

SASHA L. SOMMERFELDT

EDUCATION

- 2016 – 2023 UNIVERSITY OF WISCONSIN–MADISON
Doctor of Philosophy: Psychology, Clinical Research-Specialization Track
Master of Science: Psychology (2018)
Delta Certificate in Research, Teaching, and Learning (2022)
Major Advisor: Dr. Richard J. Davidson
- 2008 – 2012 UNIVERSITY OF MINNESOTA–TWIN CITIES
Bachelor of Science (with distinction): Psychology, Philosophy

SKILLS

- R, Python, shell scripting
- Git, GitHub
- Statistics, multilevel models
- Human subjects research
- macOS, Linux, Windows
- Experimental design
- Neuroimaging, MRI
- Psychophysiology

EXPERIENCE

- 11/2023 – Present **Senior Data Scientist**
Procter & Gamble
- 02/2023 – 11/2023 **Senior Business Analyst**
Procter & Gamble
- 01/2019 – 01/2023 **Principal Investigator / Data Scientist / Project Manager**
University of Wisconsin–Madison Center for Healthy Minds
Project: Impacts of a scalable mindfulness meditation intervention on subjective stress-physiology coherence, emotion regulation, well-being, and interoception
- 08/2020 – 05/2021 **Teaching Assistant – Advanced Statistics for PhD, MBA, Data Science MS**
University of Wisconsin–Madison Department of Psychology
- 09/2016 – 01/2023 **Graduate Researcher**
University of Wisconsin–Madison Center for Healthy Minds
Projects: Midlife in the United States (MIDUS), Affective Chronometry
PIs: Drs. Richard Davidson, Stacey Schaefer, Carol Ryff
- 09/2014 – 05/2016 **Associate Research Specialist**
University of Wisconsin–Madison Center for Healthy Minds
Project: Longitudinal study of physiological correlates of stress and emotion across development
PI: Dr. Richard Davidson
- 05/2012 – 08/2014 **Junior Scientist (Neuroimaging)**
University of Minnesota–Twin Cities Department of Psychology
Project: Longitudinal study of adolescent development in the context of substance use
PI: Dr. Monica Luciana
- 05/2011 – 05/2012 **Undergraduate Research Assistant**
University of Minnesota–Twin Cities Department of Psychology
Project: Adolescents with Major Depressive Disorder
PIs: Drs. Bonnie Klimes-Dougan, Kathryn Cullen
- 05/2010 – 05/2012 **Undergraduate Research Assistant**
University of Minnesota–Twin Cities Department of Psychology
Projects: Adolescent development in the context of substance use; adolescent Bipolar Disorder
PIs: Drs. Monica Luciana, Snežana Urošević

PUBLICATIONS

- Sommerfeldt, S. L. (2023). [Subjective experience-physiology coherence](#). [Doctoral dissertation, University of Wisconsin–Madison]. ProQuest Dissertations Publishing.

Sommerfeldt, S. L., Schaefer, S. M., Brauer, M., Ryff, C. D., & Davidson, R. J. (2019). [Individual differences in the association between subjective stress and heart rate are related to psychological and physical well-being.](#) *Psychological Science.*

Sommerfeldt, S. L., Cullen, K. R., Han, G., Fryza, B. J., Hourii, A., & Klimes-Dougan, B. (2016). [Executive attention impairment in adolescents with major depressive disorder.](#) *Journal of Clinical Child and Adolescent Psychology.*

UNDERGRADUATE PUBLICATIONS

Sommerfeldt, S. L. (2014). Genetics of behavioral inhibition and approach systems: a review of the literature. *Undergraduate Journal of Psychology at U.C. Berkeley, 7.*

Sommerfeldt, S. L., Hanna, R. T., Wirtz, C. B., & Grady, S. M. (2011). Anxiety and the subconscious: Effects of subliminal words on affective anxiety. *Sentience, 5,* 1-5.

ORAL PRESENTATIONS

Sommerfeldt, S. L. (2022, June). *Subjective experience-physiology coherence.* Minneapolis VA Grand Rounds, Virtual.

Sommerfeldt, S. L. (2021, October). *Subjective stress-heart rate coherence in context.* MIDUS Meeting, Madison, WI.

Sommerfeldt, S. L. (2020, March). *Subjective stress-physiology coherence.* Clinical Spring Research Symposium, Madison, WI.

Sommerfeldt, S. L. (2017, May). *Concordance between physiological and psychological stress: Relations to well-being, internalizing symptoms, and emotion regulation.* MIDUS Meeting, Madison, WI.

POSTER PRESENTATIONS

Sommerfeldt, S. L., & Davidson, R. J. (2022, October). *Physiology-subjective stress coherence and interoception.* Society for Psychophysiological Research, Vancouver, Canada.

Sommerfeldt, S. L., Schaefer, S. M., Brauer, M., Davidson, R. J. (2022, April). *Heart rate-subjective stress coherence in context.* Society of Biological Psychiatry, New Orleans, LA.

Sommerfeldt, S. L., Gresham, L. K., Davidson, R. J., & Schaefer, S. M. (2021, October). *Left dorsal anterior insula cortical thickness inversely associated with subjective stress-heart rate coherence.* Society for Psychophysiological Research, Virtual.

Sommerfeldt, S. L., Schaefer, S. M., Mumford, J. M., van Reekum, C. M., Ryff, C. D., & Davidson, R. J. (2018, April). *Neural correlates of mind-body coherence.* Wisconsin Symposium on Emotion Research, Madison, WI.

*Ellis, K., ***Sommerfeldt, S. L.,** Schoen, A. S., Schaefer, S. M., Gresham, L. Davidson, R. J., & Short, S. J. (2018, April). *When to intervene: Costly manual edits to FreeSurfer-processed structural MRI data impact few regions.* Wisconsin Symposium on Emotion Research, Madison, WI. *denotes shared first authorship

Sommerfeldt, S. L., Schaefer, S. M., Rosenkranz, M. A., van Reekum, C. M., Ryff, C. D., & Davidson, R. J. (2017, October). *Concordance between physiological and psychological stress: Relations to well-being, internalizing symptoms, and emotion regulation.* Society for Psychophysiological Research, Vienna, Austria.

Sommerfeldt, S. L., Mumford, J. M., Kral, T. K., Westbrook, C. A., Burghy, C. A., Schaefer, S. M., Grupe, D. W., . . . Davidson, R. J. (2017, June). *Reliability from adolescence to young adulthood of emotion task-related fMRI signal in the amygdala.* Organization for Human Brain Mapping, Vancouver, Canada.

Kral, T. K., Mumford, J. M., **Sommerfeldt, S. L.,** Schuyler, B. S., Schaefer, S. M., Schoen, A. S., & Davidson, R. J. (2017, June). *Reliability of amygdala activation to affective pictures: reliability we can count on?.* Organization for Human Brain Mapping, Vancouver, Canada.

Sommerfeldt, S. L., Westbrook, C. A., Tromp, D., Yeske, B., Bussan, D., Schuyler, B., . . . Davidson, R. J. (2016, March). *Behavioral activation, uncinat fasciculus integrity, amygdala reactivity, and alcohol use in young adulthood.* Society for Affective Science Annual Conference, Chicago, IL.

Westbrook, C., Burghy, C. A., **Sommerfeldt, S. L.,** Gresham, L., Schoen, A., Schaefer, S., . . . Davidson, R. J. (2016,

March). *Amygdala-PCC connectivity as a marker for psychosocial health: evidence from two community samples*. Society for Affective Science Annual Conference, Chicago, IL.

Sommerfeldt, S. L., Cullen, K. R., Han, G., Fryza, B. J., Houri, A., Kumra, S., & Klimes-Dougan, B. (2015, April). *Executive attention impairment in adolescents with major depressive disorder*. Wisconsin Symposium on Emotion Research, Madison, WI.

Kalluru, S., Burgy, C. A., Stodola, D., Fox, M., **Sommerfeldt, S. L.**, Essex, M. J., & Davidson, R. J. (2015, March). *Brain connectivity and the development of anxious symptoms as predicted by prenatal stress*. International Convention of Psychological Science, Amsterdam, Netherlands.

Lyons, K. E., Zelazo, P. D., **Sommerfeldt, S. L.**, Blakemore, S.-J., & Dumontheil, I. (2014, March). *The effects of mindfulness training during adolescence and adulthood*. Society for Research on Adolescence Biennial Meeting, Austin, TX.

Sommerfeldt, S. L., Schlesinger, A., Han, G., Houri, A., Cullen, K. R., & Klimes-Dougan, B. (2013, April). *Neurocognitive performance in adolescents with major depressive disorder*. Society for Research in Child Development Biennial Meeting, Seattle, WA.

Schlesinger, A., Klimes-Dougan, B., **Sommerfeldt, S. L.**, Lim, K. O., & Cullen, K. R. (2012, September). *Structural imaging and neurocognitive performance in adolescents with major depressive disorder*. Women's Health Research Conference, Minneapolis, MN.

Sommerfeldt, S. L., Muetzel, R. L., & Luciana, M. M. (2012, March). *Impaired spatial working memory in young adult marijuana users*. National Conference on Undergraduate Research, Ogden, UT.

GRANTS AND AWARDS

2019 – 2022	Ruth L. Kirschstein National Research Service Award (NRSA) Individual Pre-Doctoral Fellowship F31AG066323 <i>National Institute on Aging</i> Stipend and tuition support for 3 years
2019 – 2022	Francisco J. Varela Research Grant (\$20,000) <i>Mind and Life Institute</i> Direct costs to support dissertation study
2022	Student Research Grants Competition Conference Presentation Award (\$1,200) <i>University of Wisconsin–Madison</i>
2021	Award for Mentoring Undergraduates in Research, Scholarly & Creative Activities (\$2,000) <i>University of Wisconsin–Madison</i>
2021	Psychology Department Distinguished Service Award (\$1,000) <i>Department of Psychology, University of Wisconsin–Madison</i>
2019	Society of Biological Psychiatry Travel Fellowship Award (\$2,000) <i>Society of Biological Psychiatry</i>
2019, 2021	Menzies and Royalty Research Award (\$500) <i>Department of Psychology, University of Wisconsin–Madison</i>
2019	American Psychological Association Dissertation Research Award (\$1,000) <i>American Psychological Association</i>
2019	Messerschmidt Award (\$1,755) <i>Clinical Psychology Program, University of Wisconsin–Madison</i> Funding for training at the Athinoula Martinos Center for Biomedical Imaging
2019	Love of Learning Award (\$500) <i>Phi Kappa Phi</i>
2019	Marian Schwartz Fellowship (\$4,000)

Department of Psychology, University of Wisconsin–Madison
Direct costs to support dissertation study

- 2017 – 2019 **Emotion Training Grant Pre-Doctoral Trainee**
T32MH018931
National Institute of Mental Health and University of Wisconsin–Madison
Stipend and tuition support for 2 years
- 2018 **Lyn Abramson Award for Cognitive Approaches to Psychopathology (\$500)**
University of Wisconsin–Madison
For paper titled, “Developing Distant Thoughts: A Developmental Perspective on Metacognition in Psychopathology”
- 2017, 2022 **Hertz Foundation Travel Award (\$2,100)**
Department of Psychology, University of Wisconsin–Madison
- 2016 – 2020 **University Fellowship**
University of Wisconsin–Madison
Stipend and tuition support for 2 years
- 2016 **Honorable Mention**
National Science Foundation Graduate Research Fellowship Program
- 2012 **Undergraduate Research Opportunities Program (\$1,400)**
University of Minnesota–Twin Cities
“Neurocognitive Task Performance and Symptom Severity in Depressed Adolescents”
Mentored by Bonnie Klimes-Dougan, Ph.D.
- 2011 **Undergraduate Research Opportunities Program (\$1,400)**
University of Minnesota–Twin Cities
“Effects of Marijuana Use on Spatial Memory, Hippocampus and Amygdala Volume”
Mentored by Monica Luciana, Ph.D.
- 2008 – 2012 **Mayo Foundation Scholarship (\$12,000)**
- 2008 – 2012 **Dean’s List**
University of Minnesota–Twin Cities

ADDITIONAL ADVANCED TRAINING

- 10/2021 – 11/2021 **Building Trust: Culturally Confident Engagement for Translational Research**
University of Wisconsin–Madison Collaborative Center for Health Equity
- Summer 2020 **Level, Change, and Acceleration: Modeling Correlated Change in Longitudinal Data and Intensive Repeated Measures Designs**
Inter-university Consortium for Political and Social Research (ICPSR)
- Fall 2019 **Functional and Structural Connectivity Course**
Athinoula Martinos Center for Biomedical Imaging
- 2017 – 2018 **Waisman Ethics and Professional Development Seminar**
- Fall 2015 **Pattern Classification** (Internal Davidson Lab course)
Taught by Dr. Jeanette Mumford
- Spring 2015 **Functional MRI Analysis in FSL** (Internal Davidson Lab course)
Taught by Dr. Jeanette Mumford
- Start-to-finish processing, quality control, and analysis of functional, task MRI data.

MENTORING

- Summer 2020 **Welton Summer Sophomore Research Apprenticeship Mentor**
- Summer 2019 **UW-Madison NSF Psychology Research Experience Program (PREP) Mentor**

Summer 2019	Lawrence University Summer Research Intern Mentor
2016, 2019, 2021	Biology 152 Research Project Mentor
Spring 2016	Research Mentor Training Course (10-weeks) <i>National Science Foundation Funded Delta Program in Research, Teaching, and Learning</i>
2011 – 2012	University of Minnesota Chapter Leader <i>Psi Chi, International Honor Society in Psychology</i>

TEACHING TRAINING

Fall 2021	Beyond Rhetoric: Developing an Ethical & Equitable Teaching Practice (semester course) <i>National Science Foundation Funded Delta Program in Research, Teaching, and Learning</i>
Fall 2020	Capstone Project in Evidence-Based Teaching (semester course) <i>National Science Foundation Funded Delta Program in Research, Teaching, and Learning</i> <ul style="list-style-type: none"> Identified a problem area in student learning, used backwards design to develop a teaching plan incorporating a variety of active and inclusive teaching strategies, and collected and analyzed data from learners to empirically examine the effectiveness of my teaching approach.
Summer 2020	Engaging Students in the Teaching of Statistics (4-week course) <i>Center for Integration of Research, Teaching, and Learning (CITRL)</i>
Summer 2020	Evidence-Based Teaching (4-week course) <i>National Science Foundation Funded Delta Program in Research, Teaching, and Learning</i>
Spring 2020	Improv to Improve Science Communication and Teaching (semester course) <i>National Science Foundation Funded Delta Program in Research, Teaching, and Learning</i>

CLINICAL EXPERIENCE

10/2017 – 12/2018	Graduate Clinician / Therapist <i>University of Wisconsin–Madison Psychology Research and Training Clinic</i>
10/2012 – 08/2014	Behavioral Health Lifeguard <i>University of Minnesota Medical Center, Fairview</i>
10/2010 – 08/2011	Volunteer Psychiatric Assistant <i>Child and Adolescent Mental Health Unit, University of Minnesota Medical Center, Fairview</i>

OUTREACH

2017 – 2018	Neuroscience Training Program Outreach <ul style="list-style-type: none"> Visited local middle schools each spring to teach 8th grade students about neuroscience with preserved brains.
2015 – 2017	Expanding Your Horizons <ul style="list-style-type: none"> Volunteered annually for their event to engage middle school girls with science and women role models in the field.