

EARLY CAREER PROFESSIONALS AND STUDENTS SIG NEWSLETTER

Early Career Professional and Student Special Interest Group Leaders

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Happy New Year from ADAA!

Welcome to 2024, ECP/S members! Consider setting an intention for your year ahead and mapping out your intentions for the next week, three to six months, and year ahead. Looking to build a healthy habit? Consider meditating, working out, or reading a book. Start small, perhaps by cultivating your healthy habit with practice 2-3 times per week as the start, and increasing over time if it is something that truly resonates with you. If it doesn't? Don't be afraid to pivot and find something else that serves you.

We hope that re-committing to ADAA will be part of your intentions for 2024. All members renew annually on December 31st. If you have not already, you can [renew your membership here](#). ADAA membership gives you continued access to our SIG community, access to numerous professional webinars throughout the year, and discounted registration for the 2024 annual meeting!

ADAA Conference 2024 in Boston, MA:

The ADAA conference brings together leading clinicians and researchers to present sessions and posters on treatments and potential cures of anxiety, depression, and co-occurring disorders. ADAA's Annual Conference theme is Sex and Gender: Navigating the Biological and Social Constructs in Depression and Anxiety Disorders. The conference will be held April 11-14, 2024 in Boston, MA. Visit this [link](#) to learn more. **SAVE THE DATE: ECP/S SIG will host our second-annual happy hour on Friday, April 12th at 6:30PM. Registration to follow; thank you to our sponsor, Rogers Behavioral Health!**

The Importance of Clinical Supervision for Early Career Therapists and Researchers

Starting a career in therapy or research is a journey marked by growth, obstacles, and continuous learning. For early career therapists and researchers, the significance of clinical



Noteworthy Events

Have you heard about the next live ADAA webinars and affiliated events?

Navigating Your Path to Success - a Q&A will stream live on Wednesday, 2/7 at 1:00 PM EST. Click the link to register:
https://us02web.zoom.us/join/register/WN_R2Qis2u9Tv2ZapIOeMnWpg#/registration

American Society for Clinical Pathology - Join our partners at the ASCP for the 2024 Annual Meeting in Miami, Florida from May 28th-May 31st. Learn more and register here:
<https://ascp.societyconference.com/v2/>

supervision cannot be undervalued. Clinical supervision serves as a key for professional development, providing a structured space for reflection, guidance, and skill enhancement. For therapists, it offers a supportive environment to explore clinical work, discuss challenging cases, and receive constructive feedback. This not only fosters personal and professional growth, but also ensures that clients receive the highest quality of care.

Similarly, early career researchers often navigate a complex landscape of methodologies, ethical considerations, and data interpretation. Clinical supervision plays a pivotal role in honing research skills, fostering a deeper understanding of research ethics, and guiding the development of meaningful studies. Supervisors serve as mentors, offering valuable insights and steering researchers away from potential pitfalls. The collaborative nature of supervision enhances the quality and impact of research, contributing to the advancement of knowledge in the field.

Clinical supervision is also a vital component in preventing burnout. The demanding nature of these professions can take a toll on one's well-being. Supervision provides a safe space for professionals to discuss the emotional challenges they face, develop coping strategies, and ensure they maintain a healthy work-life balance. By prioritizing self-care and emotional well-being, early career therapists and researchers can sustain fulfilling and impactful careers in the long run. In essence, the importance of clinical supervision extends beyond skill enhancement, shaping the foundation for resilience and successful careers in therapy and research.

Looking for a safe and confidential forum to discuss cases, collaborate, and share resources? The Child and Adolescent SIG offers free, monthly online peer consultation the second Tuesday of every month at 12:00PM ET. All are welcome; [click this link](#) to download the calendar invites and Zoom meeting information.

Thanks to Alnardo Martinez for this important reflection. If you'd like to submit a short piece for the EPC/S SIG Newsletter, please email lgrasser@med.wayn.edu and alnardo.martinez@childmind.org

Meet a SIG Member



Dr. Meghna Ravi, Ph.D., is an ORISE Fellow at the Centers for Disease Control and Prevention (CDC). Previously, Dr. Ravi was a Postdoctoral Fellow at Emory University's Grady Trauma Project. She received her Bachelors of Science and Arts in Neuroscience at the University of Texas at Austin before completing her Ph.D. in Neuroscience at Emory University. Dr. Ravi's research is broadly focused on social

determinants of mental health, with the ultimate goal of improving health equity. More specifically, her Ph.D. focused on how oppressive systems like racism and poverty impacted PTSD symptoms in minoritized communities.

Dr. Ravi and ADAA

"I have been attending ADAA since 2019 and have always appreciated the emphasis on new research and on clinical practice and implications. In 2023, I had the opportunity to participate in the Alies Muskin Career Development Leadership Program (CDLP). Through the CDLP, I was able to connect with other early career researchers and got to learn directly from leaders in the field. I plan to continue attending ADAA and learning about the members' breadth of expertise!"

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

Again, happy new year to our entire SIG family and beyond! We are so grateful to have you as part of this vibrant community.



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>