Adrienne J. Heinz, PhD, is a clinical research psychologist at the VA National Center for PTSD and Stanford University School of Medicine. As a member of the Public Digital Health Innovation Program, she helps create mobile mental health apps, conducts research to improve digital treatments for PTSD, disaster, and related mental health conditions, and facilitates the implementation of mobile health technology into VA and community-based care nationwide. Dr. Heinz recently served as Vice President of the Redwood Psychological Association and strives to increase awareness of the intersection of climate change and mental health. She also recently published "How to Fight Climate Dread" in Psychology Today. Dr. Heinz graduated from the VA Advanced HSR&D Fellowship in 2014, and her mentor was Dr. Marcel-Bonn Miller.

How did your fellowship prepare you for where you are now: As a clinical psychologist, I have the great fortune of wearing a lot of different hats. My fellowship years provided an opportunity to learn research, clinical, and mentorship skills that will serve me in any capacity I show up for work - whether it's creating an app, supervising students, writing papers, serving patients, advising a mental health startup, or consulting on policy decisions at the community, state, and national level.

One piece of advice for current/incoming fellows: When you feel like you don't know what the hell you're doing, you're probably surfing a growth edge. Keep going!

Fellowship Fridays

Each week, we will share news about our incredible fellows who are part of the VA Postdoctoral and Post-residency Fellowship in Health Services Research, Fellowship in Medical Informatics, the Elizabeth Dole National Center of Excellence Caregiver Fellowship, and BD-STEP.