

EARLY CAREER PROFESSIONALS AND STUDENTS SIG NEWSLETTER

Early Career Professional and Student Special Interest Group Leaders

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Doris Chen, B.S.
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Rachel Siciliano, Ph.D.
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T.H. Stanley Seah, Ph.D.
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Happy Winter from ADAA!

Hello ECP/S SIG members! As the cozy season sets in and the year winds down, this is a great time to pause and reflect on your progress, while setting fresh goals for 2025. Whether you're finishing up a semester, preparing for your next classes, or balancing holiday plans, this time of year offers a chance to recharge. The winter season is a great time to focus inward, take care of ourselves, and give a little extra attention to our work/life balance. Just as the rest of nature slows down to prepare for new growth, let this season inspire you to nurture both your personal well-being and your aspirations. Wishing you a peaceful and rejuvenating winter season!

ADAA Conference 2025 in Las Vegas, NV:

ADAA's Annual Conference theme is Navigating the Youth Mental Health Crisis: From Science to Solutions. The conference will be held April 3-6, 2025 in Las Vegas, NV. Visit this [link](#) to learn more!

There's still time to submit a poster abstract to present in Las Vegas AND to apply for the BIPOC Membership Scholarship Program (a two-year free membership); see below!

Deadlines and More Information

Membership Renewal

Memberships expire on December 31st. Make sure to renew by logging in [HERE](#)! Email membership@adaa.org with any questions.

BIPOC Membership Scholarship Program

Thursday, December 12th, 12:00am Eastern – [APPLY HERE](#)

Poster Abstract Submissions

Thursday, December 12th, 12:00am Eastern – [SUBMIT HERE](#)



Noteworthy Events

Boy in the Mirror: Body Image Issues in Adolescent Males webinar on Tuesday, December 10, 2024 1:00 pm - 2:00 pm ET. Click the link to learn more and register: <https://adaa.org/calendar/boy-mirror-body-image-issues-adolescent-males>

Overcoming Parental Anxiety: Responding to the Surgeon General's Call to Support Parental Well-being webinar on Thursday, December 12, 2024 1:00 pm - 2:00 pm ET. Click the link to learn more and register: <https://adaa.org/calendar/overcoming-parental-anxiety-responding-surgeon-generals-call-support-parental-well-being>

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

Coping with Grief During the Winter Season: Make Your Own Rules

Whether overlapping with your celebrated holidays or not, this season can be especially hard for those grieving the loss of a loved one. Winter and the holidays often bring back memories of shared moments, making the absence of someone we've lost feel even deeper. Whether it's recalling a cherished tradition or simply sitting in the quiet of a winter evening, grief can naturally resurface as the season unfolds.

During the coming months (and always), if a loved one is on your mind, remember that you have the right to grieve in your own way. If you need a break from certain traditions or gatherings, it's okay to step back. You have the freedom to express your true emotions, whether that means being open about how you're feeling or choosing to keep things private. It's also perfectly fine to change your usual routines, start new traditions, or find solace in solitude.

If you're feeling overwhelmed, it's okay to pause and regroup. And if you find yourself smiling or enjoying a moment of peace, remember that joy is just as essential to healing as tears.

Ultimately, this season is about honoring your personal journey and giving yourself the grace to navigate it as you see fit.

Thanks to Dr. Liza Hinchey for this piece, a summary of materials used for a grief group at her clinical practice. If you'd like to submit a short piece for the EPC/S SIG Newsletter, please email liza.hinchey@wayne.edu and reutnaim@tauex.tau.ac.il



Meet a SIG Member

We are excited to highlight Dr. Rachel Siciliano, one of ADAAs 2023 CDLP Awardees! Dr. Seah is a postdoctoral fellow in the Department of Psychiatry and Behavioral Sciences at the Medical University of South Carolina. She received her

bachelor's degree in Neuroscience from Colgate University and her doctoral degree in Clinical Psychology at Vanderbilt University. Dr. Siciliano's research centers on the impact of stress and traumatic events, and coping and emotion regulation processes, on youth and families. She aims to identify the biobehavioral mechanisms of trauma-focused evidence-based treatments (EBTs) in youth with trauma-related mental health problems and identify characteristics that differentially map onto EBT responses. Dr. Siciliano is also a licensed clinical psychologist and provides evidence-based assessment and treatment to children and adults affected by trauma-related mental health concerns.

Dr. Siciliano and ADAA

In addition to being a 2023 Alies Muskin Career Development Leadership Program awardee, Dr. Siciliano is also active with the Early Career Professionals and Student SIG and is Co-Chair of the Suicide and Self-Injury SIG.

"From my very first ADAA conference (made possible by the CDLP program!) I was struck by the sense of community and support ADAA offers. I loved my CDLP experience, mentorship focus, genuine facilitated connections and networking, collaborative nature of members, and dual emphasis of research and clinical work and topics. ADAA provides amazing support for members and has great initiatives for inclusivity and pushing the field forward! "



Relevant Resources

ADAA's digital mental health professional career and job board; helpful career and professional development resources and services; and information on ADAA's community of interdisciplinary experts focused on anxiety, depression, and related disorders. Mental health professionals seeking a new position can post their resume free of charge, whether you are an ADAA member or not.

<https://adaa.careerwebsite.com/home/index.cfm>

ADAA provides many resources for your clients/patients. Check out the free, public webinars which address common questions about mental health.

<https://adaa.org/educational-resources>

ADAA Interested in contributing to the ADAA's blog posts? Check out these ADAA Blog Post Guidelines: <https://adaa.org/professionals/membership/blog-post-guidelines>