

Birgit Koopmann-Holm

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EDUCATION

2013	Ph.D. Psychology	Stanford University
2009	M.A. Psychology	Stanford University
2006	German Diplom Psychology Minor: Ethnology	University of Heidelberg, Germany
2002-2003	Fulbright Scholar	San Francisco State University

EMPLOYMENT

2016-present	Assistant Professor, Psychology Department Santa Clara University
2015-2016	Academic Year Adjunct Lecturer, Psychology Department Santa Clara University
2014-2015	Quarterly Adjunct Lecturer, Psychology Department Santa Clara University
2013-2014	Consultant for Mouseion (www.mouseion.com)

PUBLICATIONS

Koopmann-Holm, B. & O'Connor, A. J. (2016). A Macat analysis of Alan Baddeley and Graham Hitch's Working Memory [Kindle version]. Retrieved from <https://www.amazon.com/analysis-Baddeley-Graham-Hitch-Working-ebook/dp/B01DY50P9I>.

Ford, B. Q., Dmitrieva, J. O., Heller, D., Chentsova-Dutton, Y., Grossmann, I., Tamir, M., Uchida, Y., **Koopmann-Holm, B.**, Floerke, V. A., Uhrig, M., Bokhan, T. & Mauss, I. B. (2015). Culture shapes whether the pursuit of happiness predicts higher or lower well-being. *Journal of Experimental Psychology: General*, 144, 1053-1062.

Koopmann-Holm, B. & Tsai, J. L. (2014). Focusing on the negative: Cultural differences in expressions of sympathy. *Journal of Personality and Social Psychology*, 107, 1092-1115.

Sims, T., Tsai, J. L., **Koopmann-Holm, B.**, Thomas, E. A. C., & Goldstein, M. K. (2014). Choosing a physician depends on how you want to feel: The role of ideal affect in health-related decision making. *Emotion*, 14, 187-192.

Tsai, J. L., **Koopmann-Holm, B.**, Miyazaki, M., & Ochs, C. (2013). The religious shaping of feeling: Implications of Affect Valuation Theory. In R. F. Paloutzian & C. L. Park (Eds.), *Handbook of the psychology of religion and spirituality* (2nd ed.). New York: Guilford Press.

Koopmann-Holm, B., Sze, J., Ochs, C., & Tsai, J. L. (2013). Buddhist-inspired meditation increases the value of calm. *Emotion*, 13, 497-505.

Koopmann-Holm, B. & Matsumoto, D. (2011). Values and display rules for specific emotions. *Journal of Cross-Cultural Psychology*, 42, 355-371.

Matsumoto, D., Nezlek, J. B., & **Koopmann, B.** (2007). Evidence for universality in phenomenological emotion response system coherence. *Emotion*, 7, 57-67.

Amelang, M., **Koopmann, B.**, & Schmidt-Rathjens, C. (2004). Gesundheitsbezogene Konstrukte [Health-related constructs]. In K. Pawlik (Ed.), *Enzyklopädie der Psychologie, Themenbereich C: Theorie und Forschung, Serie VIII: Differentielle Psychologie und Persönlichkeitsforschung [Encyclopedia of Psychology, Subject Area C: Theory and Research, Series VIII: Differential Psychology and Research in Personality]* (Vol. 5, pp. 619-684). Göttingen, Germany: Hogrefe.

Manuscripts Submitted/in Preparation

* Denotes student co-author

Koopmann-Holm, B. & Tsai, J. L. (submitted). Culture and compassion. Chapter to appear in J. R. Doty, E. Seppala, M. Worline, E. Simon-Thomas, D. Cameron, & S. Brown (Eds.). *Handbook for compassion science*. New York: Oxford University Press.

Koopmann-Holm, B., Bartel, K.*, Bin Meshar, M.*, & Yang, H.* (in preparation). Seeing the whole picture? Wanting to avoid feeling negative predicts

information processing above and beyond actually experiencing negative emotion.

Koopmann-Holm, B., Sze, J., & Tsai, J. L. (in preparation). Broadening studies of meditation: The case of compassion.

Tsai, J. L., Blevins, E., Zhang Bencharit, L., Chim, L., **Koopmann-Holm, B.**, & Fung, H. (in preparation). Smiles of friendliness and extraversion vary by culture and ideal affect.

Other Papers

Koopmann-Holm, B. (2013). *The negative feelings that people want to avoid: Cultural differences and consequences for compassion*. Dissertation, Stanford University. <http://purl.stanford.edu/qn512fn5267>

Koopmann, B. (2006). *Neither arrogant nor rude: Values, emotional display rules, self-monitoring, and expressive behavior in the United States and Germany*. Diploma thesis, University of Heidelberg, Germany.

Yousfi, S., **Koopmann, B.**, & Amelang, M. (2005). *Correlates of item validity. On the eminent importance of global self-ratings*. Unpublished manuscript.

FELLOWSHIPS AND AWARDS

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| 2013 | Norman Anderson Travel Fund, Stanford University |
| 2010-2011 | NIH Personality Training Grant, Stanford University |
| 2010 | Distinction in Teaching Psychology One Award |
| 2007-2008 | Norman Anderson Fellowship, Stanford University |
| 2008 | Distinction in Teaching Psychology One Award |
| 2007-2010 | Regina Casper Stanford Graduate Fellowship, Stanford University |
| 2006 | Franz E. Weinert Gedächtnispreis, Award for Best Diplom Thesis in 2006, University of Heidelberg, Germany |
| 2006 | Alberta Engvall Siegel Fellowship, Stanford University |
| 2002-2003 | Fulbright Scholarship |

RESEARCH GRANTS

- 2011** Norman Anderson Research Fund, Stanford University
- 2010-2011** Graduate Research Opportunity Fund, Stanford University
- 2009-2010** Center for Compassion and Altruism Research and Education (CCARE)
Stanford University
Title: Does Meditation Increase Compassion? A Psychological Research
Role: Co-PI
- 2008-2009** Center on Advancing Decision Making in Aging (CADMA)
Stanford University
Title: Striving For Good Feelings or Averting Bad Ones? The Role of Affective Goals in Health Care Decisions across the Life Span
Role: Co-PI
- 2007-2008** Institute for Research on Unlimited Love
Case Western Reserve University
Title: Does Mindfulness Meditation Increase Compassion?
Role: Co-PI

CONFERENCE PRESENTATIONS

* Denotes student co-author

Bartel, K.*, Bin Meshar, M.*, Yang, H.*, & **Koopmann-Holm, B.** (2016, April). *Wanting to avoid feeling negative predicts what people see in an ambiguous image*. Poster presented at the 46th Western Psychology Conference for Undergraduate Research, Moraga, CA.

Yang, H.*, Bartel, K.*, Bin Meshar, M.*, & **Koopmann-Holm, B.** (2016, April). *Wanting to avoid feeling negative predicts information processing*. Poster presented at the 46th Western Psychology Conference for Undergraduate Research, Moraga, CA.

Koopmann-Holm, B. & Tsai, J. L. (2012, January). *Does the desire to avoid negative feelings shape responses to suffering? A comparison of American and German contexts*. Poster presented at the 13th Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA.

Koopmann-Holm, B. & Tsai, J. L. (2011, January). *Cultural differences in avoided affect: A comparison of American and German contexts*. Poster

presented at the 12th Annual Meeting of the Society for Personality and Social Psychology, San Antonio, TX.

Koopmann-Holm, B., Ochs, C., & Tsai, J. L. (2010, January). *Compassion and mindfulness meditation: Both roads lead to a calm ideal*. Poster presented at the 11th Annual Meeting of the Society for Personality and Social Psychology, Las Vegas, NV.

Koopmann-Holm, B., Sze, J. A., Lee, K., Seppala, E., & Tsai, J. L. (2009, May). *Practice defines perfect: Meditation changes emotional ideals*. Poster presented at the 21st Annual Convention of the Association for Psychological Science, San Francisco, CA.

Koopmann, B., Sze, J. A., Lee, K., & Tsai, J. L. (2009, February). *Religious practice and ideal affect: The effect of mindfulness meditation*. Poster presented at the 10th Annual Meeting of the Society for Personality and Social Psychology, Tampa, FL.

Koopmann, B. & Tsai, J. L. (2008, February). *Cultural differences in avoided affect*. Poster presented at the 9th Annual Meeting of the Society for Personality and Social Psychology, Albuquerque, NM.

Koopmann, B. & Matsumoto, D. (2003, May). *American-German differences in emotional display rules*. Poster presented at the 83rd Annual Conference of the Western Psychological Association, Vancouver, B.C., Canada.

TALKS

Koopmann-Holm, B. & Tsai, J. L. (January, 2013). *Cultural differences in avoided negative affect lead to different compassionate responses*. Symposium presentation at the 14th Annual Meeting of the Society for Personality and Social Psychology, New Orleans, LA.

Koopmann-Holm, B., Sze, J. A., Ochs, C., & Tsai, J. L. (April, 2012). *Does meditation make people more compassionate toward a convicted murderer?* Symposium presentation at the inaugural 2012 International Symposia for Contemplative Studies, Denver, CO.

Koopmann-Holm, B., Sze, J. A., Ochs, C., & Tsai, J. L. (May, 2011). *Does meditation make people more compassionate toward a convicted murderer?* Symposium presentation at the 23rd Annual Convention of the Association for Psychological Science, Washington, DC.

Koopmann-Holm, B. (May, 2009). *Practice defines perfect: Meditation changes emotional ideals*. Talk given during the Berkeley-Stanford Talks at the University of California, Berkeley.

TEACHING EXPERIENCE

Courses Taught

Santa Clara University	General Psychology I Research Methods in Psychology Health Psychology Human Neuropsychology
Stanford University	Introduction to Personality Psychology (Co-Instructor)
University of Heidelberg	Affective Science and Personality Psychology Introduction to Cultural Psychology Culture and Emotion

Guest Lectures

Stanford University	Culture Can I change my personality and emotions? Cultural variations in grief processing Ideal affect: How culture shapes our emotions
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Teaching Assistant

Stanford University	Personality Psychology and Affective Science Introduction to Psychology Statistical Theory, Models and Methodology
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Mentoring

Santa Clara University	I am mentoring many undergraduate students in my culture and emotion research laboratory and serve as honor's thesis advisor and reader.
Stanford University	I have mentored many undergraduate students who helped me with my research for course credit, as volunteers and through various programs at Stanford.

MEDIA COVERAGE

Radio Interview on cultural differences in sympathy in "Top of Mind with Julie Rose" **BYU Radio, April 13, 2015**

"Stanford research: People from different cultures express sympathy differently" **Stanford Report, March 25, 2015**

"What can bereavement cards tell us about cultural differences in the expression of sympathy?" **The British Psychological Society Research Digest, November 3, 2014**

"Meditation can make you calmer, kinder, smarter" **Psychology Today, May 15, 2013**

"The science of love" **Shambhala Sun, May 2010**

UNIVERSITY SERVICE

2015-present	Assessment Report Committee, Santa Clara University
2008-2012	Human Subjects Committee, Stanford University
2007	Personality Psychology Admissions Committee, Stanford University

AD-HOC REVIEWER

Emotion
Journal of Cross-Cultural Psychology
Cognition and Emotion
International Journal for the Psychology of Religion
Transcultural Psychiatry

TECHNICAL SKILLS

Certified Facial Action Coding System (FACS) Coder

LANGUAGES

German (native speaker)
English (fluent)
Latin (Latinum [Qualification in Latin])
Some French, Spanish, Russian, and Ancient Greek

REFERENCES

Jeanne Tsai
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