



EARLY CAREER PROFESSIONALS AND STUDENTS SIG NEWSLETTER

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ADAA Board Liaison

Camila Orozco, BS
Student Representative

Poulomi Mitra, BS, MPH
Social Media Co-Lead

Zoë Laky, MA
Social Media Co-Lead

Happy Summer from ADAA!

As summer begins, we'd like to take a moment to reflect on this year's ADAA Annual Conference in Chicago. We would like to thank everyone who attended our SIG events, participated in discussions, and helped make our community welcoming and engaging. As we look ahead to the coming year, we are pleased to share a few reflections from members of our incoming SIG leadership team, who will be beginning their terms this year.

Reflections from ADAA2026:

"I had a wonderful experience attending the ADAA conference this year and connecting with clinicians, researchers, and trainees who share a passion for advancing mental health care. I enjoyed presenting research from my NIH Postbaccalaureate IRTA Fellowship examining the relationships among depression, anxiety, peripheral inflammation, cognition, and functioning in treatment-resistant mood disorders.

One of the highlights of the conference was learning from inspiring workshops on topics such as inhibitory learning approaches to exposure therapy, improving the assessment and treatment of bipolar disorder, and the emerging role of artificial intelligence in mental health care. These sessions reinforced the importance of integrating evidence-based practices with innovative approaches to improve patient outcomes.

Most importantly, the conference provided an opportunity to engage in meaningful conversations, learn from experts across disciplines, and gain new perspectives that I look forward to bringing back to my future work in research and medicine."

— Poulomi Mitra, Incoming Social Media Co-Lead



Check out the new blog [Using Social Media to Advance Your Career in 2026](#)

Upcoming Events

[Navigating Treatment Refusal: A Family Systems-Informed Approach](#)

Live Course Sept 25 & Oct 2

Past Events

Watch the recordings here:

Drs. Hilary Marusak and Clara Zundel on policy writing and advocacy

<https://us02web.zoom.us/rec/share/uHXOtrKFK4EIYyZRKAA39uRSRbxWIXocJk1Vd1vBugH Uxa5a1jKsqfWYnWqeu-eW.YGBfla5WdZVm9svt?from=hub>

Passcode: Rn%8C2vp

Dominique La Barrie -Beyond the To Do List:
<https://www.youtube.com/watch?v=IRcclY6Iall>

Keep up with our SIG and ADAA on Social Media!

Follow us on X (formerly known as Twitter) @ADAA_Anxiety, on [LinkedIn](#), and on Instagram @anxietyanddepression_adaa

“The ADAA 2026 conference in Chicago was my first conference experience, and I thoroughly enjoyed it. I had an amazing time attending presentations across a wide range of topics and found each session intellectually stimulating. My favorite part of each day was the poster presentation sessions. These sessions provided countless opportunities to learn about current research in psychology, and allowed me to meet and engage with members of the field from all different stages of their respective careers.

I was fortunate to present a poster on behalf of my colleagues and greatly enjoyed discussing the project with those who stopped by. As a current undergraduate student, opportunities to connect with others in the field of psychology can sometimes feel intimidating. However, my time at the ADAA conference helped me realize just how rewarding it can be to participate in these conversations and become part of the broader research community.

The days I spent at ADAA conference were jam-packed with engaging seminars, presentations, and discussions, and I left feeling inspired and excited about the future. I look forward to attending next year's conference.”

— Camila Orozco, Incoming Student Representative

Get ready for ADAA 2027

Join us in Atlanta, Georgia, for the ADAA Annual Conference, April 1–3, 2027. **The submission portal opens September 8, 2026**, so start thinking about your submission ideas. We hope to see many of you in Atlanta!

If you'd like to submit a short piece for the ECP/S SIG Newsletter, please email marina.zhukova@uth.tmc.edu and/or stanley.seah@miamioh.edu

Meet a SIG Member



We are excited to feature a 2025 CDLP Awardee, **John Leri, Ph.D.**, an Instructor of Medicine at Dell Medical School, University of Texas at Austin.

Dr. Leri's research examines how early life adversity shapes the development of trauma-related psychopathology. His published work draws on epigenetic, hormone, and neuroimaging tools to trace these effects across the lifespan. His current work, supported by an early career development grant from the Texas Child Mental Health Care Consortium, focuses on how mind-body exercise can improve exposure-based therapies for postpartum women with PTSD.

Dr. Leri and ADAA

"I became involved with the Anxiety and Depression Association of America (ADAA) through the Alies Muskin Career Development Leadership Program (CDLP). The structured CDLP programming helped me establish a presence within ADAA and facilitated my role as Social Media Coordinator for the Early Career Professionals and Students SIG. Through this work, I have been connected to clinicians and researchers who would otherwise have remained strangers, and those relationships have developed into a source of support and growth."

Check out ADAA [Member Online Community](#) for information about trainings, job posting, webinars, and other professional activities.



Early Career Template Package

We put together helpful template materials for both clinical and research early career professionals. View/download the template materials in this link:

<https://adaa.org/early-career-professionals-resources>

Learn More About Specific Career Paths

Interested in a career in mental health? Check out our SIG's resources page where we compiled information and testimonies about careers in social work, marriage and family therapy, counseling, psychology, and more!

<https://adaa.org/early-career-professionals-resources>

Publish Your Research with ADAA!

ADAA's open access **Journal of Mood and Anxiety Disorders®** invites submissions from members! The Journal welcomes original clinical, translational, and basic research, as well as review articles. Indexed in PubMed. 330,000+ article downloads since its launch in 2023, offering wide visibility and impact.

Submit today!

<https://adaa.org/professionals/journa>
!