

“I started working with the Grady-Nia team in 2014 as a Doctoral Intern within the Emory-Grady Clinical Psychology Internship program. I was fortunate to continue working closely with Drs. Kaslow and Dunn for another year as the Nia Postdoctoral Fellow. As a Clinical Psychology intern, I provided individual psychotherapy as well as group psychotherapy. My role expanded to include supervision of graduate practicum students, active involvement in the ongoing Nia clinical research projects during my fellowship year. The Grady Nia Project has been instrumental in helping me evolve into the mental health clinician and researcher I am today. My experience with Nia was truly transformational for me, both professionally and personally.

The Grady Nia Project is a unique and extremely successful clinical program. Instead of ascribing to a set of rigid psychotherapy orientations and an inflexible clinical model of providing services, Nia beautifully and seamlessly incorporated robust evidence-based treatments and the needs of the indigent and highly traumatized population it serves. At Nia, psychotherapy is tailored to treat as well as empower the clients. It helped me understand that flexibility and competence as a therapist can facilitate transformational changes in the individual you are working with. Apart from the emphasis on clients, Nia is an exceptional training program where compassion, not just for the patients, but for co-workers and your own self is a prominent part of the learning process. Acknowledging, encouraging discussions, and supporting each other in relation to vicarious traumatization and therapist/staff wellness is at the front and center at Nia producing thoughtful, empathic, and happy therapists. Having worked with the Nia family, I have come to understand and appreciate that Nia’s strength lies in its core values of compassion and empowerment as envisioned by Dr. Kaslow. Additionally, my time at Nia has provided me with lifelong friends, colleagues, collaborators and the best mentor I could hope for in Dr. Kaslow.”

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