

Assistant Professor in Clinical Psychology

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Please describe the area of psychology you practice. For example, what does your day-to-day schedule look like?

I am an assistant professor of clinical psychology in a Clinical Science program at an R1 university. Since I direct our Child Study Center, I spend a good portion of my week supervising comprehensive assessments of children ages 1-16 years through our Child Assessment Clinic, including weekly group supervision sessions. I am also a researcher, so I spend time meeting each week with my undergraduate and graduate students both individually and during lab meetings or coding meetings, working on grant proposals, analyzing data, and writing manuscripts. I try to keep one day free from meetings each week to focus on writing. Finally, I am a teacher, so I spend time teaching classes for undergraduate and graduate students like Psychological Disorders of Children and Child Assessment.



Were there specific factors that led you to choose this area of psychology? Was there a critical moment that changed your career trajectory?

I always knew I wanted to work with children, but bounced between education, school psychology, developmental psychology, and clinical psychology until probably my junior year of undergrad. There was no one critical moment, but several different experiences including taking classes (e.g., Introduction to Psychology, Clinical Child Psychology), working for a non-profit after-school program supporting at-risk youth, and engaging in research both within developmental and clinical psychology that influenced this decision. I often found myself drawn to working with children with emotional and behavioral problems that others, and asking research questions about what happens when things do not go as planned (i.e., on the two extremes of the normal distribution curve) rather than on average or for most children - this is what ultimately led me to pursue clinical over developmental psychology.

What advice would you give to an ECP who wants to pursue a position or additional training opportunities in this area of psychology?

A research postdoc is incredibly helpful to set you up for success pre-tenure, both in terms of gaining additional research experience, but also hopefully in getting grants started and collecting data that you can publish off of while setting up your lab. Building up a strong mentoring support system is also critical; different people to fill different needs (e.g., personal work-life balance guidance, clinical, research), as no one mentor can support all areas. Don't be afraid to reach out to people - both senior people who can be mentors, supervisors, and collaborators, but also other ECP - people will almost always say yes, and these can be the best ways to build support systems and collaborations. Often these connections are what can lead to different opportunities be they for research, clinical work, or community outreach now and for years to come!



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