Nikhila S. Udupa

Florida State University, Department of Psychology

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(408) 707-9199

**EDUCATION**

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| **Florida State University** | 2022-Present |
| Doctoral Student – Clinical Psychology |  |
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| **University of California, Berkeley** | 2016-2020 |
| Majors: Bachelor of Arts in Psychology & Molecular and Cell Biology |  |
| GPA: 3.89 |  |
| Honors: Dean’s List (Fall 2016, Fall 2017, & Spring 2018); Psi Chi Honor Society |  |

**RESEARCH EXPERIENCE**

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| **Graduate Research Assistant** | 2022-Present |
| Joiner Lab – Florida State University |  |
| Supervisor: Thomas Joiner, PhD |  |
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| **Clinical Research Coordinator****Research Assistant** | 2020-20222019-2020 |
| Stress and Health Research Program, Richards Lab – San Francisco Veterans Affairs Medical Center |  |
| Supervisor: Anne Richards, MD, MPH |  |
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| **Undergraduate Research Assistant** | 2018-2021 |
| Emotion & Emotion Regulation Lab – University of California, Berkeley |  |
| Supervisor: Felicia Zerwas, BS |  |
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| **Undergraduate Research Assistant** | 2017-2018 |
| Bunge Lab & Language and Cognitive Development Lab – University of California, Berkeley |  |
| Supervisor: Ariel Starr, PhD |  |

**RELEVANT EXPERIENCE**

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| **Administrative Vice President****Fundraising Chair** | 2019-20202018-2019 |
| Circle K International – University of California, Berkeley |  |
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| **Summer Camp Director** | 2017 |
| LifeMoves Homeless Shelter – Downtown San Jose, CA |  |
| Mental Health First Aid Training Course | 2017 |
| National Council for Mental Wellbeing – University of California, Berkeley |  |
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| **Elementary School Mentor** | 2016-2017 |
| Stiles Hall – University of California, Berkeley |  |

**POSTERS & MANUSCRIPTS**

Richards, A., Woodward, S., Baquirin, D., Yack, L., **Udupa, N.**, Metzler, T., Neylan, T. (2021, November). *A Pilot Study of the Sleep Physiology of PTSD Nightmares Using Participant-Applied Devices in the Home Environment*. Poster presented at the 37th Annual Meeting of the International Society for Traumatic Stress Studies.

Richards, A. Woodward, S., Baquirin, D., Ruoff, L., **Udupa, N.**, Staggs, E., Metzler, T., Neylan, T. (2022). *The sleep physiology of nightmares in veterans with psychological trauma: Evaluation of a dominant model using participant-applied electroencephalography in the home environment*. Journal of Sleep Research.