



CLINICAL PSYCHOLOGIST AND CLINICAL ASSISTANT PROFESSOR

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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 a Clinical Psychologist and currently work as a Clinical Assistant Professor at Stanford University, and I also run a private practice. My schedule varies day-to-day, as I engage in a combination of clinical, teaching, supervision/consultation, and research activities. In a typical week, my clinical work includes co-leading four therapy groups with a trainee. I also see several individual therapy clients. In terms of teaching, I usually teach one class per quarter. The classes I teach are smaller, seminar style courses. For supervision, I work with medical students, psychiatry residents, master's level therapy trainees, and doctoral level trainees, providing consultation and supervision on their therapy work. This includes meeting with trainees individually or in small groups to discuss their clinical work and provide advice and feedback. Research is a smaller part of my role; I have successfully applied for small grants that allow me to dedicate an hour or two a week to clinically related research projects, such as assessing the effectiveness of new therapy interventions. I also get to work with doctoral students on their dissertations, as either a reader or chair. Being a Clinical Assistant Professor means I get a great mix of direct clinical care, research, and teaching/training!

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

When I was a graduate student, I didn't know my current job existed! I did my postdoctoral fellowship at Stanford, to gain training in comprehensive DBT and CBT for psychosis, and that is when I first learned about the Clinical Assistant Professor role. I appreciated the flexibility of the job so elected to stay after my fellowship year ended. I always knew that I enjoyed working in a hospital setting but had not been sure what specific role I was interested in longer-term until my fellowship.

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

The role of a Clinical Assistant Professor requires wearing a number of different hats, so it's important to try to gain relevant experience in clinical work, teaching/training, and research. You certainly don't need to be an expert in all areas but having some familiarity and experience is helpful. It's also important to know what your specific area of interest is, as hospital-based settings tend to have larger clinical teams. Having your "niche" can help you market yourself as a valuable addition to the existing team.

Contact us: earlycareer@apa.org

For further resources, please check out our [ECP website](#).



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