

CURRICULUM VITAE

Anna S. Engels

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Education

E-RYT 500, YACEP

Yoga Alliance Experienced Registered Yoga Teacher
Yoga Alliance Continuing Education Provider

RYT500

YogaStream 500-hr Training Modules (2016 - 2017)
with Lara Heimann, MA, E-RYT500 Founder of YogaStream
Shoulder Anatomy & Therapeutics Module
Hip Anatomy & Therapeutics Module
Advanced Asana & Drills Module
Whole Body Therapeutics Module
Special Populations Module
Breath & Bandhas Module

RYT200

August 2015
YogaStream Teacher Training 200-hr
with Lara Heimann, MA, E-RYT500 Founder of YogaStream

RYT500

May 2014
Lila Yoga Teacher Training 500-hr (LYTT500)
with Erica Kaufman, MFA, E-RYT500 Founder of Lila Yoga

RYT200

May 2013
Lila Yoga Teacher Training 200-hr (LYTT200)
with Erica Kaufman, MFA, E-RYT500 Founder of Lila Yoga

Ph.D.

May 2009
University of Illinois at Urbana-Champaign
Major: Clinical-Community Psychology
Minor: Brain & Cognition
Dissertation title: *Additive and Interactive Effects of Comorbidity during Emotion Processing*
Dissertation Committee: Wendy Heller, Ph.D., Chair; Gregory A. Miller, Ph.D.; Howard Berenbaum, Ph.D.; Edelyn Verona, Ph.D.; Neal J. Cohen, Ph.D.

M.A.

August 2006
University of Illinois at Urbana-Champaign
Major: Clinical-Community Psychology
Thesis title: *Specificity of Regional Brain Activity in Anxiety Types during Emotion Processing*
Thesis Committee: Wendy Heller, Ph.D.; Gregory A. Miller, Ph. D.

B.A. May 2002, with Honors
 University of Kansas, Lawrence, KS
 Major: Psychology
 GPA: 4.0
 Honors thesis title: *Age Differences in Distractibility Between Twelve- and Eighteen-month-olds.*
 Thesis Advisor: John Colombo, Ph.D.

Professional Experience

2016 – present Co-Founder of Yoga Lab Studio, State College PA
 Lead Trainer of 200-Hr Teacher Training Program, Yoga Lab Studio
 Yoga Instructor, Yoga Lab Studio

2015 – present Pennsylvania State University, University Park, PA
 Yoga Instructor, Kinesiology Physical Activity Program (KPAP)
 Yoga Instructor, University Health Services

2014 – 2015 Yoga & Fitness Instructor
 PSU Summer Study, State College PA

2013 – 2015 Lila Yoga Instructor
 Lila Yoga Studios, State College PA

2011 – 2013 Pennsylvania State University, University Park, PA
 Associate Director of Human Imaging,
 Social, Life, & Engineering Sciences Imaging
 Center (SLEIC)
 Research Associate, Department of Psychology

2008 – 2011 Pennsylvania State University, University Park, PA
 Assistant Director, Social, Life, & Engineering Sciences Imaging
 Center (SLEIC)
 Research Associate, Department of Psychology

2002 – 2008 University of Illinois, Urbana-Champaign, IL
 Predoctoral Research Assistant, Clinical/Community Psychology
 Advisors: Gregory A. Miller, Ph.D. & Wendy Heller, Ph.D.

2000 – 2002 University of Kansas, Lawrence, KS
 Undergraduate Research Assistant, Department of Psychology
 Advisor: Ruthann Atchley, Ph.D.

Teaching Experience

- 2018-present Pennsylvania State University, *Instructor*, Advanced Yoga (KINES 077A)
- 2016-present Yoga Lab Studio, *Lead Trainer*, Yoga Lab 200-Hr Teacher Training
- 2016-present Yoga Lab Studio, *Instructor*, Strong Foundations (Level 1-2), Restorative Yoga (Level 1), Philosophy in Practice (Level 1-2), Epic Yoga Boom (Level 2-3), Power Lunch (Level 2), Intro to Yoga Workshop
- 2015-present Pennsylvania State University, *Instructor*, Yoga 1 (KINES 077)
- 2015-2017 Pennsylvania State University, *Instructor*, Yoga at PSU Student Health Center
- 2014-2015 PSU Summer Study, *Instructor*, Yoga & Fitness
- 2013-2015 Lila Yoga Studios, *Lila Yoga Instructor*, Gentle Yoga, Sun Salutations, Level 1-2, Intro to Yoga Workshop
- 2012 Pennsylvania State University, *Instructor*, Graduate Seminar: Current Topics in Neuroscience (IBIOS 598A)
- 2009 – 2012 Pennsylvania State University, *Instructor*, Abnormal Psychology (PSYCH 470)
- 2006 University of Illinois, *Teaching Assistant*, Intro to Psychology (PSYC 100)
- 2003 – 2004 University of Illinois, *Undergraduate Research Supervisor*, Special Topics and Independent Study in Psychological Research, (PSYC 290 & PSYC 294)

Publications

Beltz, A. M., Gates, K. M., **Engels, A. S.**, Molenaar, P.C.M., Pulido, C., Turrisi, R., Berenbaum, S. A., Gilmore, R. O., & Wilson, S. J. (2013). Changes in alcohol-related brain networks across the first year of college: A prospective pilot study using fMRI effective connectivity mapping. *Addictive Behaviors*, *38*, 2052-2059.

Spielberg, J. M., De Leon, A. A., Bredemeier, K., Heller, W., **Engels, A. S.**, Warren, S. L., Crocker, L. D., Sutton, B. P., & Miller, G. A. (2013). Anxiety type modulates immediate vs. delayed engagement of attention-related brain regions. *Brain & Behavior*, *3*, 532-551.

Warren, S. L., Crocker, L. D., Spielberg, J. M., **Engels, A. S.**, Banich, M. T., Sutton, B., Miller, G. A., & Heller, W. (2013). Cortical organization of inhibition-related functions and modulation by psychopathology. *Frontiers in Human Neuroscience*, *7*:261.

Spielberg, J.M., Miller, G.A., Warren, S.L., **Engels, A.S.**, Crocker, L.D., Banich, M.T., Sutton, B.P., & Heller, W. (2012). A brain network instantiating approach and avoidance motivation. *Psychophysiology*, *49*, 1200-14.

Spielberg, J.M., Miller, G.A., Warren, S.L., **Engels, A.S.**, Crocker, L.D., Sutton, B.P., & Heller, W. (2012). Trait motivation moderates neural activation associated with goal pursuit. *Cognitive, Affective, & Behavioral Neuroscience*, *12*, 308-322.

Silton, R.L., Heller, W., **Engels, A.S.**, Towers, D.N., Edgar, J.C., Spielberg, J.M., Sass, S.M., Stewart, J.L., Sutton, B.P., Banich, M.T., & Miller, G.A. (2011). Depression and anxiety distinguish frontocingulate cortical activity during top-down attentional control. *Journal of Abnormal Psychology*, *120*, 272-285.

Spielberg, J. M., Miller, G. A., **Engels, A. S.**, Herrington, J. D., Sutton, B. P., Banich, M. T., & Heller, W. (2011). Trait Approach and Avoidance Motivation: Lateralized Neural Activity Associated with Executive Function. *Neuroimage*, *54*, 661-670.

Sadeh, N., Spielberg, J.M., Heller, W., Herrington, J.D., **Engels, A.S.**, Warren, S.L., Crocker, L.D., Sutton, B.P., & Miller, G.A. (2011). Emotion disrupts neural activity during selective attention in psychopathy. *Social, Cognitive, and Affective Neuroscience*, 1749-5016.

Engels, A. S., Heller, W., Spielberg, J. M., Warren, S. L., Sutton, B.P., Banich, M. T., & Miller, G. A. (2010). Co-occurring anxiety influences patterns of brain activity in depression. *Cognitive, Affective, and Behavioral Neuroscience*, 10, 141-156.

Silton, R. L., Miller, G. A., Towers, D. N., **Engels, A. S.**, Edgar, J. C., Spielberg, J. M., Sass, S. M., Stewart, J. L., Sutton, B. P., Banich, M. T., & Heller, W. (2010). The time course of activity in dorsolateral prefrontal cortex and anterior cingulate cortex during top-down attentional control. *NeuroImage*, 50, 1292 – 1302.

Herrington, J. D., Heller, W., Mohanty, A., **Engels, A. S.**, Banich, M. T., Webb, A. G., and Miller, G. A. (2010). Localization of asymmetric brain function in emotion and depression. *Psychophysiology*, 47, 442-454.

Warren, S. L., Bost, K. K., Roisman, G. I., Silton, R. L., Spielberg, J. M., **Engels, A. S.**, Choi, E., Sutton, B. P., Miller, G. A., Heller, W. (2010). Effects of adult attachment and emotional distracters on brain mechanisms of cognitive control. *Psychological Science*, 21, 1818-1826.

Engels, A. S., Heller, W., Mohanty, A., Herrington, J. D., Banich, M. T., Webb, A. G., & Miller, G. A. (2007). Specificity of regional brain activity in anxiety types during emotion processing. *Psychophysiology*, 44, 352-363.

Mohanty, A., **Engels, A. S.**, Herrington, J. D., Heller, W., Ho, R. M., Banich, M. T., Webb, A. G., Warren, S. L., & Miller, G. A. (2007). Differential engagement of anterior cingulate cortex subdivisions for cognitive and emotional function. *Psychophysiology*, 44, 343-351.

Miller, G. A., **Engels, A. S.**, & Herrington, J. D., (2007). The seduction of clinical science: Challenges in psychological and biological convergence. In T. Treat, R. Bootzin, & R. Levenson (Eds.), *Psychological clinical science: Papers in honor of Richard McFall* (pp. 53-74). Mahwah, NJ: Lawrence Erlbaum.

Grant Support

2011 PSU SSRI Level I Newman, M. G. (PI)
The Brain Mechanisms of Maladaptive Repetitive Thought and its Effects on Emotional Processing: an fMRI Pilot Study
Role: Co-PI

2010 PSU PSIN Berenbaum, S. A. (PI)
Alcohol Links to Brain and Behavior: a Short-term Longitudinal Study in Penn State Freshmen
Role: Co-Investigator

2010 PSU SSRI Level II Cole, P. (PI)
How the Emotional Environment Shapes the Developing Brain
Role: Co-Investigator

- 2010 PSU PSIN Lemieux, S. K. (PI)
The Role of Olfactory Cues in Addictive Behavior
Role: Co-Investigator
- 2010 PSU SSRI Level II Wilkinson, K. (PI)
The Translational Potential of Visual Neuroscience in the Design of Communication Supports
Role: Consultant
- 2009 PSU CTSI Wenger, M. (PI)
Brain Iron Content During Deficiency and Repletion: Its Relation to Systemic Status, Iron Stores,
and Cognitive Performance
Role: Co-Investigator
- 2009 PSU CTSI Yang, Q. (PI)
Quantitative Multimodality Image Analysis Tools for Brain Development, Aging and Diseases
Role: Co-Investigator

Honors & Awards

- 2008 Society for Psychophysiological Research Poster Award
- 2007 Clinical/Community Division Ed Scheiderer Award, University of Illinois. Recognizes “outstanding research or scholarship by a Clinical/Community graduate student”
- 2004 – 2006 Predoctoral traineeship, NIMH Cognitive Psychophysiology Training Grant, University of Illinois
- 2001 – 2002 Harley Nelson Scholarship, University of Kansas Psychology Department
- 1998 – 2002 National Merit Finalist Scholarship, University of Kansas
- 1998 – 2002 Harold Otto National Merit Scholarship, University of Kansas
- 1998 – 2002 Honors Program, University of Kansas
- 2001 – 2002 Mortar Board Honor Society, University of Kansas
- 2001 – 2002 Psi Chi Honor Society, University of Kansas
- 2000 – 2002 Golden Key National Honor Society, University of Kansas
- 2000 – 2002 Department of Psychology Honors Program, University of Kansas
- 2000 – 2001 Gamma Sigma Alpha National Honor Society, Program Director, University of Kansas
- 2000 – 2001 Owl Leadership Honor Society, University of Kansas
- 1999 Summer Language Institute Eugenie H. Galloo Scholarship, University of Kansas
- 1999 University Scholars Finalist (top 40 sophomores), University of Kansas
- 1998 – 1999 Merit Scholars Development Program, University of Kansas
- 1998 Watkins-Berger National Merit Scholar, University of Kansas

Supervised Clinical Training

- 2007 – 2008 University of Illinois Psychological Services Center
Stress and Anxiety Clinic Practicum, student supervisor
Supervisor: Howard Berenbaum, Ph.D.
- 2005 – 2006 University of Illinois Psychological Services Center
Stress and Anxiety Clinic Practicum, student therapist
Supervisor: Howard Berenbaum, Ph.D.

- 2004 – 2005 University of Illinois Psychological Services Center
Neuropsychological Assessment Practicum, service provider
Supervisor: Wendy Heller, Ph.D.
- 2003 – 2004 Provena Covenant Medical Center, Urbana IL
Inpatient Psychiatry Assessment Practicum, service provider
Supervisor: Gregory A. Miller, Ph.D.
- 2000 – 2001 Headquarters Counseling Center, Lawrence Kansas
Crisis Line Volunteer
Supervisor: Marsha Epstein, LMSW, Headquarters Director

Professional Presentations

Cole, P. M., **Engels, A. S.**, Maggi, M. C., Thomas, A. L., & Gilmore, R. O. (2013). Processing the emotional environment: Assessing children's neural activity to affective prosody. Paper presented at the biennial meeting of the Society for Research in Child Development, Seattle, WA.

Gettemy, M. V., Gearhart, A. R., Vesek, J., Little, D. R., Wang, J., Stitt, J. P., Gilmore, R. O., **Engels, A. S.**, Yang, Q.X., & Lemieux, S. K. (2012). A new fast quality assurance tool for EPI-based pulse sequences. Paper presented at the annual meeting of the International Society for Magnetic Resonance in Medicine, Melbourne, Australia.

Gilmore, R. O., Beltz, A. M., **Engels, A. S.**, Wilson, S. J., Molenaar, P.C.M., Gates, K., Berenbaum, S. A. (2012). fMRI connectivity mapping in first year university students reveals neural networks engaged by alcohol cues. Paper presented at the Penn State Neuroscience Day, Hershey, PA.

Heller, W., Crocker, L. D., **Engels, A. S.**, Spielberg, J. M., Herrington, J. D., Stewart, J. L., Verona, E., Sutton, B. S., Banich, M. T., & Miller, G. A. (2012). Cognition/Emotion interactions and cortical activity patterns differentiate types of personality and psychopathology. Paper presented at the annual meeting of the Society for Psychophysiological Research, New Orleans, LA.

Patel, M. M., Lemieux, S.K., Wilson, S. J., Corwin, R. L., Hayes, J. E., **Engels, A. S.**, Wang, J., Vesek, J., Yang, Q. X., (2012). Food craving studied by combined visual and olfactory stimulation. Paper presented at the annual meeting of the Association for Chemoreception Sciences, Hunting Beach, CA.

Engels, A. S., Heller, W., Spielberg, J. M., Warren, S. L., & Miller, G. A. (2011). Separate and joint effects of co-occurring depression and anxiety on patterns of brain activation in an emotion-word stroop task. Paper presented at the annual meeting of the Society for Psychophysiological Research, Boston, MA.

Beltz, A. M., **Engels, A. S.**, Wilson, S. J., Molenaar, P. C. M., Pulido, C., Abar, C., Read, A., Fesi, J., Lemieux, S., Tapert, S. F., Turrisi, R., Berenbaum, S. A., & Gilmore, R. O. (2011). fMRI connectivity mapping in first year university students reveals neural networks engaged by alcohol cues. Paper presented at the annual meeting of the Organization for Human Brain Mapping, Quebec City, Canada.

Lemieux, S., Wilson, S., Corwin, R., Hayes, J., Davidson, K., Stitt, J., **Engels, A. S.**, Wang, J., Vesek, J., Yang, Q., (2010). A cross-campus study of the neural pathways active in binge-eating and tobacco smoking with olfactory functional MRI. Paper presented at the Penn State Neuroscience Day, Hershey, PA.

De Leon, A.A., Spielberg, J.M. Heller, W., **Engels, A.S.**, Crocker, L.D., & Miller, G.A. (2010). Differential habituation to negative stimuli distinguishes types of anxiety. Paper presented at the annual meeting of the Society for Research in Psychopathology, Seattle, WA.

Heller, W., Warren, S.L., Spielberg, J.M., **Engels, A.S.**, Siltan, R.L., Sass, S.M., Stewart, J.L., Crocker, L., Towers, D.N., Sutton, B.P., Banich, M.T., & Miller, G A. (2010). Understanding risk for psychopathology: Brain mechanisms of emotion-cognition interaction. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

Lemieux, S., **Engels, A. S.**, Pennell, D., Vesek, J., Gilmore, R.O., & Yang, Q. (2009). 3T Magnetic Resonance Imaging Quality Assurance: Are cross-campus MRI research scans comparable? Paper presented at the Penn State Neuroscience Day, Hershey, PA.

Warren, S. L., Bost, K. K., Roisman, G. I., Levin-Siltan, R. L., Spielberg, J. M., **Engels, A. S.**, Choi, E., Miller, G. A., & Heller, W. (2009, April). Secure base script knowledge and psychopathology as predictors of response patterns to emotional stimuli: An fMRI investigation. Paper presented in symposium at the biennial meeting of the Society for Research and Child Development, Denver, CO.

Engels, A. S., Spielberg, J. M., Warren, S. L., Sutton, B. P., Banich, M. T., Heller, W., & Miller, G. A. (2008, October). Differential functional lateralization in anxiety. Paper presented at the annual meeting of the Society for Psychophysiological Research, Austin, TX.

Levin, R. L., Towers, D. N., Edgar, J. C., **Engels, A. S.**, Sass, S. M., Heller, W., & Miller, G. A. (2008, October). Depression and inhibition associated with reduced ACC theta and PFC alpha. Paper presented at the annual meeting of the Society for Psychophysiological Research, Austin, TX.

Spielberg, J. M., Heller, W., **Engels, A. S.**, Levin, R. L. & Miller, G. A. (2008, October). Trait approach/avoidance motivation and neural processes associated with cognition. Paper presented at the annual meeting of the Society for Psychophysiological Research, Austin, TX.

Stewart, J. L., Warren, S. L., Spielberg, J. M., **Engels, A. S.**, Heller, W., & Miller, G. A. (2008, October). Cognitive control of negative emotion as a function of anger style: An fMRI investigation. Paper presented at the annual meeting of the Society for Psychophysiological Research, Austin, TX.

Towers, D. N., **Engels, A. S.**, Stewart, J. L., Spielberg, J. M., Miller, G. A., & Heller, W. (2008, October). Choosing sides: Happily approaching left frontal cortex in psychopathology and emotion. Paper presented at symposium, Patients are a virtue: What studies of clinical and neurological patients reveal about physiological mechanisms of emotion, at the annual meeting of the Society for Psychophysiological Research, Austin, TX.

Warren, S. L., Bost, K. K., Roisman, G. I., Levin, R. L., Spielberg, J. M., **Engels, A. S.**, Miller, G. A., & Heller, W. (2008, September). Response differentiation of cognitive control regions

moderated by attachment and psychopathology: An fMRI investigation. Paper presented at the annual meeting of the Society for Research in Psychopathology, Pittsburg, PA.

Heller, W., **Engels, A. S.**, Stewart, J. L., Mohanty, A., Herrington, J. D., Banich, M. T., & Miller, G. A. (2007, June). Specificity of regional brain activity in anxiety types during emotion processing and implications for neuropsychological models of emotion. Invited paper presented in symposium, Brain Organization for Emotional Processing, at TENNET conference, a biennial meeting of Theoretical & Experimental Neuropsychology, Montreal Canada.

Mohanty, A., Ho, R. M., **Engels, A. S.**, Herrington, J. D., Banich, M. T., Heller, W., & Miller, G. A. (2007, June). Frontolimbic connectivity in emotion/attention interactions. Paper presented at the annual meeting of the Organization for Human Brain Mapping, Chicago, IL.

Engels, A. S., Heller, W., Mohanty, A., Herrington, J. D., Banich, M. T., Webb, A., Miller, G. A. (2006, October). Left prefrontal cortex differentiation for positive emotion and anxious apprehension. Paper presented at the annual meeting of the Society for Research in Psychopathology, San Diego, CA.

Miller, G. A., **Engels, A. S.**, Mohanty, A., Herrington, J. D., Levin, R. L., Ho, R. M., & Heller, W. (2005, October). Anxiety type modulates emotion regulation. Paper presented in symposium, Emotion Regulation in Mood and Anxiety Disorders, at the annual meeting of the Society for Research in Psychopathology, Miami. [meeting canceled due to Hurricane Wilma; abstract published on Web: www.psychopathology.org/programs.asp?mode=viewslot&id=100]

Wang, Y. M., Zhou, C., **Engels, A. S.**, & Miller, G. A. (2005, June). Exploratory fMRI data clustering based on temporal shape features. Paper presented at the Human Brain Mapping Conference, Toronto.

Engels, A. S., Mohanty, A., Herrington, J. D., Ho, R. M., Wenzel, E. A., Fisher, J. E., Stewart, J. L., Levin, R. L., Sass, S., Linick, J. M., Edgar, J. C., Webb, A. G., Banich, M. T., Miller, G. A., & Heller, W. (2004, November). Regional specificity of anxiety subtypes during emotion processing. Paper presented at the Frontiers of Biomedical Imaging Symposium: The MRI Nobel Celebration and Future Directions, Urbana, IL.

Engels, A. S., Mohanty, A., Herrington, J. D., Ho, R. M., Wenzel, E. A., Fisher, J. E., Stewart, J. L., Levin, R. L., Sass, S., Linick, J. M., Edgar, J. C., Webb, A. G., Banich, M. T., Miller, G. A., & Heller, W. (2004, October). Regional specificity of anxiety subtypes during emotion processing. Paper presented at the annual meeting of the Society for Research in Psychopathology, St. Louis, MO.

Mohanty, A., Herrington, J. D., **Engels, A. S.**, Koven, N. S., Fisher, J. E., Stewart, J. L., Levin, R. L., Sass, S., Edgar, J. C., Ho, R. M., Webb, A. G., Banich, M. T., Miller, G. A., & Heller, W. (2004, October). Effects of emotion on attention and executive function. Paper presented at the annual meeting of the Society for Psychophysiological Research, Santa F, NM.

Mohanty, A., Koven, N. S., Herrington, J. D., **Engels, A. S.**, Ho, R. M., Fisher, J. E., Stewart, J. L., Webb, A. G., Banich, M. T., Miller, G. A., & Heller, W. (2004, October). Neural mechanisms of attentional bias in anxiety. Paper presented at the annual meeting of the Society for Research in Psychopathology, St. Louis, MO.

Miller, G. A., Herrington, J. D., Mohanty, A., **Engels, A. S.**, Edgar, J. C., Banich, M. T., Webb, A. G., & Heller, W. (2004, October). Frontal-cortex circuitry in emotional self-regulation. Paper presented in symposium, Frontal lobes and Psychopathology Revisited, at the annual meeting of the Society for Research in Psychopathology, St. Louis, MO.