

Curriculum vitae



LOTTE VEENSTRA, MSC CURRICULUM VITAE

PERSONAL DETAILS

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Birth records: February 14, 1982, Amersfoort, the Netherlands

EDUCATION

- PhD** **PhD student, Vrije Universiteit Amsterdam, October 2012 – February 2017**
Behavioral and Movement Sciences, Department of Clinical Psychology, Vrije Universiteit Amsterdam, collaboration with Ohio State University, Ohio, United States.
Dissertation: The effects of motivational approach/avoidance tendencies on anger regulatory processes.
Supervision: Prof. Sander L. Koole (VU University Amsterdam), & Dr. Iris K. Schneider (University of Cologne).
- M.Sc.** **Research Master Psychology, University of Amsterdam, 2010 – 2012, Cum Laude**
Major: Social Psychology; Minor: Brain and Cognition
Thesis 1: Shedding light on the contribution of emotion knowledge to emotion regulation.
Supervision: Prof. Dr. Agneta H. Fischer.
Thesis 2: Experiments on the influence of 50 Hz Gamma oscillations on attentional shifts.
Supervision: Dr. Mark Rotteveel.
- B.Sc.** **University of Amsterdam, Amsterdam, 2007 – 2010, Social Psychology, Cum Laude**
Thesis: The flexible relationship between approach and avoidance: Scrutinizing the experimental procedures. Supervision: Dr. Mark Rotteveel.
- B.A.** **Fontys Higher Education for Arts, Eindhoven, 2001 – 2004**
School of Theatre and Drama Teacher

RESEARCH STATEMENT

I am an experimental social psychologist with a specific interest in emotion and motivation research. In my PhD project I focused on how situated cognition theories can explain psychological and physiological processes in emotions and emotion regulation. More specifically, I investigated how situational affordances such as bodily processes, and motivational states, influence the intensity of emotional experience, emotion related behavior, and the success of regulatory strategies. For example, my work examines how body postures influence the regulation of sadness, and how behavioral tendencies of approach and avoidance regulate anger and aggression. In my work I focus on cognitive and behavioral effects of emotion regulation, but also on the psychophysiological processes interacting with these cognitive and behavioral effects. For instance, how motivation affects hormonal and cardio physiological processes that underlie feelings of anger and behavioral aggression.

My interests and experience with emotion research go beyond my current PhD project. I am fascinated with emotions and social behavior since I was a child, and it was one of the main reasons I started theatre school when I was eighteen. Although working as an actress and drama teacher is practically different from being a scientific researcher, the overlap in content with academic psychological research is big. More specifically, in both fields I am passionate about observing, discussing, and theorizing about people's affective and cognitive reactions to their social surroundings. My interest in emotional processing developed when I worked on my research master thesis on the effects of global versus specific emotion knowledge on emotional experience with Agneta Fischer at the University of Amsterdam. Moreover, my ideas also have gestated through international experience. I have had the privilege to visit two of the most successful emotion researchers at Stanford University, Professor James Gross and Professor Amit Etkin, where I was able to learn about neurological processes and measurement of emotions.

PUBLICATIONS

Veenstra, L., Schneider, I. K., & Koole, S. L. (accepted for publication). The effect of motivational training on state anger and aggressive impulses among people with varying trait anger. *Motivation Science*. doi:10.1037/mot0000060

Veenstra, L., Bushman, B. J., & Koole, S. L. (2017). The facts on the furious: a brief review of the psychology of trait anger. *Current Opinion in Psychology*, doi:10.1016/j.copsyc.2017.03.014

Veenstra, L., Schneider, I. K., & Koole, S. L. (2016). Embodied mood regulation: the impact of body posture on mood recovery, negative thoughts, and mood-congruent recall. *Cognition and Emotion*, doi:10.1080/02699931.2016.1225003

Veenstra, L., Schneider, I. K., Bushman, B. J., & Koole, S. L. (2016). Drawn to danger: trait anger predicts automatic approach behavior to angry faces. *Cognition and Emotion*. doi:10.1080/02699931.2016.1150256

Schneider, I. K., **Veenstra, L.**, van Harreveld, F., Schwarz, N., & Koole, S. L. (2016). Let's not be indifferent about neutrality: Neutral ratings in the International Affective Picture System (IAPS) mask mixed affective responses. *Emotion*, 16(4), 426-430. doi:10.1037/emo0000164

Koole, S. L., & **Veenstra, L.** (2015). Does emotion regulation occur only inside people's heads? Towards a situated cognition analysis of emotion-regulatory dynamics. *Psychological Inquiry*, 26(1), 61-68. doi:10.1080/1047840X.2015.964657

Fischer, A. H., Becker, D., & **Veenstra, L.** (2012). Emotional mimicry in social context: the case of disgust and pride. *Frontiers in Psychology*, 3(475), 268-278. doi:10.3389/fpsyg.2012.00475

SELECTED WORKING PAPERS

Veenstra, L., Schneider, I. K., Bushman, B. J., Domachowska, I., & Koole, S. L.. Taming tempers: basic motivational states moderate the association between trait anger and state anger/aggression. (*manuscript submitted for publication*)

Veenstra, L., Schneider, I. K., Tops, M., & Koole, S. L.. Motivational modulation of the hormone-aggression link: effects of approach/avoidance postures on the association between salivary testosterone/cortisol and aggressive impulses. (*manuscript submitted for publication*)



Veenstra, L., Schneider, I. K., & Koole, S. L.. A dark and peaceful place: ambient darkness lowers approach motivation and renders people with high dispositional anger less easily angered. (*manuscript submitted for publication*)

CONFERENCE PRESENTATIONS AND INVITED TALKS

INVITED TALKS

Veenstra, L., Schneider, I. K., Bushman, B. J., & Koole, S. L. (April 2016). *Approach-avoidance actions promote anger management among people high in trait anger*. Invited lecture at the Social Cognition Research Group (SCRG), the Ohio State University, Columbus, OH, USA.

Veenstra, L. (February 2015). *Taming tempers: Approach-avoidance actions promote anger and aggression management among people with high trait anger*. Invited lecture at the University of Southern California, Los Angeles, California, USA.

ORAL PRESENTATIONS

Veenstra, L., Schneider, I. K., & Koole, S. L. (July 2014). *Embodied emotion regulation: When body posture helps or hurts regulation of sadness*. Paper presented at the 17th European Association of Social Psychology General Meeting, Amsterdam, the Netherlands.

Veenstra, L., Schneider, I. K., Bushman, B. J., Tops, M., Domachowska, I., & Koole, S. L. (May 2015). Approach-avoidance actions promote anger management among people with high trait anger. In B. J. Schmeichel & L. Veenstra (Chairs), *Approach avoidance motivation in action: New directions and applications*. **Symposium** conducted at the meeting of Society for the Study of Motivation (SSM) preconference APS, New York, USA.

Veenstra, L., Schneider, I. K., Bushman, B. J., Tops, M., Domachowska, I., & Koole, S. L. (February 2014). Embodied anger management: Embodied avoidance cues can reduce anger and aggression among individuals with high trait anger. In S. Cole & L. Veenstra (Chairs), *Embodying motivation: How bodily experiences shape our goals and desires*. **Symposium** conducted at the Fifteenth Annual Meeting of the Society for Personality and Social Psychology, Austin, Texas, USA.

Veenstra, L., Schneider, I. K., Bushman, B. J., Tops, M., Domachowska, I., & Koole, S. L. (December 2013). *On how approach versus avoidance motivation determines whether trait anger turns into state anger (Dutch title: Hoe toenaderings- versus vermijdingsmotivatie bepaalt of dispositionele boosheid wordt omgezet in boze gevoelens)*. Paper presented at the meeting of the Dutch Association for Social Psychology Research, Maastricht, the Netherlands.

POSTER PRESENTATIONS

Veenstra, L., Schneider, I. K., Bushman, B. J., & Koole, S. L. (December 2016). *Motivational anger management: The effect of training motivational tendencies towards threat on aggression and anger in people with high trait anger*. Poster presented at the meeting of the Dutch Association for Social Psychology Research, Leiden, the Netherlands.

Veenstra, L., Schneider, I. K., & Koole, S. L. (February, 2015). *Emotion regulation through body posture: The case of sadness*. Poster presented at the Sixteenth Annual Meeting of the Society for Personality and Social Psychology, Long Beach, California, USA.

Veenstra, L., Schneider, I. K., Domachowska, I., Bushman, B. J., & Koole, S. L. (March 2015) *Rage restrained: Dynamic changes in approach/avoidance motivation moderate the effects of trait anger on state anger and aggression*. Poster presented at the International Convention of Psychological Science, Amsterdam, the Netherlands.

Veenstra, L., Schneider, I. K., & Koole, S. L. (May 2014). *Behavioral action towards threat: Trait anger moderates approach-avoidance tendencies*. Poster presented at the meeting of Kurt Lewin Institute, Zeist, the Netherlands.

Veenstra, L., Schneider, I. K., Bushman, B. J., Tops, M., Domachowska, I., & Koole, S. L. (May 2013). *Moving from trait to state anger: Approach motivation determines whether angry people will aggress*. Poster presented at the small group meeting of the Social Nature of Emotions, Amsterdam, the Netherlands.

ORGANIZED SYMPOSIA

I (co-)organized these symposia at international scientific conferences by developing the theme, writing the general abstract, and inviting speakers.

L. Veenstra & B. J. Schmeichel (May, 2015), *Approach avoidance motivation in action: New directions and applications*. Symposium accepted for the meeting of Society for the Study of Motivation (SSM) preconference APS, New York, USA. Speakers:

- Sascha Topolinski (University of Cologne);
- Brandon J. Schmeichel, Adrienne Crowell, & Nicholas Kelley (Texas A&M University);
- Marieke Roskes, (Gen-Gurion University of the Negev), Andrew E. Elliot (University of Rochester), Carsten K. W. De Dreu (University of Amsterdam);
- Eddie Harmon-Jones, & Douglas Angus (The University of New South Wales);
- Lotte Veenstra (VU University Amsterdam), Iris K. Schneider (University of Cologne), Irena Domachowska (TU Dresden), Brad J. Bushman (The Ohio State University), & Sander L. Koole (VU University Amsterdam).

L. Veenstra & S. Cole (February, 2014), *Embodying motivation: How bodily experiences shape our goals and desires*. Symposium accepted for the Fifteenth Annual Meeting of the Society for Personality and Social Psychology (SPSP), Austin, Texas, USA.

Speakers:

- Michael Robinson (North Dakota State University), Adam Fetterman (University of Texas at El Paso), & Brian Meier (Gettysburg College);
- Nils Jostmann (University of Amsterdam) & Nicola Baumann (University Trier);
- Shana Cole (Rutgers School of Arts and Sciences), Emily Balcetis, Matthew Riccio, Lily Brafman, & Sandra Mulaimovic (New York University);
- Lotte Veenstra (VU University Amsterdam), Iris K. Schneider (University of Cologne), Irena Domachowska (TU Dresden), Brad J. Bushman (The Ohio State University), & Sander L. Koole (VU University Amsterdam).

SCHOLARSHIPS AND GRANTS

- VCWE (Vaste Commissie Wetenschap en Ethiek) Talent Grant, Aug, 2015 – € 4950. Funding of travel expenses of visit to the Ohio State University, Columbus, OH, USA, April-June, 2016.



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- *ASPO Blits!* 2014 Edition, April 2014 – € 1500. Conference to promote psychological science to the general public. Organizers: L. Veenstra, R. van der Wal, T. Verwijmeren, T. Faber, A. van 't Veer from the ASPO (Dutch Association of Social Psychology).
- Funding of “de Vrijvrouwe van Renswoude”, Nov, 2011 – € 1500; in order to visit Stanford University, CA, USA, March – June, 2012.
- Internationnaliseringsfonds Psychology, Dec, 2011 – € 350; in order to visit Stanford University, CA, USA, March – June, 2012.
- Amsterdams Universiteits Fonds (AUF), Dec, 2011 – € 400; in order to visit Stanford University, CA, USA, March – June, 2012.
- Stunt-Beurs 2001-2012, Jul, 2012 – € 500; in order to visit Stanford University, CA, USA, March – June, 2012.

INTERNATIONAL VISITS

During my Research Master as well as PhD trajectory, I visited several high ranked universities in the United States. I was an active participant in the labs of Prof. James Gross, Prof. Amit Etkin, Prof. Norbert Schwarz, Prof. Duane Wegener, and Prof. Richard Petty.

- April 2016 – June 2016 Visiting Scholar at the School of Communication, the Ohio State University, Columbus, OH, USA; *working with Prof Brad Bushman*.
- February 2015 Visiting Scholar at Mind & Society Center University of Southern California, Los Angeles, CA, USA, led by *Prof. Norbert Schwarz & Prof. Daphna Oyserman*.
- March 2012 – June 2012 Visiting student researcher Stanford University, CA, USA at *the Social Psychophysiology Lab (Prof. James J. Gross) and Clinical Neuroscience lab (Prof. Amit Etkin)*.

SUMMERSCHOOL

In 2015, I attended the prestigious, 14-day European Association of Social Psychology (EASP) Summer School, organized by ISCTE-IUL and ICS-UL in Lisbon. I was enrolled in the workshop ‘Socially Situated Cognition’. Teachers included, among others: Klaus Fiedler (University of Heidelberg), Michael Hogg (Claremont Graduate University), Daniel Wigboldus (Radboud University Nijmegen), Robbie Stutton (University of Kent), Gün Semin (University of Utrecht), and Leonel Garcia-Marques (FP – University of Lisbon).

TEACHING EXPERIENCE

Due to my education in teaching drama (first degree teaching diploma, 2005), and my teaching experience during my PhD project, I have professional skills in teaching and training at elementary, and high school level, as well as at the level of higher education.

TEACHING STATEMENT

As can be seen below, I have ample experience with class room teaching and advising students, although I should mention that i) a large part of my experience has been obtained in the field of theatre education, and ii) my PhD fellowship came with 100% research obligations. Given that I have always very much enjoyed teaching students, I nevertheless continued teaching during my PhD on top of my research obligations. For example, I was lecturer of a course on conducting experimental research, and supervised students with writing their bachelor/master thesis. It is my intention to develop my academic teaching skills further in the future. In terms of teaching, I like an interactive approach in class, in which I aim to encourage students with hands-on exercises, video materials, and vivid examples, to personally engage and critically reflect on the study content. In

terms of advising, I approach my students as members of the research team, and as such motivate them to actively engage in the project. Moreover, by meeting on a regular (bi)weekly base, I like to create a safe environment such that students can both share their uncertainties as well as their most creative ideas.

SUPERVISING STUDENTS AND RESEARCH ASSISTANTS

- **September 2015 – present.** Supervision Research Assistants, VU University Amsterdam (Naomi Sterk, Feline Weiss, Lea Echelmeier, Roza Cohen, Kitman Cheung). Naomi Sterk was recently hired on a PhD project at the University of Leuven and Feline Weiss was admitted to the Research Master Neuropsychology Program at University of Maastricht.
- **October 2013 – August 2015.** During my PhD, I served as the daily supervisor on a number of Master thesis projects and internships. All research was conducted in the Amsterdam Emotion Regulation lab of the Vrije Universiteit Amsterdam. (Wendy Karsies, Jolanda de Baronner, Valentina Stoica).
- **December 2012 – August 2014.** At the first two years of my PhD, I supervised Bachelor thesis projects at the Vrije Universiteit Amsterdam. (B. van de Burg, C. van Gorcum, I. de Wit, M. de Voogd, T. Verburgh, W. Karsies, A. Grootveld, A. Perret, F. van der Werff, J. Smit, J. Smits, M. Jellema, S. van Rijsingen).

TEACHING EXPERIENCE AS LECTURER

October 2015. Emotion Regulation: research master level course for 10-15 (international) students enrolled in the Research Master Psychology at the Vrije University Amsterdam. I was lecturer on two of the 10 modules in this course. I was responsible for a practical class on conducting experimental research on emotion regulation, and selected materials, prepared the visual materials and gave a class on “Motivational Anger Management”.

December 2012 – August 2014. How to conduct experimental research: third year bachelor level course at the Department of Clinical Psychology. I was lecturer of fourteen interactive work-group sessions as an introduction to the topic *Conducting Experimental Research*. I was responsible for adjusting and selecting the materials for the classes, leading discussions, correcting and grading students research proposals and papers.

September 2010 – October 2010. Workshop ‘Presentation Skills’ at Studium Generale, University Utrecht. I was lecturer of a 10 lessons workshop. I was responsible for developing the course materials of all 1,5 hour sessions, as well as teaching the course. As a drama teacher and (assessment/training) actress, I am advanced in teaching students as well as professionals presentation skills.

September 2005 – August 2010. Freelance drama teacher (elementary schools, high schools, higher education, and adults). I was responsible for developing the course materials, as well as teaching the course.

ADMINISTRATIVE AND ORGANIZATIONAL EXPERIENCE

I feel it is important to contribute to the social and organizational aspects of academia. During my PhD education I enjoyed being involved and responsible for academically related administration, organization and leadership roles.



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- PhD student representative Kurt Lewin Institute (National Graduate School Social Psychology). September 2014 – September 2016.
- Chair PhD-meetings and PhD student representative department Clinical Psychology, VU University Amsterdam. October 2012 – December 2015.
- ASPO Blits! 2014 Conference (Dutch Association of Social Psychology); Social event for psychologists and general public: co- organizer.
- Research assistant; Dr. Mark Rotteveel; *Experiments on the influence of 50 Hz Gamma oscillations on attentional shifts*. February 2011 – December 2012.

SKILLS

Experimental and Data Analyses: Advanced skills in SPSS, Inquisit, Qualtrics, VU-DAMS, Stimulus Presentation, LISREL. Moderate: R

Physiological measures: Advanced skills in hormonal measurements (testosterone, cortisol), cardio-physiological measures (IBI, RSA, PEP), and skin conductance. Moderate skills in EEG.

Languages: Fluent in Dutch and English

MEMBERSHIPS

Association for Psychological Science (APS)

Society for Personality and Social and Psychology (SPSP)

Dutch Association for Social Psychology Research (ASPO)

Kurt Lewin Institute (KLI, Dutch national graduate school)

William James Graduate School (WJGS, graduate school)

EMGO Institute for Health and Care Research (EMGO+)

Emotion Regulation Lab Amsterdam

