

EARLY CAREER PROFESSIONALS AND STUDENTS SIG NEWSLETTER

ECP/S SIG Leadership

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Doris Chen, B.S.
Student Representative

John Leri, Ph.D.
Social Media Lead

Congratulations to the 2026
CDLP Awardees!

Clinical Track

Rebecca Browne, PhD
Erik Erkkila, MS, LMSW
Jennifer Frederick, PhD
Alyssa Goodman, PsyD
Phyu Pannu Khin, PhD
Rachel McIntyre, LCPC, MA
Sarah Radtke, PhD
Jenny Shen, PhD
Kate Surette, LCSW
Anna Thompson, MS
George Whiteley, LMSW
Marina Zhukova, PhD

Research Track

Alexandra Adamis, PhD
Meghan Byrne, PhD
Leah Church, MS
Melissa Engel, PhD
Julianne Griffith, PhD
Julia Halilova, PhD
Caroline Hoyniak, PhD
Jesslyn Jamison, PhD
Jaejoong Kim, MD, PhD
Matt Mattoni, MA
Roberta Passiatore, PhD
Samantha Pegg, PhD
Stephanie Staszko, PhD
Ynhi Thomas, MD, MPH
Isaac Treves, PhD
Rachel Walsh, PhD
Delainey Wescott, PhD

Happy Spring from ADAA!

Hello ECP/S SIG members! As we begin transitioning into Spring, it is a perfect time to embrace new possibilities. Whether you're wrapping up a busy semester, diving into a research project, learning a new skill, or setting goals for the months ahead. As the flowers begin to bloom, let this be a reminder to keep an open mind to new opportunities and find balance between your personal and professional lives. May this season bring you inspiration, strength, and a renewed sense of purpose.

ADAA Conference 2026 in Chicago, IL:

We are looking forward to the opportunity to connect with many of you in person at the 2026 ADAA conference on April 9th - 11th, in Chicago! And congratulations to all awardees! The ADAA conference brings together hundreds of leading clinicians and researchers around the globe to present sessions and posters on treatments and potential cures of anxiety, depression, and co-occurring disorders. Visit this [link](#) to learn more!

"Meet the SIGs": We're excited to have this event at this year's conference. **Friday April 10th, during the networking break (2:45-3:30pm)** there will be a designated area with signs for each SIG. Conference attendees will be able to ask questions, share ideas, and learn more about what the SIGs have to offer.

SIG-Sponsored Workshop with Dr. Simon Rego: The ADAA Early Career Professionals & Students SIG Presents: **The ABCs of CBTs (Cognitive Behavioral Techniques) for Depression—Live Clinical Demonstrations and an Expert-Guided Workshop.** Looking forward to seeing you on **Friday April 10th at 10:45am.**

Early Career Professionals and Students Reception: Please join us for networking, refreshments, and camaraderie on **Friday April 10th, at 7:15pm!** Location: Chicago Ballroom 4-7 (Level 4).



Upcoming Events

Drs. Hilary Marusak and Clara Zundel on getting involved in policy / writing / advocacy work; Tuesday, May 12th, 11am-12pm EST;

<https://us02web.zoom.us/j/81314879486>

Past Events

Missed a webinar? Watch the recordings here: Dominique La Barrie -Beyond the To Do List:

<https://www.youtube.com/watch?v=IRccLY6lalI>

Jocelyn Nelson - Using Social Media to Expand Your Clinical Practice: A Conversation with @therapist_in_Chicago

<https://www.youtube.com/watch?v=gBRemrpoL3w>

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

How to Leverage Social Media to Connect with Clients, Peers and Colleagues

As technology continues to revolutionize the mental health field, many of our colleagues are turning to social media to expand their clinical practice. Three meaningful uses of social media are *marketing*, *networking*, and *education*.

Social media can be a modernized approach to marketing. The popularity and frequent use of social media allows engagement with potential new clients, thereby making it a direct referral source. There are plenty of opportunities to reach clients who are good fits with your niche and expertise. The key is to create a professional account that highlights your skill set, background, and approaches to therapy. Think of it as a traditional marketing website; only that social media is the platform. Make sure you are making your page user-friendly and that potential clients have direct access to your professional website and contact forms.

Social media can also help you network with other professionals across the country and the globe! There are abundant opportunities to develop professional relationships that foster referrals, collaboration, and support. Social media can be a helpful resource in finding consult groups, mental health book clubs, supervisory opportunities. Through finding your professional social media page, media outlets can contact you to share your expertise on platforms such as podcasts or news articles, which can broaden your portfolio.

Lastly, social media provides avenues to expand your professional knowledge. Colleagues are sharing incredible evidence-based ideas and research, as well as hosting continuing education trainings or workshops. You may decide to post educational content on your page, which can help increase your competence in a subject matter. You might be able to feel the difference in the room with clients, as the more you teach something, the more you absorb it yourself.

When it comes to leveraging social media professionally, it's crucial to stay mindful, open, and curious. It's important to engage in self-reflection as you share content with the world. A few reflective questions to ask yourself: Is what I'm posting nuanced enough? Is it grounded in science and theory? Is it culturally sensitive? Does how I show up in these spaces align with my personal and professional values? Remember to practice social media hygiene as you consider some of the darker edges of social media, such as maintaining privacy, comparison traps, and its potential addictive nature.

*Thanks to **Jocelyn Nelson, LCPC**, for this informative piece. If you'd like to contribute to 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 2026 CDLP Awardee, **Dr. Marina Zhukova, Ph.D.**, a licensed clinical psychologist and an Assistant Professor at the University of Texas Health Science Center at Houston. Dr. Zhukova has more than a decade of clinical and research experience working with children and adolescents with complex psychiatric

conditions, trauma, and chronic illness across different levels of care. She specializes in high-acuity psychiatric and pediatric care for feeding and eating disorders, obsessive-compulsive disorder, anxiety, suicide risk, and psychosis. Dr. Zhukova is actively involved in teaching, program development, and the supervision of psychology interns, practicum students, and psychiatry residents.

In addition to her professional roles above, Dr. Zhukova currently serves as Co-Vice Chair of the Early Career Professionals and Students SIG at ADAA.

Dr. Zhukova and ADAA

"I became involved with the Anxiety and Depression Association of America in 2025 and joined the Early Career Professionals and Students SIG. My co-vice chair, Stanley Seah, PhD, and I are planning to launch the International Scholars Initiative. The initiative aims to serve as a resource for international scholars and allies to help navigate the often unspoken "hidden curriculum" of becoming a psychologist in the United States. Through the SIG, I have had the opportunity to attend and moderate webinars and connect with scholars and clinicians from around the country. I am very excited about this work and the community we are building. ADAA has been an incredibly supportive professional home."



ADAA Resources

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 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

Central and DOAJ, the journal had over 100,000 downloads in 2024, offering wide visibility and impact.

Submit today!

<https://adaa.org/professionals/journal>