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# EARLY CAREER PROFESSIONALS AND STUDENTS SIG NEWSLETTER

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## Announcements

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Want to become more involved in the ECP/S SIG and join the social media Subcommittee? Email [Rachel Lippin-Foster, LMSW](mailto:Rachel.Lippin-Foster@adaa.org) for more information

Have you taken the ECP/S SIG survey? What to be featured in future tweets or newsletters? We want to hear from you! Click here to take the survey: [www.surveymonkey.com/r/ADAAEarlyCareerSIG2021](https://www.surveymonkey.com/r/ADAAEarlyCareerSIG2021)

Interested in attending the 2023 ADAA Conference? Get early bird rates until February 9th, 2023! Register here: <https://bit.ly/3rkuL5Q>

**Questions, comments, or concerns? Feel free to reach out to your vice-chairs!**

**[Rachel Lippin-Foster, LMSW](mailto:Rachel.Lippin-Foster@adaa.org)  
& [Ashley Howell, PhD](mailto:Ashley.Howell@adaa.org)**

## LEADERSHIP PROGRAM AT D.C. CONFERENCE

We hope everyone is having a good start to the 2022 academic year. We wanted to highlight the **Alies Muskin Career Development Leadership program** in this newsletter. This program is an intensive day-long intensive program for interdisciplinary researchers and clinicians working with anxiety, depression and related disorders. **Winners will participate in a programing at the 2023 D.C. conference focused on fostering collaborating, mentorship, and professional development.**

Previous award recipient, Dr. Emily E. Berstein, PHD, stated “The highlight of the CDLP program was the small group discussions. It was validating and exciting to have dedicated time to connect with other researchers not only about their science but also about the experience of being an early career. Their feedback on my grant proposal and navigating career moves was invaluable and I feel really fortunate to have been given this new community.”

Previous CDLP Co-Chair (Kimberly Morrow, LCSW) states “I took over the clinical part of the CDLP because I believe in the importance of lifting up and supporting early career clinicians. Dr. Karen Cassiday, Ph.D. was my mentor in my early career and it changed the course of my life. Providing clinicians a day to learn about growing a specialized practice, a safe place to ask any questions about how to live a healthy life in this career, and a mentor to help guide them with clients was an exciting program to facilitate.”

Interested in learning more about the CDLP Mentorship program? Email your questions to [awards@adaa.org](mailto:awards@adaa.org) and find more information at: <https://bit.ly/2IegHY6>  
**Application Deadline: November 1**



### Have you heard about the next live ADAA webinars?

*Psychedelic Therapy: Problems and Promises* will stream live on Thursday, 10/27 12-2 PM EST. Click the link to register: <https://bit.ly/3RuDFsf>

*Exploring the Current Landscape of Mental Health Apps and their Clinical Application* will stream live on Wednesday, 11/02 12-12:45 PM EST. Click the link to register: <https://bit.ly/3RmVdX6>

*Intensive Treatment Options for Selective Mutism* will stream live on Thursday, 11/17 12-1 PM EST. Click the link to register: <https://adaa.org/webinar/professional/intensive-treatment-options-selective-mutism>

### Meet a Chair

Rachel Lippin-Foster, LMSW, is a clinical social worker at Cognitive and Behavioral Consultants (CBC) where she specializes in treating individuals across the life span with anxiety disorders and OCD. Prior to joining CBC she worked as a clinician at Montefiore Hospital's Child Outpatient Psychiatry Department and Eating Disorder Program. She completed her first-year internship at Pathway 2 Leadership, working with adolescents in the middle school setting. She then completed her second-year clinical internship at The Children's Day Unit, a partial hospitalization program, at the New York State Psychiatric Institute. Rachel received her MSW from The Silver School of Social Work at New York University in 2020.

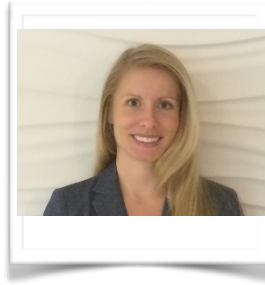


### Rachel Lippin-Foster, LMSW and the ADAA

"I joined the ADAA prior to starting graduate school and was immediately struck by the sense of community among members across disciplines. I remember, immediately after the conference, looking forward to obtaining my degree and playing a more active role within the organization. Last year, I was fortunate enough to participate in the Career Development Leadership Program (CDLP) and developed a strong network of multi-disciplinary colleagues, both early career clinicians and mentors. Since then, I have become one of the co-vice chairs of the Early Career Professionals and Student SIG. I remain an active member of the ADAA to continue to help foster collaboration and connection among like-minded individuals working in the field. I have learned an incredible amount by being part of the ADAA and look forward to paying it forward by helping other early career ADAA members in the future."

### Meet a SIG Member

Dr. Anaïs Stenson is a Developmental Psychologist whose research focuses on mechanisms that link childhood adversity, especially trauma, to mental health within and across generations. Her path to this work was non-linear: She studied Philosophy as an undergraduate, but then worked with survivors of sexual violence, which sparked her interests in development and trauma. Dr. Stenson completed her doctoral training in the Psychology Department at Emory University and then spent one year as a postdoctoral fellow with the Grady Trauma Project at Emory. In 2019, she moved to the Department of Psychiatry and Behavioral Neuroscience at Wayne State University School of Medicine, where she is currently a Research Associate with the Detroit Trauma Project.



### Dr. Stenson and ADAA

“ADAA has been a fantastic academic home as I build my career and research program. The annual meetings are a highlight for me: each year they lead to new connections and collaborations. I was fortunate to participate in the Alies Muskin Career Development Leadership Program (CDLP) in 2020. Last year, I participated in the CDLP as a junior mentor. The CDLP has helped to demystify the transition from being a postdoc to faculty and leadership positions. Moving forward, I look forward to supporting the CDLP and other early career ADAA members.”



2022 CDLP Participants and Mentors



### Relevant Resources

Are you subscribed to **ADAA Insights**? *Insights* is ADAA's free bi-weekly e-newsletter brief for members and the professional community delivering current relevant research and program news about anxiety and depression from respected journals and media outlets. *Insights* also highlights ADAA member news, upcoming professional education events, and more. It is delivered every other Tuesday to more than 13,000 anxiety and depression scientists, clinicians and researchers to keep professionals informed of topics that impact their work: [Click here to access through the ADAA website](#)

Do you have clients who could benefit from an online support community? ADAA's English and Spanish-language online support groups are free, friendly, safe and supportive places for individuals and their families to share information and experiences. As a member you can connect with other people experiencing anxiety and depression and related disorders, contribute to ongoing conversations or start your own conversation with a question or a post about your journey: [Click here to access through the ADAA website](#)