

Tenure-track Assistant Professor & Clinical Psychologist

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

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

I am a tenure-track assistant professor at Loyola University New Orleans and a licensed clinical psychologist at Garden District Mental Health, a private practice. I teach two online classes and one in-person class (either research methods, developmental, adolescent, abnormal, or clinical psychology). On the days I teach in person, I teach my class and then hold office hours where I meet with students to discuss their research, courses, and/or career plans. I also see three to four adult therapy patients per day and conduct two psychoeducational assessments per week. I specialize in cognitive behavioral therapy for depression, anxiety, and PTSD. In my spare time, I direct a mentorship program for racial and ethnic minority undergraduates who are interested in attending graduate school in psychology. A few times a month, I meet with my research collaborators from other institutions to discuss our progress on research projects about trauma-related topics.

My original plan was to become an active duty clinical psychologist in the US Army due to my interest in combat PTSD. I pursued this goal until my third year of graduate school when I realized that this was not the right path for me. At that time, I was working at a forensic hospital in rural Georgia and noticed that there was a great need for clinicians working in underserved settings. I changed my plan and pursued my internship at a large, public, teaching hospital where I could work with underserved populations.

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

I received the best evidence-based therapy training at a VA hospital and the best assessment training at a forensic hospital, so I highly recommend attending any trainings put on by psychologists in either of these settings. If interested in teaching, it might be helpful to become an adjunct professor and teach one course in your area of expertise.



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