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CURRICULUM VITA

JOSÉ ANGEL SOTO

PERSONAL INFORMATION

Work Address: Department of Psychology
The Pennsylvania State University
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State College, PA 16801

PROFESSIONAL EXPERIENCE

Jul 2005 – Present **Assistant Professor,**
Department of Psychology
Pennsylvania State University, University Park

EDUCATION

Jul 2004 – Jun 2005 **Postdoctoral Fellow,**
University of California, San Francisco
Clinical research fellowship in Public Service and Minority Mental Health
Advisor: Stephen M. Rao, Ph.D.

Jul 2003 to Jun 2004 **Clinical Psychology Internship,**
University of California, San Francisco
APA-accredited internship in Psychology

May 2004 **Ph.D., Clinical Psychology,**
University of California, Berkeley
Doctoral Dissertation: Emotional Understanding Between Cultures: The
Influence of Ethnicity on Empathic Accuracy
Advisor: Robert W. Levenson, Ph.D.
Minor Area: Neuroscience

Dec 2000 **M.A., Psychology,**
University of California, Berkeley
Masters Thesis: Emotional Expression and Experience in Chinese
Americans and Mexican Americans: A “Startling” Comparison
Advisor: Robert W. Levenson, Ph.D.

Jun 1995 **B.A. with High Honors, Psychology,**
Harvard University, Cambridge, Massachusetts
Senior Honors Thesis: Relating Self-Perceived and Behavioral Marginality
to Ethnicity at Harvard
Advisor: Deborrah E.S. Frable, Ph.D.

GRANTS AND FELLOWSHIPS

2008	Social Science Research Institute (SSRI) Faculty Level I Grant
2005	University of California President's Postdoctoral Fellowship, <i>declined</i>
2002-2003	Graduate Opportunity Program Dissertation Year Award, University of California, Berkeley
2002-2003	Ford Foundation Dissertation Fellowship for Minorities
2002	Office of Behavioral and Social Sciences Research, Travel Award, <i>Conference: Toward Higher Levels of Analysis: Progress and Promise in Research on Social and Cultural Dimensions of Health</i> , Bethesda, MD
2000	Health Emotions Research Institute Travel Award, <i>Conference: The Neurobiology of Positive Emotions</i> , Madison, WI
1998-2001	National Science Foundation Minority Graduate Fellowship
1998	Ford Foundation Predoctoral Fellowship for Minorities, <i>declined</i>
1997	California State Psychological Association Foundation Minority Scholarship
1998	American Psychological Association Minority Fellowship, <i>Honorable Mention</i>
1993-1995	Ford Fellowship, Ford Foundation

HONORS AND AWARDS

2002	Outstanding Graduate Student Instructor Award, University of California
1997, 2002	Graduate Opportunity Fellowship, University of California
1992-1995	Keller Memorial Scholar, Harvard College
1992-1993	Harvard Club of Northern Connecticut Scholar, Harvard College
1991-1995	Harvard College Honorary Scholarship, Harvard College
1991-1995	Dean's List, Harvard College
1991-1995	Connecticut Scholastic Achievement Grant, State of Connecticut
1991-1992	National Hispanic Merit Scholar
1991-1995	Jacob L. & Lewis Fox Foundation Scholar

PROFESSIONAL SERVICE

2005-Present	Ad Hoc Reviewer <i>Journal of Personality and Social Psychology</i> <i>Motivation and Emotion</i> <i>Personality and Social Psychology Bulletin</i> <i>Journal of Psychosomatic Research</i>
Jul 2004 to Jul 2005	Acting Director , Latino Mental Health Research Program University of California, San Francisco Provide administrative oversight of research projects; supervise research assistants and consult to other project coordinators as needed.
2000-2002	Interviewer Harvard University, Cambridge, MA Interviewed and provided written reports on prospective undergraduates
1999-2000	Admissions Committee Member University of California, Berkeley Screened and interviewed prospective graduate students

PUBLICATIONS

- Levenson, R. W., Soto, J. A., & Pole, N. (2007). Emotion, biology and culture. In Kitayama, S. & Cohen, D. (Eds.), *Handbook of cultural psychology* (pp. 780-796). New York: Guilford Press.
- Muñoz, R., Le, H.-N., Ghosh Ippen, C., Diaz, M., Urizar, G., Soto, J. A., Mendelson, T., Delucchi, K., Lieberman, A. (2007). Prevention of Postpartum Depression in Low-Income Women: Development of the Mamás y Bebés/Mothers and Babies Course. *Cognitive and Behavioral Practice*, 14, 70-83.
- Soto, J. A., Levenson, R. W., & Ebling, R. (2005). Cultures of moderation and expression: Emotional experience, behavior, and physiology in Chinese Americans and Mexican Americans. *Emotion*, 5(2), 154-165.
- Le, H.-N., Muñoz, R., Soto, J. A., Delucchi, K., & Ghosh Ippen, C. (2004). Identification of risk for onset of major depressive episodes during pregnancy and postpartum. *Hispanic Journal of Behavioral Sciences*, 26 (4), 463-482.
- Weiss, R. D., Griffin, M. L., Greenfield, S. F., Najavits, L. M., Wyner, D., Soto, J. A., & Hennen, J. A. (2000). Group therapy for patients with bipolar disorder and substance dependence: Results of a pilot study. *Journal of Clinical Psychiatry*, 61 (5), 361-367
- Weiss, R. D., Greenfield, S. F., Najavits, L. M., Soto, J. A., Wyner, D., Tohen, M., & Griffin, M. L. (1998). Medication compliance among patients with bipolar disorder and substance use disorder. *Journal of Clinical Psychiatry*, 59(4), 172-174.
- Weiss, R. D., Najavits, L. M., Greenfield, S. F., Soto, J. A., Shaw, S. R., & Wyner, D. (1998). Validity of substance use self-reports in dually diagnosed outpatients. *American Journal of Psychiatry*, 155(1), 127-128.
- Weiss, R. D., Najavits, L. M., Soto, J. A., Greenfield, S. F., Hufford, C., & Tohen, M., (1997). What is treatment as usual for bipolar substance abusers? In Harris, L. (Ed.), *Problems of Drug Dependence 1996: Proceedings of the 59th Annual Meeting, The College on Problems of Drug Dependence, Inc., National Institute on Drug Abuse Research Monograph*, 174, 219. Rockville, MD.
- Weiss, R. D., Najavits, L. M., Greenfield, S. F., Soto, J. A., Wyner, D., Tohen, M., & Griffin, M. L. (1998). Relapse prevention group therapy for patients with coexisting substance use disorder and bipolar disorder. In Harris, L. (Ed.), *Problems of Drug Dependence 1997: Proceedings of the 59th Annual Meeting, The College on Problems of Drug Dependence, Inc., National Institute on Drug Abuse Research Monograph*, 175, 253. Rockville, MD.

PROFESSIONAL PRESENTATIONS

- Soto, J. A. (2008, April). *Understanding the cultural context of emotion and mental health*. Paper presented at the Sociology Department Colloquia, Penn State University, State College, PA.
- Soto, J. A. (2007, August). The influence of culture and emotion on psychological and physiological processes. In E. Heaphy (Chair), *Measuring the pulse in organizations: Integrating physiological measures and outcomes into the organizational toolkit*. Symposium to be conducted at the 2007 Annual Meeting of the Academy of Management, Philadelphia, PA.

- Soto, J. A. (2007, August). From Monocultural to Multicultural: Undertaking Organizational Change in Graduate Training. In A. Briscoe-Smith (Chair), *Setting a multicultural agenda for graduate training: A theory-based approach*. Symposium to be conducted at the 115th Annual Meeting of the American Psychological Association, San Francisco, CA.
- Soto, J. A., & Levenson, R. W. (2007, May). *Emotional Understanding Between Cultures: The Influence of Ethnicity on Empathic Accuracy*. Poster session to be presented at the 19th Annual Meeting of the Association for Psychological Science, Washington, D.C.
- Soto, J. A. (2006, January). The role of culture and ethnicity on pain: Toward a multiculturally competent approach. In Rao, S. (Chair), *Pain Management and Its Role in Aging, Long-Term and End-of-Life Care*. Paper presented at the Psychiatry Ground Rounds, University of California, San Francisco.
- Soto, J. A. (2005, April). *Cultural Influences on Emotion: Theory, Research, and Implications*. Paper presented at the Clinical Science Program Colloquia, University of California, Berkeley.
- Mendelson, T., Le, H.-N., Soto, J. A., Lieberman, A., & Muñoz, R. F. (2003, November). *Prevention of depression in low-income, Spanish-and English-speaking pregnant women: A pilot intervention development study*. Paper presented at the Association for Advancement of Behavior Therapy, Boston, MA.
- Busch, A., Chu, M., Cowan, C., Cowan, P., Levenson, R., & Soto, J. A. (2002, October). *The couples clinic*. Paper presented at the Clinical Science Program Colloquia, University of California, Berkeley.
- Soto, J. A., Ebling, R., & Levenson, R. W. (2000, October). *Emotional expression and experience in Chinese Americans and Mexican Americans: A "startling" comparison*. Poster session presented at the 40th Annual Meeting of the Society for Psychophysiological Research, San Diego, California.
- Soto, J. A., Pole, N., McCarter, L. M. & Levenson, R. W. (1998, September). *Knowing feelings and feeling feelings: Are they connected?* Poster session presented at the 38th Annual Meeting of the Society for Psychophysiological Research, Denver, Colorado.
- Weiss, R. D., Greenfield, S. F., Hufford, C., Najavits, L. M., Tohen, M., & Soto, J. A. (1996, May). *Medication adherence in bipolar substance abusers*. Poster session presented at the 149th Annual Meeting of the American Psychiatric Association, New York, NY.
- Weiss, R. D., Najavits, L. M., Greenfield, S. F., Soto, J. A., Wyner, D., Tohen, M., & Griffin, M. L. (1997, June). *Relapse prevention group therapy for patients with coexisting substance use disorder and bipolar disorder*. Poster session presented at the 28th Annual Meeting of the Society for Psychotherapy Research, Geilo, Norway.
- Weiss, R. D., Najavits, L. M., Soto, J. A., Greenfield, S. F., Hufford, C., & Tohen, M. (1996, June). *What is "treatment as usual" among bipolar substance abusers?* Poster session presented at the 58th Annual Scientific Meeting of the College on Problems of Drug Dependence, Inc., San Juan, Puerto Rico.

RESEARCH EXPERIENCE

- Jul 2003 to Jun 2005 **Clinical Psychology Fellow**
San Francisco General Hospital/University of California, San Francisco, California
Supervisor: Stephen Rao, Ph.D.
- Jan 2002 to Jun 2003 **Graduate Student Researcher**
University of California, San Francisco
Supervisor: Ricardo F. Muñoz, Ph.D.
- Aug 1997 to May 2004 **Graduate Student Researcher**
University of California, Berkeley
Supervisor: Robert W. Levenson, Ph.D.
- Aug 1995 to Jul 1997 **Senior Clinical Research Technician**
McLean Hospital, Belmont, Massachusetts
Supervisor: Roger Weiss, M.D.
- Sep 1994 to Jun 1995 **Research Assistant**
McLean Hospital, Belmont, Massachusetts
Supervisor: Shelly Greenfield, M.D., M.P.H.
- Oct 1992 to Sep 1994 **Research Assistant**
Harvard University, Cambridge, Massachusetts
Supervisor: Deborrah E. S. Frable, Ph.D.

INVITED GUEST LECTURES

- Sep 2004 *The Cognitive Behavioral Case Formulation*
Lecture presented to Cognitive Behavioral Therapy Seminar, University of California, San Francisco
Course Instructor: Daniella Cortez Cavenagh, Ph.D.
- Sep 2004 *Applying the Cognitive Behavioral Case Formulation*
Lecture presented to Cognitive Behavioral Therapy Seminar, University of California, San Francisco
Course Instructor: Daniella Cortez Cavenagh, Ph.D.
- May 1999 *Cognitive Behavioral Therapy: Theory, Practice and Research.*
Lecture presented to Clinical Psychology course, University of California, Berkeley
Course Instructor: Robert W. Levenson, Ph.D.
- May 1999 *Cognitive Behavioral Therapy: Theory, Practice and Research.*
Lecture presented to Clinical Psychology course, University of California, Berkeley
Course Instructor: Robert W. Levenson, Ph.D.

CLINICAL EXPERIENCE

Jul 2003 to Jun 2005

Clinical Psychology Fellow, Clinical Psychology Training Program
San Francisco General Hospital/University of California, San Francisco,
California

Supervisor: Ricardo Muñoz, Training Director

Provided clinical services to individuals at various levels of care as part of APA-approved predoctoral and postdoctoral internship. Completed the following clinical rotations:

Division of Psychosocial Medicine (Jul 2003 to Jun 2005)

Supervisors: Stephen Rao, Ph.D., Daniella Cortez Cavenagh, Ph.D.,
Gilbert Villela, M.D., Kevin Mack, M.D.

Provided individual and group psychotherapy in Spanish to low-income, monolingual Spanish-speaking clients using cognitive-behavioral and trauma-focused interventions; conducted weekly intake assessments with monolingual Spanish-speaking clients; co-facilitated pain management psychotherapy group and education class; provided clinical supervision to co-facilitator.

Asian-Focused Inpatient Unit (Nov 2003 to Feb 2004)

Supervisors: Eddie Ong, Ph.D.

As part of a multidisciplinary team, conducted intake interviews, provided individual therapy, and worked with patients and their families in an acute inpatient facility servicing primarily Asian patients.

Psychiatric Emergency Services (Jul 2003 to Oct 2003)

Supervisors: Robert Buckley, M.D., Robert Surber, LCSW

As part of a multidisciplinary team, provided emergency psychiatric evaluation for adults in acute crisis and assisted in aftercare placement.

Aug 1998 to Jun 2002

Clinical Psychology Intern

Psychology Clinic, University of California, Berkeley

Supervisor: Laura Mason, Ph.D., Clinic Coordinator

Provided clinical services to a range of individuals as part of clinical practicum. Participated in three-hour, weekly case conference led by the Clinic Coordinator. Responsible for conducting weekly phone intakes and assisting in the overall functioning of the clinic. Completed the following clinical rotations:

Couples Clinic (Aug 2001 to Jun 2002)

Supervisors: Robert W. Levenson, Ph.D, Philip A. Cowan, Ph.D. &
Carolyn P. Cowan, Ph.D.

Developed and implemented intervention for couples; conducted couples therapy throughout the year in three different modalities (alone, with a co-therapist and with two co-leaders); collected outcome data and analyzed and presented findings at departmental colloquia

Psycho-Educational Testing (Aug 1998 to Jun 2001)

Supervisors: Joan Wenters, Ph.D., Bob Kaufman, Ph.D., Bruce Smith, Ph.D., & Alan Shonkoff, Ph.D.

Conducted comprehensive psychological assessments with adult clients and presented the results in an integrated report. Administered the WISC-III to children as part of a Summer Enrichment Program for Girls with ADHD.

Adult Cognitive Behavioral Therapy (Aug 1999 to Jun 2000)

Supervisors: Ann Kring, Ph.D., Joan Davidson, Ph.D.

Provided individual psychotherapy to an ethnically diverse client population from a cognitive-behavioral orientation; used an individualized case formulation approach developed by Jacqueline Persons, Ph.D.

Adult Psychodynamic Therapy (Aug 1998 to Jun 1999)

Supervisor: Enrico Jones, Ph.D.

Provided individual psychotherapy to an ethnically diverse client population from a psychodynamic orientation; learned how to conduct treatment from a Control Mastery perspective

Aug 1998 to Jun 1999

Organizational Consultant

Familias Unidas, Richmond, California

Supervisor: Mindy Rosenberg, Ph.D.

Assisted a small community mental health agency that worked primarily with low-income, urban Latino populations in developing a mentoring program aimed at reducing the rates of teenage pregnancy in the local community.

SPECIALIZED SKILLS AND TRAINING

Psychophysiological Measurement

Expertise in measuring cardiovascular, electrodermal, respiratory, & somatic responses.

Behavioral Coding

Formally trained in facial action coding system (FACS)

Statistical Packages

Proficient in the use of SPSS for experimental and correlational analyses

Spanish and Portuguese Language Proficiency

Professional and conversational fluency in reading, writing, and understanding Spanish and Portuguese