

**Amanda J. Shallcross**  
Curriculum Vitae

Psychology Department  
University of Denver  
2155 S. Race St.  
Denver, Co 80208  
Email: [ashallcross@psy.du.edu](mailto:ashallcross@psy.du.edu)

***Education***

N.D., Naturopathic Medicine, National College of Naturopathic Medicine (2005)  
Concentrations: Integrative Medicine, General Family Practice, Behavioral  
Medicine

Thesis: *Depression: Theoretical Etiologies and Holistic Approaches*

B.A., Biology, Whittier College (2000)

***Clinical Expertise***

Family Practice  
Psychophysiology/Mind-body Medicine

***Research Experience***

Emotion Regulation Lab: University of Denver, Department of Psychology: Lab  
Manager (Jan 2007-December 2008)

Emotion Regulation Lab: University of Denver, Department of Psychology:  
Project Manager (December 2008-present)

***Research Interests***

- Emotions and stimulation of autonomic nervous system and HPA axis
- Physiological effects of emotion and emotion regulation
- Individual differences in emotion regulation
- Role of mindfulness and acceptance in psychological and physiological health

### ***Publications***

- Mauss, I.B., **Shallcross, A.J.**, Caston, A.T., Ferrer, E., John, O.P., Gross, J.J. (in preparation). Socioemotional correlates of emotional response system coherence.
- Caston, A., **Shallcross, A.J.**, Mauss, I.B., Prager, E. (in preparation). Resilience in the face of stress: Cognitive reappraisal ability moderates the relationship between stress and depression.
- **Shallcross, A. J.**, Boland, M., Mauss, I.B. (in preparation). Acceptance vs. experiential avoidance in the development of depressive symptoms.
- **Shallcross, A.J.**, Caston, A., Mauss, I.B., (in preparation). Validation of neutral and sad film clips for use in experimental affective science.

### ***Conference Posters***

**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, New Mexico.

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 of the 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.

**Shallcross, A.**, & Mauss, I. (2009). Acceptance of negative life events moderates effects of stress on depression. Emotion pre-conference of the annual meeting of the Society for Personality and Social Psychology, Tampa, Florida.

### ***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.

***Awards/Honors***

Community Service Award, NCNM (2005)  
Leadership Award, NCNM (2003, 2004)  
Limelight Award, NCNM (2004)  
Omicron Kappa Delta National Leadership Society (2000)

***Guest Lectures/Invited Presentations***

“Mind-body Approaches to the Stress Response”  
October 2008; University of Denver

“Naturopathic Medicine-Integrative Approaches in Healthcare”  
October 2006; San Francisco State University  
December 2006; Portland AmeriCorps

“Integrative Medicine-A Holistic Overview”  
February 2006; Reed College

“Stress: What Is It? What Can We Do About It?”  
March 2006; Portland State University

“Integrative Medicine and the Rise of Alternatives in Healthcare”  
April 2006; Clark College: Health Horizons Course

“Naturopathic Medicine and the Current Health Care System”  
December 2005, February 2006, April 2006, June 2006, September 2006  
National College of Naturopathic Medicine

***Association Memberships***

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