, Kalin N, & Davidson RJ (2009). Reduced capacity to sustain positive emotion in major depression reflects diminished maintenance of fronto-striatal brain activation. *Proceedings of the National Academy of Sciences* 106(52):22445–22450.
26. Deouell LY, **Heller AS**, Malach R, D'Esposito M, Knight RT (2007) Cerebral responses to change in spatial location of unattended sounds. *Neuron* 55(6):985-996.
27. Ranganath C, **Heller AS**, Wilding EL (2007) Dissociable correlates of two classes of retrieval processing in prefrontal cortex. *Neuroimage* 35(4):1663-1673.

28. Cohen MX, **Heller AS**, Ranganath C (2005) Functional connectivity with anterior cingulate and orbitofrontal cortices during decision-making. *Brain Res Cogn Brain Res* 23(1):61-70.
29. Ranganath C, **Heller A**, Cohen MX, Brozinsky CJ, Rissman J (2005) Functional connectivity with the hippocampus during successful memory formation. *Hippocampus* 15(8):997-1005.

* indicates authors contributed equally to the work.

Book Chapters

1. **Heller AS** (*In Press*). Functional Brain Imaging and PTSD. In: Marmar, C., Nemeroff C.B. (Eds.), *Post-Traumatic Stress Disorder*. New York: Oxford University Press.
2. **Heller AS** (*In Press*). When, and in what ways are emotions adaptive and maladaptive? In: Fox, A.S., Lapate, R.C., Shackman, A.J. & Davidson, R.J. (Eds.), *The Nature of Emotion: Fundamental Questions* (2nd edition). New York: Oxford University Press.
3. Schaefer SM, van Reekum CM, Lapate RC, **Heller AS**, Grupe DW, Davidson RJ (*In Press*). The temporal dynamics of emotional responding: Implications for well-being and health from the MIDUS Neuroscience Project. In: Ryff, C.D., Krueger, R.F. (Eds.), *Oxford Handbook of Integrative Health Science*. New York: Oxford University Press.

Memberships in Professional Societies

Association for Psychological Science
 Cognitive Neuroscience Society
 Social & Affective Neuroscience
 Society for Research in Psychopathology
 Society for Neuroscience

Service to the Field

2017-2018	Co-Organizer; <i>Clinical Neuroscience Preconference to Annual Social & Affective Neuroscience Conference</i>
2017	Program Committee; <i>Society for Research in Psychopathology</i>
2015	Program Committee; <i>Social & Affective Neuroscience</i>
2014	Program Committee; <i>Social & Affective Neuroscience</i>

Institutional Service

2017-2018	Clinical Faculty Search Committee
2015-Present	Co-Chair, Technical Committee: Neuroimaging Suite
2017	Antonio Orlando Award Review Committee

2016-2017	Psychological Services Center Subcommittee
2016-2017	Clinical Faculty Search Committee
2015-2016	Clinical Faculty Search Committee
2015-2016	Member, Communications and Development Committee: Neuroimaging Suite
2015-2016	Co-Chair, Education and Training Committee: Neuroimaging Suite
2011-2012	UW-Madison Recreational Sports Governance Board

Reviewing

2017-Present	Consulting Editor, <i>Emotion</i>
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Instruction

Course Head

Spring 2017	Psy604 <i>Cognition and Emotion</i>
Fall 2017	Psy260 <i>Introduction to Personality Psychology</i>
Spring 2016	Psy604 <i>Cognition and Emotion</i>
Spring 2016	Psy670 <i>Practicum in Clinical Psychology</i>
Fall 2015	Psy670 <i>Practicum in Clinical Psychology</i>

Co-Instruction

Spring 2010	Psy710 <i>Multiple Regression & Linear Models</i>
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Academic & Conference Talks

2017	Conference Talk Society for Research in Psychopathology
2017	Clinical Psychology Seminar Yale University
2016	Conference Talk Society for Research in Psychopathology
2015	Hot Topics Presentation American College of Neuropsychopharmacology Hollywood, FL
2015	Nanosymposium Presentation Society for Neuroscience Meeting Chicago, IL
2014	Conference Talk Anxiety & Depression Association of America

- 2014 Clinical Psychology Seminar
Harvard University
- 2014 Department of Psychology Colloquium
State University of New York, Stony Brook
- 2014 Department of Psychology Colloquium
University of North Carolina, Chapel Hill
- 2014 Department of Psychology Colloquium
University of Miami
- 2013 Department of Psychiatry Sackler Seminar Series
Weill Cornell Medical College
- 2013 Department of Psychiatry Grand Rounds
Weill Cornell Medical College
- 2013 Department of Psychology Colloquium
Vanderbilt University
- 2013 Department of Psychology Colloquium
University of Texas-Austin
- 2010 Nanosymposium Presentation
Society for Neuroscience Annual Meeting

Clinical Practice

- 2008-2009 **Dean Clinic Department of Psychiatry - Pediatric Neuropsychology.**
Assessment and Evaluation
Conducted and interpreted neuropsychological assessments using various standardized tests (WISC-IV, WIAT-II, WJ-III, NEPSY, D-KEFS, TOVA) to children from a variety of backgrounds, including, autism, oppositional defiant disorder, mood and anxiety disorders, and learning and cognitive disabilities.
Supervisor: Peter Williamson, Ph.D.
- 2008-2012 **Psychology Research and Training Clinic, Psychology Department, University of Wisconsin-Madison**
Assessment and Evaluation
Conducted intake assessments with individuals seeking psychotherapy services, which includes a full clinical interview administration of the Minnesota Multiphasic Personality Inventory (MMPI-2), and generation of a comprehensive written report. Additional responsibilities included supervision of junior graduate students in clinical interviewing and report writing. Faculty supervision occurs during weekly intake staffings. Also conducted learning disability and cognitive assessments with adults, children, and adolescents using the WPPSI-III, WISC-IV, WAIS-IV, the Woodcock-Johnson-III Tests of Achievement, the D-KEFS and TOVA. Assessments included a brief clinical interview, generation of a comprehensive report, and feedback to the client. Licensed psychologists provided close supervision of learning disability and cognitive assessments.

Supervisors: Linnea Burk, Ph.D., Bruce Erdmann, Ph.D., Rodney Miller, Ph.D., Maureen Rickman, Ph.D., and Peter Williamson, Ph.D.

Psychotherapy

Provided psychotherapy to clients suffering from symptoms of depression and anxiety. Weekly therapy sessions were conducted under the supervision of licensed psychologists. Supervision occurred in individual and group settings and consisted of videotape review and treatment planning. Case conceptualization and treatment plans were derived from cognitive-behavioral, interpersonal, and neo-psychodynamic perspectives.

Supervisors: Lea Aschkenase, Ph.D. and Rhonda Reinholtz, Ph.D.

Crisis Intervention

Provided 24-hour on-call service on a rotating basis to Psychology Research and Training Clinic clients.

Practicum and Seminar Training

Didactic training was provided via weekly seminars consisting of intake staffings, case presentations, discussions on a variety of clinical topics (e.g., ethics, cultural diversity, psychopharmacology) and training in empirically validated treatments (e.g., cognitive behavioral, interpersonal, dialectical behavioral). Invited speakers presented on broad clinical topics (e.g., mindfulness, relaxation techniques).

2009-2011

William S. Middleton Veteran's Hospital

Assessment and Evaluation

Administered the Structured Clinical Interview for DSM-IV (SCID-I) and the Clinician Administered PTSD Scale (CAPS) to veterans. Scored these instruments to determine whether volunteers were eligible for participation in clinical research based on their diagnostic status. Also, conducted assessment of personality involving administration and scoring of the Million Clinical Multi-axial Inventory III (MCMI), the MMPI and the Structured Clinical Interview for DSM-IV Axis II: Personality Disorder Diagnoses (SCID-II).

Supervisors: Tracey Smith, Ph.D. and Nathan Miller, Ph.D.

Psychotherapy

Individual: Conducted Cognitive Processing Therapy (CPT) with 4 individuals, which is a semi-structured 12 session therapy for PTSD. Conducted Prolonged Exposure therapy (PE) with 4 individuals, which is also a semi-structured 9 session therapy for PTSD. Conducted treatment planning sessions with 11 individuals. **Group:** Co-facilitated 12-week group therapy using Behavioral Activation (BA) to treat PTSD. Co-facilitated a 12-week couple's group for individuals with PTSD. Received weekly individual supervision and attended weekly PTSD clinic group supervision.

Supervisor: Nathan Miller, Ph.D.

2011-2012

Access Community Health Centers

Behavioral Health Psychotherapy

Participate as member in the Behavioral Health Consultation team, which works directly with medical providers and their patients. The behavioral model focuses on brief (15-30 minute), focused interventions. Depending on need, patients are also seen for follow-up visits. Unique to this practicum, there was no specific case-load as all psychologists work with all the patients. About 60% of mental health visits are follow-up and 40% are new consults.

Psychopharmacology training and consultation are the main foci of the practicum. Also assisted pediatricians with well-child visits, screening of post-partum depression, evaluating sleep hygiene, and desire to engage in tobacco cessation program.

Supervisors: Armando Hernandez, Ph.D., and Meghan Fondrow, Ph.D.

2012-2013

Weill-Cornell Medical School/New York Presbyterian Hospital: Clinical Psychology Intern

Outpatient Psychotherapy

Maintain a caseload of 7-9 clients presenting with a variety of Axis I diagnoses (MDD, GAD, agoraphobia, PTSD), and treated with primarily CBT approaches. Maintain a caseload of 1-2 long-standing clients, treated with a psychodynamic approach. Maintain a caseload of 1 patient with borderline personality disorder, seen twice weekly, using Transference Focused Psychotherapy.

Supervisors: Marika Kyrimis, Ph.D., Alex Levi, Ph.D., and Kay Haran, Psy.D.

Inpatient Psychotherapy

Saw a variety of patients on the psychiatric inpatient unit at New York Presbyterian Hospital for four months. Participated in daily rounds where patients were discussed.

Supervisor: Ben Brody, M.D.

Child/Adolescent Psychotherapy

Maintain a caseload of 3 children/adolescents presenting with a variety of disorder and treated with CBT approaches for four months.

Supervisor: Shannon Bennett, Ph.D.

Neuropsychological Assessment

Perform weekly Neuropsychological assessments primarily with individuals currently housed at the inpatient psychiatric unit at New York Presbyterian Hospital. Interpret testing and write reports of each case.

Supervisor: Faith Gunning-Dixon, Ph.D.