

9/5 First Lab — Meeting Summary

✨ Quick recap

The lab meeting began with administrative updates from Emily and Abbey regarding thesis student transitions, website resources, and project management systems. The group discussed various lab activities and meeting structures, including flexible participation options and mindfulness exercises, while Emily shared personal updates and reflections on recent experiences. Multiple lab members shared their professional progress, including academic achievements, clinical work, and upcoming projects, while also discussing the lab's supportive environment and opportunities for leadership roles.

Summary

Lab Transitions and Resource Updates

Emily announced that she is no longer taking thesis students, with Jacob Norris and MaKensey being her last thesis students. She emphasized the lab's evolving nature, with members now including current graduate students, professors, and others who want to remain connected. Abbey introduced new resources on the lab website, including a newsletter and forms for updates and onboarding. Wesley explained the project list, a living document that tracks ongoing lab work, and Emily described the role of project managers in supporting these projects. The lab is shifting towards more asynchronous participation and providing resources for those who cannot attend synchronous meetings.

Lab Task System Overview

Emily and Jacob Norris discussed the task list system in the lab, explaining its three categories: needs, opportunities, and resources. Emily elaborated on how the system works, emphasizing that needs are requests for help, opportunities are things to share, and resources are offerings of help. They also described their lab meetings, which include personal check-ins, flexibility practice, and other activities, emphasizing that attendance is flexible and the lab is an open door for all participants.

Lab Activities and Flexibility Exercises

Emily and Abbey discussed various activities and exercises conducted in their lab meetings, including mindfulness practices, art creation, poetry readings, and flexibility exercises. Emily emphasized that lab participants can choose to engage in these activities or opt out, and explained that the meetings typically include a 10-15 minute flex-practice followed by a break and optional reflection. She encouraged lab members to sign up for leading activities and to provide resources for others to prepare ahead of time, while also noting that participation is not mandatory and attendees should feel free to leave if an activity does not resonate with them.

Lab Meeting: Community and Introductions

Emily led a lab meeting where they discussed introductory comments and lab activities. Abbey mentioned she is compiling previous lab recordings and suggested dedicating a lab meeting to socializing for new members. Emily introduced "Fran," an experimental mouse symbol for the

lab's community, and shared a story about its use at a conference. The conversation ended with a longer-than-usual check-in where members shared personal information, including their names, pronouns, and current activities.

Reflections and Achievements Update

Emily shared her recent experiences, including a trip to the Grand Canyon and Tulum, and mentioned becoming an empty nester. She appreciated her partner Jonathan and praised Jacob Norris and Elizabeth Drell for their presentations at the Louisiana Impact Summit. Emily also reflected on the highs and lows of attending ACBS Worldcon. Abbey, a second-year doctoral student in Clinical Psychology at Mississippi State, discussed her recent achievements, including starting to see clients and creating an introductory clinical and counseling seminar. She expressed gratitude for her partner and new cat, while mentioning challenges like a migraine and a busy schedule.

Lab Updates and Career Transitions

Abbey discussed her progress on a manuscript and requested feedback from the group. She also mentioned needing help with lab website maintenance, including updating links and information. Angela shared her journey from being a lab member to becoming a visiting assistant professor, expressing her excitement about establishing a new lab. She appreciated the support she received from the lab in the past. Emily suggested a pre-commencement hooding ceremony for Angela and encouraged her to add any relevant projects to the lab's project list. Brad, a recent graduate, shared his current job search status and plans to apply to PhD programs in clinical psychology.

ACBS Experience and Job Search

Brad shared his experience attending ACBS and enjoying leisure time, while also discussing his job search challenges in Lafayette, Louisiana. He expressed gratitude for his fiancé's support and mentioned needing help with clinical program applications and a causality paper. Emily discussed a handout she developed for writing personal statements and mentioned the need to address the Discord channel later. Elizabeth, a senior undergraduate, introduced herself and shared her experiences with presentations and research, expressing interest in data analysis assistance. Emily praised Elizabeth for her courage in addressing sensitive topics in her presentation. Worner briefly mentioned returning to the lab after a period of transition.

Behavior Analyst's Professional Update

Worner shared their experience as a board-certified behavior analyst, discussing their work with adult clients and the challenges of relocation between Chicago and St. Louis. They expressed gratitude for their supportive community and mentioned upcoming projects, including a talk on harm reduction and a conference in January. Emily encouraged the group to add resources and opportunities to the task list, and Wesley introduced themselves as a recent graduate and current PhD student at the University of Missouri, Kansas City, highlighting their experience at ACBS and their plans for future mentorship.

Experiences and Support in Cohort

Wesley shared his experiences as the oldest and only male member of his cohort, expressing appreciation for his peers' kindness despite feeling out of place. He highlighted the success of recent writing workshops and offered to assist with data cleaning and research methods. Jacob

Waite, a clinical psychologist from London, joined the lab for consultation and shared his personal highs, including enjoying walks with his dog Pickle and his son's successful GCSEs, while noting challenges with sleep and personal transitions. Both participants expressed gratitude for supportive friends and partners.

Student Updates and Academic Planning

Jacob Waite expressed interest in helping Brad with a causality paper and offered to be added to the task list as a resourcing person. Makensey shared her challenges balancing thesis work with running a restaurant in Austin and expressed a desire to reconnect with academic activities. Jacob Norris discussed his upcoming thesis completion and plans to apply to PhD programs, while also reflecting on his experiences at the Louisiana Impact Research Summit and the lab's supportive environment.

Sand Tray Therapy Training Launch

Doris shared her experience as a licensed clinical social worker in Fayetteville, North Carolina, who recently received approval from ULL and the IRB to conduct a year-long training program for Sand Tray Therapy, which she is launching tomorrow with 14 participants across the United States and one in Switzerland. She expressed gratitude for the support of her husband and colleagues, and mentioned that the physical work of packaging sand tray objects and trays had been challenging but rewarding. Doris also shared personal highlights from the summer, including a visit from her son and the possibility of her daughter moving back to the area, while offering her resources to the group.

Lab Growth and Personal Journeys

Emily shared her perspective on the reciprocal nature of opportunities in the lab, emphasizing how participants' contributions also benefit the lab. Lauren discussed her journey as a graduate student, her decision to pursue a counseling program instead of a PhD, and her experiences with teaching and research, expressing gratitude for the lab's support. Tazlima introduced herself as an international student working on her PhD application and shared her internship experience, expressing appreciation for Emily's guidance. Stephanie reflected on her personal and professional growth, including her running achievements and challenges in client cases, and highlighted the importance of professional support and collaboration.

Lab Lead Recruitment and Planning

Emily led a discussion about filling upcoming lab lead spots, noting that while the main lead for the next session was confirmed, other positions including flexprax were still open. She encouraged participants to brainstorm potential lab topics in small break-out groups, with Doris offering to lead sessions on clinical experiential exercises using clay and paper materials, pending availability of supplies. The group discussed that leading labs is less intimidating than initially perceived, with Jacob sharing his experience of not leading until his second year of graduate school.