ETHAN F. KROSS
Curriculum Vitae

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EMPLOYMENT

Assistant Professor, Social Psychology, University of Michigan, Ann Arbor, Fall 2008 -

Faculty Associate, Research Center for Group Dynamics, ISR, Fall 2008 –

Faculty Associate, University of Michigan Depression Center, Fall 2008 –

Faculty Associate, Center for Culture, Mind and Brain, University of Michigan, Fall 2009 –

EDUCATION

Post-Doctoral Research Fellow, Social & Affective Neuroscience, Columbia University, June, 2007-June, 2008.

Ph.D. Social Psychology, Columbia University, 2007. Advisor: Walter Mischel.
"Enabling adaptive 'working through': Processes and outcomes distinguishing reflective processing of negative emotions from rumination and distraction."

M.A. Social Psychology, Columbia University, 2004. Advisor: Walter Mischel. "Hot/Cool dynamics in emotion regulation."

B.A. Psychology, *magna cum laude*, departmental honors, University of Pennsylvania, 2001. Advisor: David Williams. "A web-based study of mindfulness and automatic stereotyping."

GRANT SUPPORT – FUNDED

1. **Project Title:** Fostering self-control: Strategies that facilitate working, waiting, and emotion regulation
   Role: Co-Principle Investigator
   Source: John Templeton Foundation
   Dates of Project: August 2011 – July 2014
   Amount: $1,280,000 (Total Costs)

2. **Project Title:** From good intentions to virtue: Training self-distancing to promote prosocial affect, cognition and behavior

Role: Co-Principle Investigator
Source: John Templeton Foundation
Dates of Project: September 2011 – August 2013
Amount: $130,108 (Total Costs)

3. **Project Title:** African American Racial Identity and Coping with Racial Stressors
Role: Co-Investigator
Source: National Science Foundation
Dates of Project: August 2011 – July 2014
Amount: $449,163 (Total Costs)

4. **Project Title:** Developing a self-distancing intervention for major depressive disorder
Role: Principle Investigator
Source: University of Michigan Depression Center Community Volunteer Committee
Dates of Project: September 2011 – August 2012
Amount: $2,500 (Total Costs)

GRANT SUPPORT – COMPLETED

1. **Project Title:** Boosting wisdom via psychological distancing
Role: Principle Investigator
Source: University of Michigan Spring/Summer Research Grants Program
Dates of Project: May 2010 – August 2010

2. **Project Title:** The Efficacy and Mechanisms of Expressive Writing as a Treatment for Depression Following Traumatic Brain Injury
Role: Co-Investigator
Source: Michigan Institute for Clinical and Health Research (MICHR)
Dates of Project: February 2010 – January 2011

3. **Project Title:** Enabling adaptive processing of negative experiences
Role: Principal Investigator
Source: National Institute of Mental Health (Predoctoral Fellowship)
Dates of project: Fall 2006 – Spring 2008 (declined after Spring 2007 to start postdoc)

4. **Project Title:** NSF Graduate Fellowship
Role: Principal Investigator
Source: National Science Foundation
Dates of project: Fall 2002 – Fall 2005

FELLOWSHIPS, HONORS, & AWARDS

2007	Summer Institute in Cognitive Neuroscience Fellowship, UC Santa Barbara
2006	International Travel Award, American Psychological Association (APA)
2006	Student Travel Award, Society for Personality and Social Psychology (SPSP)
2005 - 2006	Richard Christie Memorial Fellow, Columbia University Psychology Department
2004, 2005	Research Travel Award, Columbia University Psychology Department
2003	First Runner-Up, Graduate Student Poster Award, Society for Personality and Social

	Psychology (SPSP)
2001 - 2006	Faculty Fellowship, Columbia University
2001 - 2006	Teaching Fellowship, Columbia University
2001	Phi Beta Kappa, University of Pennsylvania
2001	Theta Alpha Kappa National Honor Society, University of Pennsylvania
2000 - 2001	Nathan Appelman Scholarship, University of Pennsylvania
2000	Psi Chi National Honor Society, University of Pennsylvania
2000	Golden Key National Honor Society, University of Pennsylvania

PUBLICATIONS

[*] **= Authors contributed equally**
[†] **= Student co-author**
[#] **= Corresponding author**

1. [#]**Kross, E.**, Ayduk, O., & Mischel, W. (2005). When asking "why" does not hurt: Distinguishing rumination from reflective processing of negative emotions. *Psychological Science,* 16, 709-715.

   Editor's Choice Article (2005). *Science, 309,* 1790.

2. Mischel, W., DeSmet, A., & **Kross, E** (2006). Self-regulation in the service of conflict resolution. In M. Deutsch, P.T. Coleman, and E.C. Marcus (Eds.), *Handbook of Conflict Resolution* (2nd ed., pp. 294-313). San Francisco: Jossey-Bass.

3. [#]**Kross, E.,** Egner, T., Downey, G., Ochsner, K., & Hirsch, J. (2007). Neural dynamics of rejection sensitivity. *Journal of Cognitive Neuroscience*, 19, 945-956.

4. Ayduk, O., & **Kross, E.** (2008). Enhancing the pace of recovery: Differential effects of analyzing negative experiences from a self-distanced vs. self-immersed perspective on blood pressure reactivity. *Psychological Science,* 19, 229-231.

5. [#]**Kross, E**., & Ayduk, O. (2008). Facilitating adaptive emotional analysis: Short-term and long-term outcomes distinguishing distanced-analysis of negative emotions from immersed-analysis and distraction. *Personality and Social Psychology Bulletin, 34*, 924-938.

6. [#]**Kross, E**., & [†]Clasen, P., (2008). Neural Processes in Rejection Sensitivity: Differences in Emotional Appraisal or Control*?* In F. Erkman (Ed.), *Interpersonal Acceptance and Rejection*.

7. [#]**Kross, E.,** [†]Davidson, M., Weber, J., & Ochsner, K.N. (2009). Coping with Emotions Past: The Neural Bases of Regulating Affect Associated with Negative Autobiographical Memories. *Biological Psychiatry (Priority Communication), 65*, 361-366.

   Commentary: Carter, C.S. (2009). The ups and downs of emotion regulation. *Biological Psychiatry, 65,* 359-360.

   Society of Biological Psychiatry's Ziskind-Somerfeld Award Finalist

8. *#Ayduk, O. & *#**Kross, E.** (2009). Asking 'why' from a self-distanced perspective facilitates adaptive emotional processing: A reanalysis of Wimalaweera & Moulds (2008). *Behaviour Research and Therapy, 47, 88*-92.

9. **Kross, E.** (2009). When the self becomes other: Towards an integrative understanding of the processes distinguishing adaptive self-reflection from rumination. *Annals of the New York Academy of Sciences, 1167,* 35-40.

10. #**Kross, E.,** & Ayduk, O. (2009). Boundary conditions and buffering effects. Does depressive symptomology moderate the effectiveness of self-distancing for facilitating adaptive self-reflection? *Journal of Research in Personality, 43,* 923-927.

11. Kober, H., **Kross, E.,** Hart, C.L., Mischel, W., & Ochsner, K.N. (2009). Regulation of craving by cognitive strategies in cigarette smokers. *Drugs and Alcohol Dependence, 106,* 52-55.

12. #**Kross, E.,** & Mischel, W. (2010). From stimulus control to self-control: Towards an integrative understanding of the processes underlying willpower. In R. Hassin, K. Ochsner, & Y. Trope. (Eds.), *From Society to Brain: The New Sciences of Self-Control* (pp. 428-446). New York: Oxford University Press.

13. #**Kross, E.,** & Ochsner, K. (2010). Integrating research on self-control across multiple levels of analysis: A social cognitive neuroscience approach. In R. Hassin, K. Ochsner, & Y. Trope. (Eds.), *From Society to Brain: The New Sciences of Self-Control* (pp. 76-92). New York: Oxford University Press.

14. #**Kross, E.,** Mischel, W., & Shoda, Y., & (2010). Enabling self-control: A cognitive affective processing system (CAPS) approach to problematic behavior. In J. Maddux & J. Tangney (Eds.), *Social Psychological Foundations of Clinical Psychology* (pp. 375-394). New York: Guilford Press.

15. *#Ayduk, O. & *#**Kross, E.** (2010). From a distance: Implications of spontaneous self-distancing for adaptive self-reflection. *Journal of Personality and Social Psychology, 98*, 809-829.

16. †#Grossman, I. & #**Kross, E.** (2010). The impact of culture on adaptive vs. maladaptive self-reflection. *Psychological Science, 21 (8),* 1150-1157.

    Editor's Choice Article (2010). *Science, 329,* 492.

17. *Ayduk, O., & ***Kross, E.** (2010). Asking why without ruminating: The role of self-distancing in enabling self-reflection. *Social and Personality Psychology Compass, 4(10),* 841-854.

18. Kober, H., †Mende-Siedlecki, P., **Kross, E.**, Mischel, W., Hart, C.L., & Ochsner, K.N. (2010). A prefrontal-striatal pathway of craving in cigarette smokers. *Proceedings of the National Academy of Sciences, USA, 107 (33*), 14811-14816.

19. †Berman, M., Nee, D., Peltier, S., **Kross, E.,** Deldin, P., & Jonides, J. (2010). Depression, rumination, and the default network. *Social Cognitive & Affective Neuroscience*. doi: 10.1093/scan/nsq080.

20. Mischel, W., Ayduk, O., †Berman, M., Casey, B.J., Gotlib, I., Jonides, J., **Kross, E.,** Wilson, N., Zayas, V., & Shoda, Y. (2011). "Willpower" over the life span: Mechanisms, consequences, and implications. *Social Cognitive Affective Neuroscience*, *6*, 252-256.

    Ayduk, Berman, Casey, Gotlib, Jonides, Kross, Wilson and Zayas are listed alphabetically.

21. †Berman, M., Nee, D., Casement, M., Kim, H.S., Deldin, P., **Kross, E.,** Gonzalez, R., Gotlib, I., Hamilton, P., Joorman, J., Waugh, C., & Jonides, J. (2011). Neural and behavioral effects of interference resolution in depression. *Cognitive Affective & Behavioral Neuroscience, 11,* 85-96.

22. #**Kross, E.,** †Berman, M., Mischel, W., Smith, E.E., & Wager, T. (2011). Social rejection shares somatosensory representations with physical pain. *Proceedings of the National Academy of Sciences, USA, 108(15),* 6270-6275.

    Selected by the Faculty of 1000 (F1000) for post-publication peer review – a designation received by the top 2% of published articles in biology and medicine.

    Featured on CBS World News Tonight (TV), BBC World Radio and Reuters Television, as well as over 450 newspapers (e.g., NY Times, USA Today, Washington Post, LA Times) and magazines (Time, National Geographic, Scientific American) internationally.

    Commentary: *Journal Watch Psychiatry, 502(4).*

23. #**Kross, E.,** & #Ayduk, O. (2011). Making meaning out of negative experiences by self-distancing. *Current Directions in Psychological Science, 20(3),* 187-191.

24. #**Kross, E.,** Duckworth, A., Ayduk, O., & †Tsukayama, E., & Mischel, W. (2011). The effect of self-distancing on adaptive versus maladaptive self-reflection in children. *Emotion*. doi: 10.1037/a0021787.

25. #*Kross, E., & †*Grossmann, I. (2011). Boosting wisdom: Distance from the self enhances wise reasoning, attitudes and behavior. *Journal of Experimental Psychology: General*. doi: 10.1037/a0024158.

26. #**Kross, E.,** †Berman, M., Mischel, W., #Smith, E.E., & #Wager, T. (2011). Reply to Iannetti and Mouraux: What fMRI responses to physical pain tell us about why social rejection "hurts." *Proceedings of the National Academy of Sciences, USA*.

27. Ybarra, O., †Rees, L., & **Kross, E**, Sanchez-Burks, J. (2011). *Social-emotional intelligence for creating positive organization environments*. To appear in K. Cameron & G. Spreitzer (Eds.), *The Oxford Handbook of Positive Organizational Scholarship* (pp. 201-214). New York: Oxford University Press, Inc.

MANUSCRIPTS UNDER REVISION/REVIEW

28. †Verduyn, P., Van Mechelen, I., & **Kross, E.,** Chezzi, C, Van Bever F. (revision under review). *The relationship between self-distancing and the duration of negative and positive emotional experiences in daily life*. Emotion.

29. **Kross, E.,** Gard, D., Clifton, J., Deldin, P., & Ayduk, O. (under review). *"Asking why" from a distance: Its cognitive and emotional consequences for people with Major Depressive Disorder.*

30. †Mischowski, D., #**Kross, E.,** & Bushman, B. (under review). *Flies on the wall are less aggressive: The effect of self-distancing on aggressive affect, cognition, and behavior.*

31. †Berman, M., **Kross, E.,** Krpan, K.M., Askren, M.A., Burson, A., Deldin, P.J., Kaplan, S, Sherdell, L., Gotlib, I.H., Jonides, J. (under review). *A nature based intervention for depression.*

32. †Park, J., #**Kross, E., &** Ayduk, O. (under review). *Stepping back to move forward: Self-distancing mediates the meaning-making beneits of expressive writing.*

33. †Burson, A., #**Kross, E,** & Ayduk, O**.** (under revision). *A brief self-distancing exercise buffers people against acute stress.*

34. †Selcuk, E., Zayas, V., †Gunaydin, G., Hazan, C., & **Kross, E.** (under review). *Mental representations of attachment figures facilitate emotional recovery following upsetting autobiographical memory recall.*

35. Wager, T., Atlas, A., Lindquist, M.A., & **Kross, E.** (under review). *fMRI based biomarkers for physical and social pain.*

36. †Buhle, J., Kober, H., Ochsner, K.N., †Mende-Siedlecki, P., Weber, J., †Hughes, B., **Kross, E.,** Atlas, L., McRae, K., & Wager, T. (under revision). *Both physical pain and viewing aversive images activate periaqueductal gray but with different cortical-brainstem connectivity.*

37. Ybarra, O., **Kross, E.**, †Lee, D.S., & Sanchez-Burks, J., Zhao, Y. (invited chapter under review). *You're more than a score: The context, psychology, and flexibility of social-emotional intelligence.* Advances in Positive Organizational Scholarship.

CHAIRED SYMPOSIA

1. Park, J., & **Kross, E.** (2012, January). Meaning-making: From theories to intervention. Symposium conducted at the 13th annual meeting of the Society for Personality and Social Psychology, San Diego, CA.

2. **Kross, E.** (2011, July). Self-discrepancy, self-distancing, and self-regulation. Symposium conducted at the 16th European Association of Social Psychology (EASP) General Meeting, Stockholm, Sweden.

3. Moser, J., & **Kross, E.** (2011, May). Automatic and volitional emotion regulation across levels of analysis. Symposium conducted at the annual meeting of the Association for Psychological Science (APS), Washington, DC.

4. Van Boven, L. & **Kross, E.** (2011, January). *Perspectives on psychological distance's phenomenological foundations.* Symposium conducted at the annual meeting of the Society for Personality and Social Psychology (SPSP), San Antonio, TX.

5. **Kross, E.** (2011, January). *Rumination: From Basic Mechanisms to Intervention.* Symposium conducted at the University of Michigan Depression Center Colloquium Series, Ann Arbor, Michigan.

6. Van Boven, L. & **Kross, E.** (2010, October). *Perspectives on psychological distance*. Symposium conducted at the annual meeting of the Society of Experimental Social Psychology (SESP), Minneapolis, Minnesota.

7. †Grossmann, I. & **Kross, E.** (2010, February). *Culture and emotion regulation*. Symposium conducted at the annual meeting of the Society for Personality and Social Psychology (SPSP), Las Vegas, NV.

8. Kober, H. & **Kross, E.** (2009, May). *Neural mechanisms of cognitive change*. Symposium conducted at the annual meeting of the Association for Cognitive and Behavioral Therapies (ABCT), New York, New York.

9. Zayas, V. & **Kross, E.** (2008, May). *Rejection and social threat: Psychological and physiological responses and their regulation*. Symposium conducted at the annual meeting of the Association for Psychological Science (APS), Chicago, Illinois.

10. **Kross, E.** & Ayduk, O. (2008, January). *Bridging the mind and body: Unpacking the effects of worry and rumination on physical health*. Symposium conducted at the annual meeting of the Society for Personality and Social Psychology (SPSP), Albuquerque, NM.

11. Ayduk, O. & **Kross, E.** (2006, January), *A multiple levels approach to adaptive vs. maladaptive emotional processing*. Symposium conducted at the annual meeting of the Society of Personality and Social Psychology, Palm Springs, CA.

CONFERENCE PAPER PRESENTATIONS

1. **Kross, E.,** Berman, M., Mischel, W., Smith, E.E., & Wager, T.D. (2012, January). Social rejection shares somatosensory representations with physical pain. Paper presented in G. Freedman (Co-Chair) and J. Beer (Co-Chair), *The many faces of social rejection*. Symposium conducted at the 13th annual meeting of the Society for Personality and Social Psychology, San Diego, CA.

2. Park, J., & **Kross, E.** (2012, January). Stepping back to move forward: Self-distancing mediates the meaning-making effects of expressive writing. Paper presented in J. Park (Co-Chair) and E. Kross (Co-Chair), *Meaning-making: From theories to intervention*. Symposium conducted at the 13th annual meeting of the Society for Personality and Social Psychology, San Diego, CA.

3. **Kross, E**. (2011, July). From affect to behavior: The behavioral implications of self-distancing. Paper presented in E. Kross (Chair), *Self-discrepancy, self distancing, and self-regulation*. Symposium conducted at the 16th meeting of the European Association for Social Psychology (EASP), Stockholm, Sweden.

4. **Kross, E.** (2011, May). From affect to behavior: The behavioral implications of self-distancing. Paper presented in J. Moser (Co-Chair) and E. Kross (Co-Chair), *Automatic and Volitional Emotion Regulation Processes Across Levels of Analysis*. Symposium conducted at the annual meeting of the Association for Psychological Science (APS), Washington, DC.

5. **Kross, E.** (2011, May). Discussant in R.M. Cheung (Co-Chair) and C.R. Critcher (Co-Chair), *Withholding the socially undesirable: The cases of anger, sexuality and sexual orientation*. Symposium conducted at the annual meeting of the Association for Psychological Science (APS),

Washington, DC.

6. †Grossmann, I., **& Kross, E.** (2011, May). Boosting wisdom: Psychological distancing enhances wise reasoning and behavior in I. Grossmann (Co-Chair) and O. Ybarra (Co-Chair), *Creativity and wisdom: New experimental and training developments*. Symposium conducted at the annual meeting of the Association for Psychological Science (APS), Washington, DC.

7. **Kross, E.,** Ayduk, O., & †Burson, A. (2011, January). From affect to behavior: The behavioral implications of self-distancing. Paper presented in L. Van Boven (Co-Chair) and E. Kross (Co-Chair), *Perspectives on psychological distance's phenomenological foundations*. Symposium conducted at the annual meeting of the Society for Personality and Social Psychology (SPSP), San Antonio, TX.

8. Ayduk, O., & **Kross, E.** (2010, November). Distance from the self and constructive behaviors towards partners: Implications of spontaneous self-distancing for interpersonal behavior. Paper presented in B. Wisco (Chair), *Getting Unstuck: Alternatives to Ruminative Self-Focus*. Symposium conducted at the annual meeting of the Association for Cognitive and Behavioral Therapies (ABCT), San Francisco, California.

9. †Park, J., & **Kross, E.** (2010, November). Psychological Distancing and Asymmetrical Frontal Cortical Responses to Happy Memories among Bipolar Patients and Healthy Control Participants. Paper presented in J.M Richards (Co-Chair) and S.B. Daughters (Co-Chair), *The neural mechanisms underlying emotion regulation and psychopathology: Bridging cognitive affective neuroscience and clinical research*. Symposium conducted at the annual meeting of the Association for Cognitive and Behavioral Therapies (ABCT), San Francisco, California.

10. Kober, H., †Mende-Siedlecki, P., †Buhle, J., **Kross, E.,** Hughes, B., Wager,T., & Ochsner, K. Mindfulness Modulates the Neural Activity Associated With Pain and Negative Emotion: an fMRI Study (2010, November). Paper presented in H. Kober (Co-Chair) and J. Brewer (Co-Chair), *The mindful brain*. Symposium conducted at the annual meeting of the Association for Cognitive and Behavioral Therapies (ABCT), San Francisco, California.

11. **Kross, E.,** Ayduk, O., & †Burson, A. (2010, October). From affect to behavior: The behavioral implications of self-distancing. Paper presented in L. Van Boven (Co-Chair) and E. Kross (Co-Chair), *Perspectives on psychological distance*. Symposium conducted at the annual meeting of the Society of Experimental Social Psychology (SESP), Minneapolis, Minnesota.

12. Zayas, V., †Selcuk, E., †Gunaydin, G., & **Kross, E.** (2010, July). Mental representations of attachment figures facilitate emotional recovery. Paper presented in V. Zayas (Chair), *Social regulation: The role of significant others in regulating affect, cognition, and behavior*. Symposium conducted at the annual meeting of the International Association for Relationship Research (IARR), Herzliya, Israel.

13. †Grossmann, I., & **Kross, E.** (2010, May). The impact of culture and psychological distance on adaptive vs. maladaptive self-reflection. Paper presented in J. Davis (Chair), *Psychological distance, embodiment, and affect*. Symposium conducted at the annual meeting of the American Psychological Society (APS) meeting, Boston, MA.

14. Kober, H., †Mende-Siedlecki, P., **Kross, E.,** Weber, J., Mischel, W., Hart, C.L., & Ochsner, K.N. (2010, April). Prefontal-subcortical pathways mediating successful regulation of craving in cigarettes. Paper presented in K. Ochsner (Chair), *Emotion and Social Cognition*. Symposium conducted at the annual meeting of the Cognitive Neuroscience Society, Toronto, Canada.

15. †Grossmann, I., & **Kross, E.** (2010, January). Cross-cultural peculiarities of rumination and its consequences. Paper presented in I. Grossmann (Co-Chair) and E. Kross (Co-Chair), *Culture and emotion regulation*. Symposium conducted at the annual meeting of the Society for Personality and Social Psychology (SPSP). Las Vegas, NV.

16. **Kross, E.,** Davidson, M., Weber, J., & Ochsner, K. (2009, November). Coping with emotions past: The neural bases of regulating affect associated with autobiographical memories. Paper presented in H. Kober (Co-Chair) and E. Kross (Co-Chair), *Neural mechanisms of cognitive change*. Symposium conducted at the annual meeting of the Association for Cognitive and Behavioral Therapies (ABCT), New York, New York.

17. **Kross, E**., & Ayduk, O. (2009, November). Reflecting on the self…from a distance: Implications of *spontaneous* self-distancing for emotional reactivity and processing. Paper presented in B. Wisco (Co-Chair) and L. Hilt (Co-Chair), *Adaptive versus maladaptive self-reflection in depression*. Symposium conducted at the annual meeting of the Association for Cognitive and Behavioral Therapies (ABCT), New York, New York.

18. Kober, H., **Kross, E.,** Mende-Siedlecki, P., Mischel, W., Hart, C.L., & Ochsner, K.N. (2009, November). *Regulation of craving*. Paper presented in H. Kober (Co-Chair) and E. Kross (Co-Chair), *Neural mechanisms of cognitive change*. Symposium conducted at the annual meeting of the Association for Cognitive and Behavioral Therapies (ABCT), New York, New York.

19. **Kross, E.** (2009, May). Towards Demystifying the 'Working Through' Paradox: An Integrative Examination of the Processes Distinguishing Adaptive Self-Reflection From Dysfunctional Rumination. Paper presented in A. Gyurak (Co-Chair) and C. Hooker (Co-Chair), *Neural underpinnings of emotion regulation and the implications for social relationships*. Symposium conducted at the annual meeting of the American Psychological Society (APS) meeting, San Francisco, CA.

20. **Kross, E.** (2008, November). When the self becomes other: Towards an integrative understanding of the processes underlying adaptive self-reflection from dysfunctional rumination. Paper presented in K. Ochsner (Chair), *From animosity to empathy: neuroimaging studies on the building blocks of fairness*. Symposium conducted at the New York Academy of Sciences (NYAS) Values and Empathy Across Social Barriers: A Neurocognitive Approach to Fairness meeting, Barcelona, Spain.

21. **Kross, E.** & Ayduk, O. (2008, November). Towards demystifying the "working-through" paradox: Distinguishing adaptive and maladaptive self-reflection across multiple levels of analysis. Paper presented in L. Hilt (Chair), *Self-relevant thinking in depression: Cognitive and Neural Processes*. Symposium conducted at the annual meeting of the Association for Cognitive and Behavioral Therapies (ABCT), Orlando, Florida.

22. Kober, H., **Kross, E.,** Mende-Siedlecki, P., Hart, C.L., Mischel, W., & Ochsner, K.N. (2008, June). A Social-Cognitive-Neuroscience Approach to the Cognitive Regulation of Craving. Paper presented in *Late Breaking Research*. Symposium conducted at the annual meeting of the College on Problems of Drug Dependence. , San Juan, Puerto Rico.

23. **Kross, E.** & Ayduk, O. (2008, May). Enabling adaptive "working through". Paper presented in V. Zayas (Co-Chair) and **E. Kross (Co-Chair)**, *Rejection and social threat: Psychological and physiological responses and their regulation*. Symposium conducted at the annual meeting of the Association for Psychological Science (APS), Chicago, Illinois.

24. **Kross, E.** & Ayduk, O. (2008, March). Demystifying the working through paradox: Psychological and physiological processes and outcomes distinguishing reflective processing of negative emotions from rumination. Paper presented in D. Pereira (Chair), *Health Behaviors*. Symposium conducted at the annual meeting of the American Psychosomatic Society (APS), Baltimore, Maryland.

25. **Kross, E** & Ayduk, O. &**.** (2008, February). Demystifying the working-through" paradox: Processes and outcomes distinguishing adaptive and maladaptive self-reflection. Paper presented in **E. Kross (Chair)** and O. Ayduk (Co-Chair), *Bridging the mind and body: Unpacking the effects of worry and rumination on physical health*. Symposium conducted at the annual meeting of the Society for Personality and Social Psychology (SPSP), Albuquerque, New Mexico.

26. **Kross, E.** & Ayduk, O., & (2007, November). Psychological and physiological processes distinguishing adaptive and maladaptive self-reflection. Paper presented in E.A.P. Haigh (Chair) and D.M. Fresco (Co-Chair), *"A melancholy of mine own:" Basic mechanisms, functions, and consequences of ruminative self-reflection*. Symposium conducted at the annual meeting of the Association for Cognitive and Behavioral Therapies (ABCT), Philadelphia, Pennsylvania.

27. **Kross, E.,** Ayduk, O., & Mischel, W. (2007, January). Enabling adaptive "working through". Paper presented in L. Libby (Chair) and R. Eibach (Co-Chair), *Perspectives on the self: Social psychological implications of point of view in mental imagery*. Symposium conducted at the annual meeting of the Society for Personality and Social Psychology (SPSP), Memphis, Tennessee.

28. Ayduk, O., & **Kross, E.** (2006, November). When asking why doesn't hurt: Distinguishing reflective processing of negative emotions from rumination. Paper presented in J. Joormann (Chair), *Taking a closer look at rumination and emotion regulation: Adaptive versus maladaptive components, relation to emotional disorders, and implications for interventions*. Symposium conducted at the annual meeting of the Association for Cognitive and Behavioral Therapies (ABCT), Chicago, Illinois.

29. **Kross, E.,** Ayduk, O., & Mischel, W. (2006, October). Enabling adaptive "working through": Short-term and delayed outcomes distinguishing reflective processing of negative emotions from rumination. Paper presented in A. Fishbach (Chair) and N. Liberman (Co-Chair), *The principles of self-regulation*. Symposium conduced at the annual meeting of the Society of Experimental Social Psychology (SESP), Philadelphia, Pennsylvania.

30. **Kross, E.** (2006, June). Neural dynamics of rejection sensitivity. Paper presented in O. Ayduk (Chair), *Rejection sensitivity*. Symposium conducted at the first International Congress on Interpersonal Acceptance and Rejection, Istanbul, Turkey.

31. **Kross, E.,** Ayduk, O., & Mischel, W (2006, January). When asking why doesn't hurt: Psychological mechanisms distinguishing reflective versus ruminative processing of negative emotions. Paper presented in O. Ayduk (Chair) and **E. Kross (Co-Chair)**, *A multiple levels approach to adaptive vs. maladaptive emotional processing*. Symposium conducted at the eighth annual meeting of the Society for Personality and Social Psychology (SPSP), Palm Springs, California.

32. Mischel, W., Ayduk, O., & **Kross, E.** (2006, January). Demystifying willpower: Hot/cool system interactions in self-regulation. Paper presented in Y. Trope (Chair) and A. Fishbach (Co-Chair), *Self-control processes: New theoretical and empirical directions*. Symposium conducted at the eighth annual meeting of the Society for Personality and Social Psychology (SPSP), Palm Springs, California.

33. **Kross, E.,** Ayduk, O., & Mischel, W. (2005, October). Psychological distance in adaptive "working through". Paper presented in Y. Trope (Chair) and K. Fujita (Co-Chair), *New perspectives on*

psychological distance. Symposium conducted at the annual meeting of the Society of Experimental Social Psychology (SESP), San Diego, California.

34. Ayduk, O., & **Kross, E.** (2005, January). Psychological distance in emotion regulation. Paper presented in S. Chen (Chair) and W. Gardner (Co-Chair), *Self-regulation and function*. Symposium conducted at the annual Self and Identity SPSP Preconference, New Orleans, Louisiana.

INVITED TALKS

1. **Kross, E.,** (2012, February). *Making meaning out of negative experiences*. Paper presented at Colloquium Speaker Series, Ohio State University, Columbus, OH.

2. **Kross, E.,** (2012, February). *Stepping back to move forward emotionally*. Paper presented at Knight-Wallace Speaker Series, Institute of Social Research (ISR), University of Michigan, Ann Arbor, MI.

3. **Kross, E.** (2011, March). *Making meaning out of negative experiences*. Paper presented at the Clinical Psychology Speaker Series, Michigan State University, East Lansing, MI.

4. **Kross, E.** (2011, February). *Making meaning out of negative experiences*. Paper presented at the Group Dynamics Seminar on Emotion, Institute of Social Research (ISR), University of Michigan, Ann Arbor, MI.

5. **Kross, E.** (2011, January). *Rumination: From Basic Mechanisms to Intervention*. Paper presented at the University of Michigan Depression Center Colloquium Series, Ann Arbor, Michigan.

6. **Kross, E.** (2011, November). *Demystifying the "working through" paradox: Towards an integrative understanding of the processes distinguishing adaptive versus maladaptive self-reflection*. Paper presented at the Social-Personality Psychology Speaker Series, Michigan State University, East Lansing, MI.

7. **Kross, E.** (2011, November). *Demystifying the "working through" paradox: Towards an integrative understanding of the processes distinguishing adaptive versus maladaptive self-reflection*. Paper presented at the Social-Personality-Abnormal Psychology Speaker Series, University of Toronto, Toronto, CN.

8. **Kross, E.** (2010, April). *Bridging mind, body, and culture: The role of self-distancing in emotion regulation*. Paper presented at Cultural Neuroscience: Bridging Social and Natural Sciences, University of Michigan, Ann Arbor, MI.

9. **Kross, E.** (2010, March). *When the self becomes other: Towards an integrative understanding of the processes distinguishing adaptive self-reflection from dysfunctional rumination*. Paper presented at the Clinical Psychology Speaker Series, University of Michigan, Ann Arbor, MI.

10. **Kross, E.** (2010, February). *Construal level theory*. Invited panelist at Decision Consortium University of Michigan, Ann Arbor, MI.

11. Kober, H., **Kross, E.,** Mende-Siedlecki, P., Mischel, W., Hart, C.L., & Ochsner, K.N. (2009, December). R*egulation of Craving*. Paper presented at The New York State Psychiatric Institute, Division of Substance Abuse Speaker Series, New York, NY.

12. **Kross, E** (2009, October). *Demystifying the "working-through" paradox: Towards an integrative understanding of the processes distinguishing adaptive self-reflection from dysfunctional rumination*. Paper presented at the Research Group of Quantitative Psychology and Individual Differences Speaker Series, Katholieke Universiteit Leuven, Leven, Belgium.

13. Kober, H., **Kross, E.,** Mende-Siedlecki, P., Mischel, W., Hart, C.L., & Ochsner, K.N. (2009, October). R*egulation of Craving and the ROC Task: Past, present, and future*. Paper presented at Division of Substance Abuse Speaker Series, Yale University, New Haven, CT.

14. **Kross, E** (2009, April). *When the self becomes other: Towards an integrative understanding of the processes distinguishing adaptive self-reflection from dysfunctional rumination*. Paper presented at the Group Dynamics Seminar on Self-Control, Institute of Social Research (ISR), University of Michigan, Ann Arbor, MI.

15. **Kross, E** (2009, April). *Demystifying the "working-through" paradox: Towards an integrative understanding of the processes distinguishing adaptive self-reflection from dysfunctional rumination*. Paper presented at Advances in Motivation Science: Self-Control Research and Interventions, Columbia University, NY.

16. **Kross, E** (2009, April). *When the self becomes other: Towards an integrative understanding of the processes distinguishing adaptive self-reflection from dysfunctional rumination*. Paper presented at the Trauma Stress and Anxiety Research Group Talk Series, Department of Psychiatry, University of Michigan, Ann Arbor.

17. **Kross, E** (2009, March). *When the self becomes other: Towards an integrative understanding of the processes distinguishing adaptive self-reflection from dysfunctional rumination*. Paper presented at Biopsychology Self Control Series, University of Michigan, Ann Arbor.

18. **Kross, E** (2009, March). *Demystifying the "working-through" paradox: Towards an integrative understanding of the processes distinguishing adaptive self-reflection from dysfunctional rumination*. Paper presented at the US National Center for Post Traumatic Stress Disorder, Boston University, Boston, MA.

19. **Kross, E.** (2008, September). *Demystifying the working-through paradox: Distinguishing reflective processing of negative emotions from rumination across multiple levels of analysis*. Paper presented at Social Psychology Speaker Series, University of Michigan, Ann Arbor, MI.

20. **Kross, E.** (2008, April). *Enabling adaptive "working through": Distinguishing reflective processing of negative emotions from rumination*. Paper presented at Social Psychology Speaker Series, UCLA, Los Angeles, CA.

21. **Kross, E.** (2008, March). *Cultural neuroscience: What do we know and what do we need to know?* Paper presented at Cultural Neuroscience Speaker Series University of Michigan, Ann Arbor, MI.

22. **Kross, E.** (2008, March). *Demystifying the working-through paradox: Processes and outcomes distinguishing adaptive and maladaptive self-reflection*. Paper presented at Social Psychology Speaker Series, Harvard, Boston, MA.

23. Mischel, W., & **Kross, E.** (2007, October). *The marshmallow test and beyond….: Cognitive affective processes underlying willpower and emotion regulation*. Paper presented at Cognitive Psychology Speaker Series, Columbia University, New York, NY.

24. **Kross, E.** (2006, December). *When asking why doesn't hurt: Distinguishing reflective processing of negative emotions from rumination*. Invited talk. University of Michigan, Ann Arbor, Michigan.

25. **Kross, E.** (2006, December). *Enabling adaptive "working-through": Distinguishing reflective processing of negative emotions from rumination*. Invited talk. University of Chicago Graduate School of Business, Chicago, Illinois.

26. Ayduk, O., & **Kross, E.** (2006, October). *Enabling adaptive "working-through": Distinguishing reflective processing of negative emotions from rumination*. Invited talk. University of California, Davis, California.

27. Ayduk, O., & **Kross, E.** (2006, May). *When asking why doesn't hurt: Distinguishing reflective processing of negative emotions from rumination*. Invited talk. Bilgi University, Istanbul, Turkey.

28. Ayduk, O., & **Kross, E.** (2006, May). *When asking why doesn't hurt: Distinguishing reflective processing of negative emotions from rumination*. Invited talk. Stanford University, Palo Alto, California.

29. **Kross, E.,** Ayduk, O., & Mischel. (2005, September). *Psychological distance in adaptive "working through"*. Paper presented at Social Psychology Speaker Series. Columbia University, New York, New York.

30. **Kross, E.** (2005, May). *When asking why doesn't hurt: Distinguishing rumination from reflective processing of negative emotions*. Invited talk. New York University, New York, New York.

31. **Kross, E.** (2004, October). *When asking why doesn't hurt: Hot/cool dynamics in emotional processing*. Paper presented at Social Psychology Speaker Series. Columbia University, New York, New York.

32. **Kross, E.,** Ayduk, O., Mischel, W. & Downey, G. (2002, November). *Hot/cool" dynamics in anger regulation: Interaction of psychological distancing and emotional processing*. Paper presented at Social Psychology Speaker Series, Columbia University, New York, New York.

CONFERENCE POSTER PRESENTATIONS

1. Chun, J., Park, J., O'Donnell, L.O., **Kross, E.,** McInnis, M., Manschreck, T., & Deldin, P.J. (2011). Association between emotional reactivity over frontal area and cognitive inhibition in Bipolar I Disorder. Poster presented at the annual meeting of the Society for Psychophysiological Research, Boston, M.A.

2. †Buhle, J., Kober, H., Ochsner, K.N., †Mende-Siedlecki, P., Weber, J., †Hughes, B., **Kross, E.,** Atlas, L., McRae, K., & Wager, T. (2011, May). Both pain and negative image viewing activate periaqueductal gray. Poster presented at the annual meeting of the Association for Psychological Science, Washington, D.C.

3. †Berman, M.G., †Askren, M.K., †Burson, A., **Kross, E.,** Kaplan, S., Erickson, A., Cherny, C., Deldin, P.J., Sherdell, L, Gotlib, I.H., and Jonides, J. (2011, May). *Nature, Depression and Worry*. Cognitive Neuroscience Society Annual Meeting, San Francisco, CA.

4. †Demiralp, E., †Jaeggi, S., †Buschkuehl, M., Demiralp, M., Feldman-Barrett, L., Gonzalez, R., **Kross, E.,** Deldin, P., & Jonides, J. (2011, March). *Dynamical systems modeling of emotion regulation in major depressive disorder.* Poster presented at the Inaugural Conference of the Rotman Research Institute and the Kunin-Lunenfeld Applied Research Unit, Neuroscience of Emotion and Emotion-Related Disorders, Toronto, CA.

5. †Mischkowski, D., **Kross, E.,** & Bushman, B. (2011, January). *Stepping back in the heat of the moment: Self-distancing reduces aggressive affect and cognition*. Poster presented at the annual meeting of the Society of Personality and Social Psychology, San Antonio, TX.

6. †Demiralp, E., Jaeggi, S., †Buschkuehl, M., Feldman-Barrett, L., Gonzalez, R., **Kross, E.,** Deldin, P., & Jonides, J. (2011, January). *Emotional granularity and rumination in major depressive disorder.* Poster presented at the Boulder Conference on Executive Function and Emotion, Boulder, CO.

7. †Bruehlman-Senecal, E., Ayduk, O., & **Kross, E.** (2011, January). *The benefits of a self-distanced perspective extend beyond the context in which it is evoked*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Antonio, TX.

8. †Burson, A., **Kross, E.,** & Ayduk, O. (2011, January) *Thinking in the Third Person: The benefits of psychological distancing before a public speech*. Poster presented at the Society for Personality and Social Psychology Annual Convention, San Antonio.

9. †Liu, M.Y, **Kross, E.,** & Ayduk, O. (2011, January). Distancing from daily negative and positive experiences differentially changes satisfaction with life. Poster presented at the 12th annual meeting of the Society for Personality and Social Psychology, San Antonio, TX.

10. †Park, J., **Kross, E.,** & Ayduk, O. (2011, January). The effects of expressive writing on self-distancing. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Antonio, TX.

11. †Demiralp, E., †Sook Kim, H., Adams, K., †Jaeggi, S.M., †Buschkiehl, M., †Berman, M., †Krpan, K., Demiralp, M., Gonzalez, R., **Kross, E.,** Deldin, P., & Jonides, J. (2010, November). Differences in the organization and free recall of self-related information in people with depression. Poster presented at the annual meeting of the Psychonomic Society, St. Lousi, MO.

12. †Grossmann, I. & **Kross, E.** (2010, April). *The impact of culture on adaptive versus maladaptive self-reflection*. Conference on Cultural Neuroscience, Ann Arbor, MI.

13. †Park, J., **Kross, E.,** & Ayduk, O. (2010, January). *The effects of writing on self-distancing*. Poster session presented at the annual meeting of the Society for Personality and Social Psychology, Las Vegas, Nevada.

14. †Jaeggi, S.M., †Buschkuehl, M., †Demiralp, E., †Berman, M., Deldin, P.J., **Kross, E.,** Gotlib, I.H., Thompson, R.J., Mata, J., & Jonides, J. (2009, September). *Mind-wandering and ruminative behavior in major depression is mediated by context*. Poster session presented at the 23rd annual meeting of the Society for Research in Psychopathology, Minneapolis, MN.

15. Kober, H., **Kross, E**., †Mende-Siedlecki, P., Mischel, W., Hart, C.L., & Ochsner, K.N. (2009, June). *An fMRI study of Cigarette Smokers: The Regulation of Craving for Cigarettes Vs. Food*. Poster session presented at the annual meeting of the College on Problems of Drug Dependence, Reno, Nevada.

16. †Kirby, T., Duckworth, A., **Kross, E.,** Ayduk, O., & Mischel, W. (2009, May). *Construct validity of the delay of gratification task in school-aged children*. Poster session presented at the annual meeting of the American Psychological Society (APS), San Francisco, CA.

17. †Mende-Siedlecki, P., Kober, H., Buhle, J., Hughes, B., **Kross, E.,** Wager, T., & Ochsner, K. (2009, March). *Mindfulness-Induced Changes in the Experiences of Pain and Negative Emotion: An fMRI Study*. Poster session presented at the annual meeting of the Cognitive Neuroscience Society (CNS), San Francisco, CA.

18. Kober, H., †Mende-Siedlecki, P., **Kross, E.** (2009, March). *Regulating craving for cigarettes and food: An fMRI study of cigarette smokers*. Poster session presented at the annual meeting of the Cognitive Neuroscience Society (CNS), San Francisco, CA.

19. †Luerssen, A., **Kross, E.,** & Ayduk, O. (2009, February). *The benefits of a self-distanced perspective transfer beyond the context of initial memory recall*. Poster session presented at the annual meeting of the Society for Personality and Social Psychology (SPSP), Tampa, Florida.

20. †Grossmann, I., †Enock, P., & **Kross, E.** (2009, February). *Facilitating adaptive emotional analysis among vulnerable groups: The effect of self-distancing for high and low ruminators in Russia and the US*. Poster session presented at the annual meeting of the Society for Personality and Social Psychology (SPSP), Tampa, Florida.

21. **Kross, E.,** Davidson, M., Weiler, N., & Ochsner, K. (2008, April). "Working Through" Negative Life Experiences: An fMRI Study of the Neural Basis of Regulating Affect Associated with Autobiographical Negative Emotional Experience. Poster session presented at the annual meeting of the Cognitive Neuroscience Society (CNS), San Francisco, CA.

22. †Mende-Siedlecki, P., Kober, H., **Kross, E.,** & Ochsner, K. (2008, April). *The Neural Bases of Regulating Addictive Impulses*. Poster session presented at the annual meeting of the Cognitive Neuroscience Society (CNS), San Francisco, CA.

23. †Nordberg, S., †Weinberg, A., **Kross, E.**, Ayduk, O., & Mischel, W. (2007, November). *Short-term and delayed outcomes distinguishing reflective processing of depressive experiences from rumination*. Poster session presented at the annual meeting of the Association for Cognitive and Behavioral Therapies (ACBT), Philadelphia, Pennsylvania.

24. †Weinberg, A., †Nordberg, S., **Kross, E.,** Ayduk, O., & Mischel, W. (2007, May). *Long-term outcomes distinguishing reflective processing of depressive experiences from rumination*. Poster session presented at the annual meeting of the Association for Psychological Science (APS), Washington, DC.

25. **Kross, E.,** Egner, T., Downey, G., Ochsner, K., & Hirsch, J. (2007, May). *Neural dynamics of rejection sensitivity*. Poster session presented at the annual meeting of the Cognitive Neuroscience Society (CNS), New York, New York.

26. **Kross, E.,** Egner, T., Downey, G., Ochsner, K., & Hirsch, J. (2007, May). *Neural dynamics of rejection sensitivity*. Poster session presented at Neural Systems of Social Behavior Conference, Austin, Texas.

27. **Kross, E.,** †Hatzenbuehler, M., Ayduk, O., & Mischel, W. (2005, January). *Why asking "why" doesn't always hurt: Psychological Mechanisms underlying cool emotional processing*. Poster session presented at the annual meeting of the Society for Personality and Social Psychology (SPSP), New Orleans, Louisiana.

28. **Kross, E.,** Ayduk, O. & Mischel, W. (2004, February). *The rumination buffering effects of mindfulness*. Poster session presented at the annual meeting of the Society for Personality and Social Psychology (SPSP), Austin, Texas.

29. **Kross, E.,** Ayduk, O., & Mischel, W. (2003, October). *Hot/cool dynamics in self-regulation*. Poster session presented at the annual Positive Psychology Conference, Washington, DC.

30. **Kross, E.,** Ayduk, O., Mischel, W., & Downey, G. (2003, February). *Hot/cool dynamics in anger regulation: Interaction of psychological distancing and emotional processing*. Poster session presented at the annual meeting of the Society of Personality and Social Psychology (SPSP), Los Angeles, California.

31. **Kross, E.** (2003, October). *Hot/cool dynamics in emotional processing*. Paper presented at the Columbia, Princeton, Yale, NYU Four College Graduate Student Conference in Social Psychology, Yale University, New Haven, Connecticut

PROFESSIONAL SERVICE

Consulting Editor

Journal of Personality and Social Psychology (2011 – present)

Ad Hoc Reviewer (Journals)

Proceedings of the National Academy of Sciences, Journal of Personality and Social Psychology, Psychological Science, Current Directions in Psychological Science, Journal of Experimental Psychology: General, Personality and Social Psychology Bulletin, Emotion, Cognition, Behaviour Research and Therapy, Aggressive Behavior, Social Cognition, Journal of Research in Personality, Biological Psychiatry, Journal of Cognitive Neuroscience, Neuroimage, Social Cognitive and Affective Neuroscience, Cognitive Affective & Behavioral Neuroscience, Behavioural Brain Research, Cognition and Emotion, Cognitive Therapy and Research, Journal of Social and Clinical Psychology, Journal of Affective Disorders

Ad Hoc Reviewer (Funding Agencies)

National Science Foundation (NSF)
Israel Science Foundation (ISF)
Research Foundation Flanders (FWO)

DEPARTMENTAL & UNIVERSITY SERVICE

Graduate Student Admissions Committee	*2008, 2009*
Brickman Prize Committee	*2009*
OVPR Grant Reviewer	*2009*
UROP Guest Lecturer	*2009, 2010*
Social Psychology Speaker Series Organizer	*2009 - 2010*
ISR Self-Control Speaker Series Organizer	*2009*
Graduation Marshal	*2009*
Group Dynamics (ISR) Speaker Series Organizer	*Spring 2009*

Psychology Department Augmented Executive Committee	*2009 - 2010*
Psychology Department Executive Committee	*2009 - 2010*
Group Dynamics (ISR) Executive Committee	*2009 - 2010*
Social Psychology Senior Faculty Search Committee	*Fall 2010*
UMICH Depression Center Colloquium Organizer	*Winter 2011*

DISSERTATION COMMITTEES

Hedy Kober	Columbia Univ – Psychology (2009)
Hyang Sook Kim	Michigan - Psychology (2011)
Dan Kirk	NYU - Psychology (2011)
Igor Grossmann	Michigan – Psychology (2011)
Kelley Hempsall Pattison	Michigan - Nursing (2012)
Philip Cheng	Michigan – Psychology (2012)

PROFESSIONAL AFFILIATIONS

Association for Behavioral and Cognitive Therapies	*2006 – present*
Cognitive Neuroscience Society	*2006 – present*
Society for Neuroscience	*2006 – present*
New York Academy of Sciences	*2006 – present*
Society for Personality and Social Psychology	*2001 – present*
American Psychological Society	*2001 – present*
American Psychological Association	*2000 – present*

TEACHING EXPERIENCE

Undergraduate courses

Self-Control Seminar	*Fall 2008, 2009*
Introduction to Social Psychology	*Winter 2010, 2011*

Graduate courses

Self-Control	*Winter 2009*
Emotion Regulation	*Winter 2011*

SELECTED MEDIA COVERAGE

Science Magazine, CBS World News Tonight TV, BBC Radio, The New York Times, U.S. Department of Health and Human Services, US News and World Report, Washington Post, Washington Times, CNN, National Geographic, Time, Scientific America, ABC News, MSNBC.com, Detroit Free Press, Times of India, Economic Times of India, Psychology Today, Science Daily, Yahoo India, MSN India, Oprah Magazine, Wired Magazine, Nyfiken Vital

GENERAL RESEARCH INTERESTS

Self and Self-Regulation
Emotion and Emotion-Regulation
Conflict Resolution
Social-Cognition
Affective/Social Neuroscience
Social/Emotional intelligence