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Collaborative Bench-to-Bedside Fellowships

Building the Next Generation of Health
Behavior Scientists

Gwenyth R. Wallen, PhD

Alyssa Todaro Brooks, PhD

Vijay A. Ramchandani, PhD

Nancy Diazgranados, MD

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Presentation overview

- Mentoring the next generation of health behavior scientists pursuing clinical research as a lifelong career goal
 - Emphasis on post-doctoral fellows
- Continuum of translational science / transdisciplinary collaboration
- Cultivate innovative and creative *leaders* in scientific community
- Process of setting up interdisciplinary fellowship
- “Circle of mentors” approach



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OF MICE AND MEN (OR HOW TO GET THE BIG PICTURE)

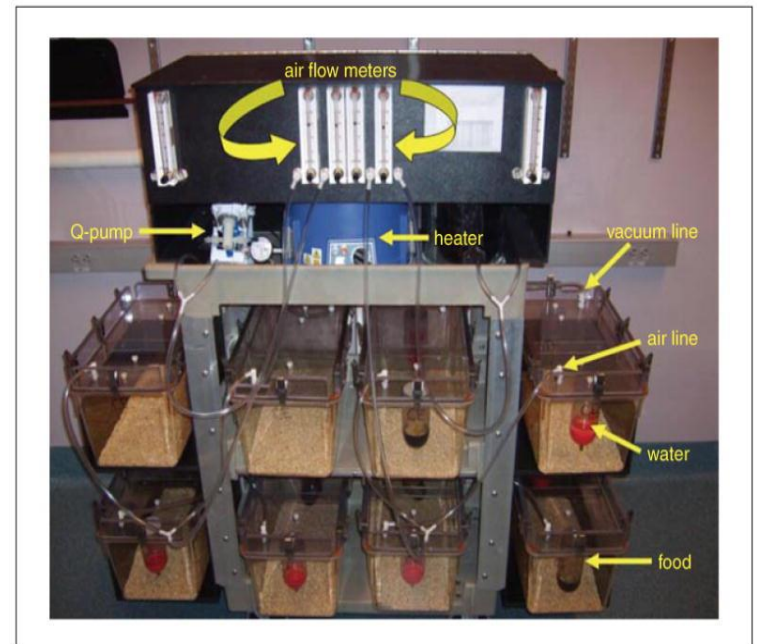
Nancy Diazgranados M.D., M.Sc.
Deputy Clinical Director IRP NIAAA

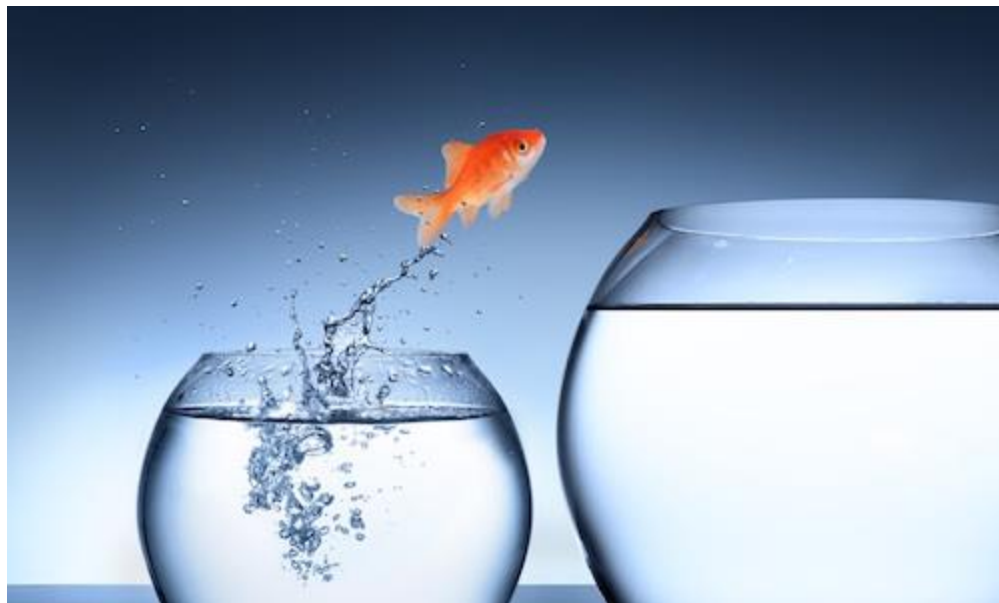


Depression & Hopelessness



Alcohol Use Disorders





INNOVATION & RISK-TAKING

Vijay A. Ramchandani, Ph.D.

Section on Human Psychopharmacology



Goals of postdoctoral training

- Learning how to think about research
 - Framing the scientific question
 - Significance of the question (and the answer)
 - Thinking beyond the answer to the question
- Building innovation in research
 - New techniques and new ways of looking at the question
 - Fostering creativity and constantly learning
- Expanding research approaches
 - Learning the tools of the trade
 - Finding the right tool for answering the question
 - Appreciating the pluses and minuses



Fostering innovation and risk-taking

- Build expertise in research
 - Increasing both depth and breadth of expertise
 - Keep learning and growing
- Develop networking, collaboration, communication skills
- Be pragmatic and strategic
 - Finding a good “fit” is key
- High risk → High reward
(and if it doesn't work... you still learn something)
- Don't lose sight of the big picture!





WHEN ONE MENTOR IS NOT ENOUGH: BUILDING THE NEXT GENERATION OF HEALTH BEHAVIOR SCIENTISTS

Gwenyth R. Wallen, PhD

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Personal Characteristics in a Mentor

- Enthusiasm
- Sensitivity
- Appreciating individual differences
- Respect
- Unselfishness
- Support for other than one's own
- Teaching and communication



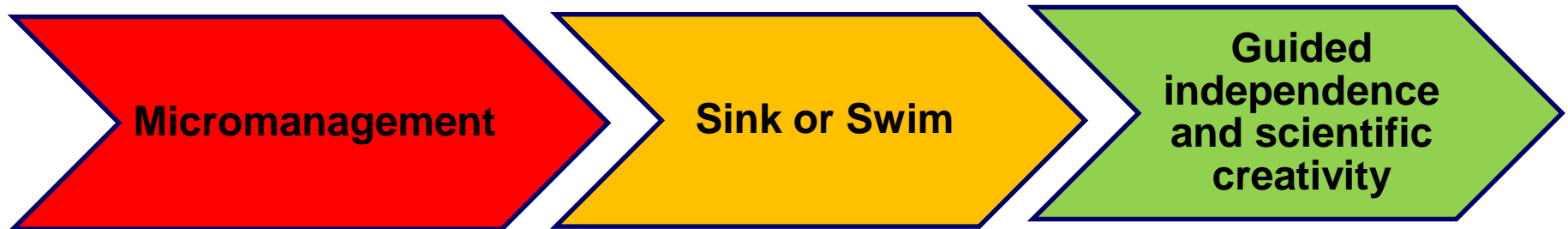
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Lee, Dennis, and Campbell. (2007). *Nature's Guide for Mentors*. *Nature*, 447: 791-797.

Joint Appointments to Broaden Scientific Horizons and Foster Team Science



Growth Through Challenges



Lee, Dennis, and Campbell. (2007). *Nature's Guide for Mentors*. *Nature*, 447: 791-797.



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"The delicate balance of mentoring someone is not creating them in your own image, but giving them the opportunity to create themselves."

Steven Spielberg



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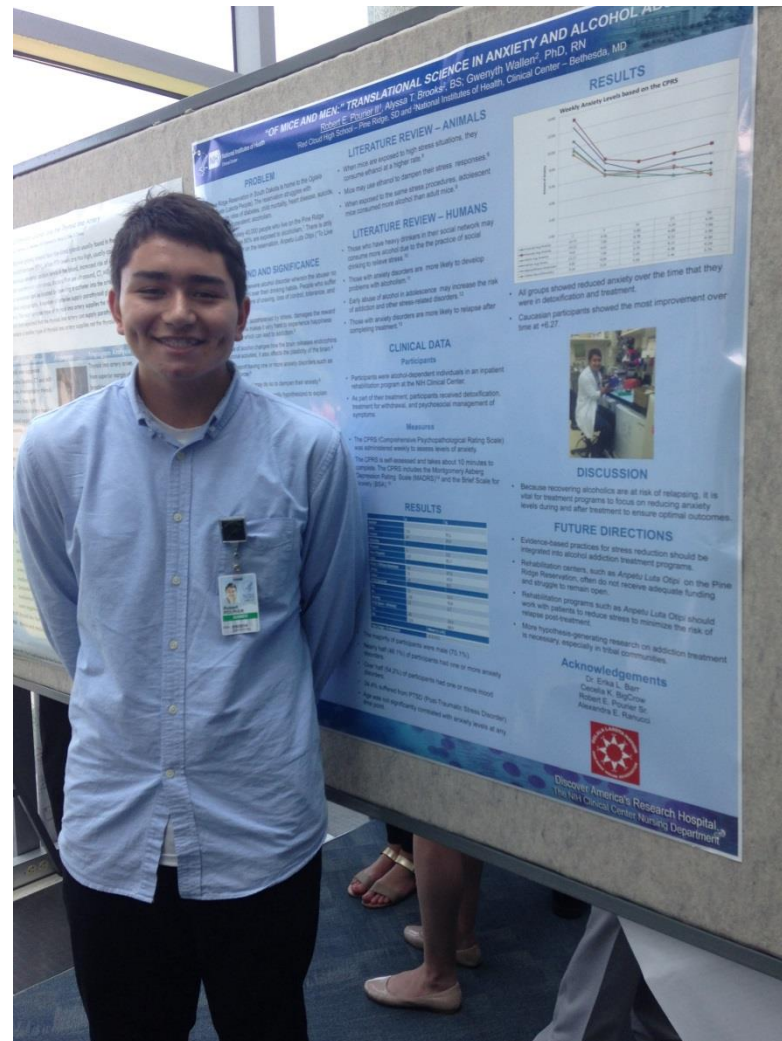
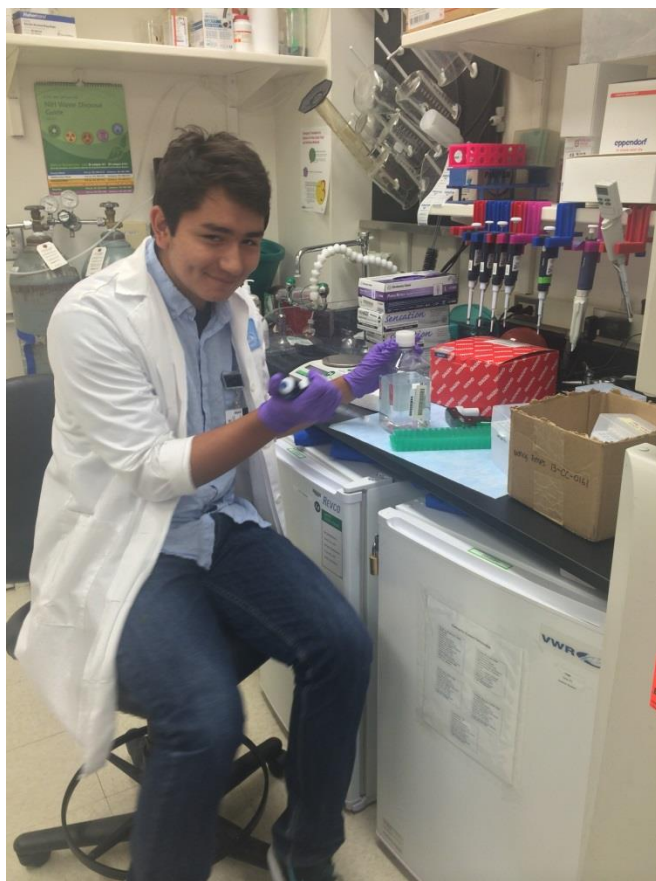
THE “CIRCLE OF MENTORS”

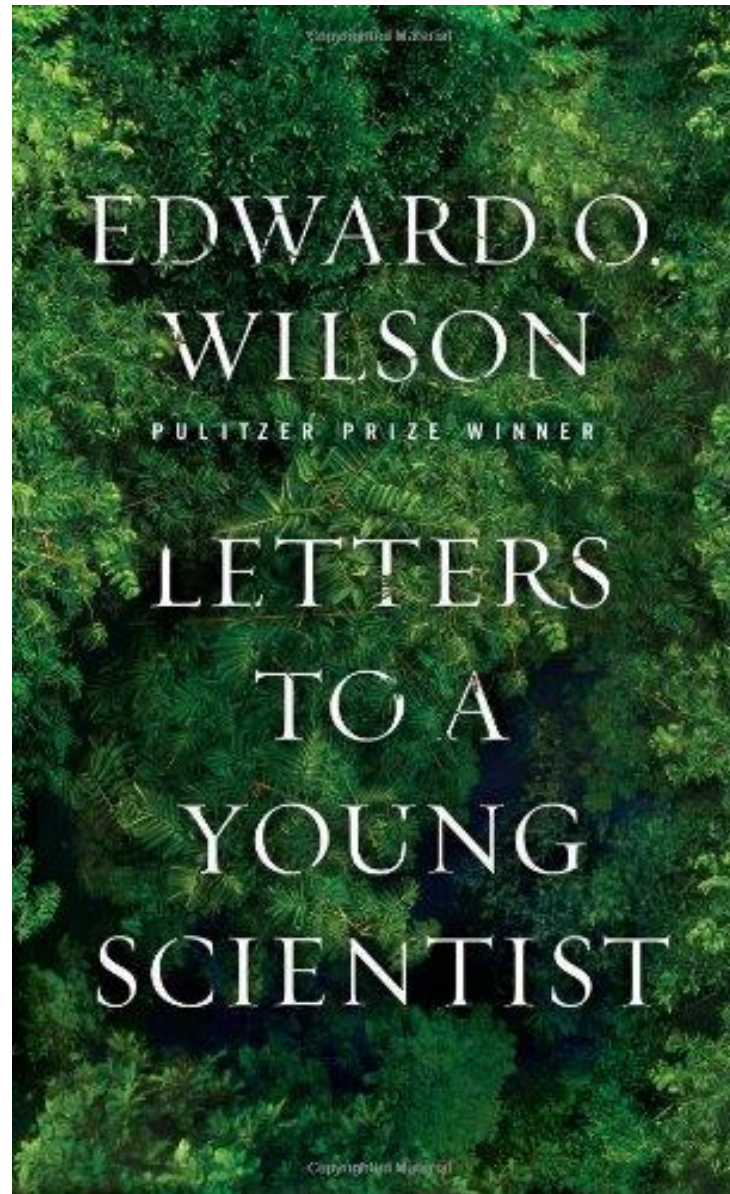
Alyssa Todaro Brooks, PhD

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“Circle of mentors” approach

- Not relying on your own discipline
 - Multiple ways of viewing the science
- Different mentors = different approaches
 - Particularly important in the realm of clinical research
- Benefits of a group of mentors
- Learning “the science” vs. learning “the people”





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*“So let me begin by urging you, particularly you on the youngsters' side, on this path you've chosen, to go as far as you can. **The world needs you, badly...**Keep your eyes lifted and your head turning. The search for knowledge is in our genes.”*

-Edward O. Wilson



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SCIENTIFIC CAREERS & WORK-LIFE BALANCE

Laura E. Kwako, PhD

Office of the Clinical Director, NIAAA / NIH



National Institute
on Alcohol Abuse
and Alcoholism



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Work-life balance

- Having it all
- Timing is everything (or not)
- Different life forms
- The importance of self-care

Having it all

- Having it all?
- What is all?
- How do you do it all?
 - (How do YOU do it all?)



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Timing is everything (or not)

- Is there any good time to make major work and/or life changes?
- Are there any *bad* times to make major work and/or life changes?

Different life forms

- Outside work pursuits can take all shapes and sizes
- Value in variety: “kids” and “family” are not the only legitimate non-work pursuits
- Be flexible as life changes
- The two-body problem

The importance of self-care

- The importance of self-care for everyone
- Stress research
- What does self-care look like for you?

Take-aways

- Define your version of balance
- Own your decisions
- Take care of yourself