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“

I finally found  
my professional  
home.”

Randy Weiss, LCSW



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APRIL 9-12, 2015 MIAMI, FLORIDA

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Randy Weiss, LCSW, has a knack for listening. In her line of work, that's a pretty important skill. But her listening isn't limited to sessions with clients. Her ear is also tuned to helpful advice from colleagues.

Randy Weiss, LCSW



"I was looking for a group of colleagues to connect with: a professional group that really focused on my niche of cognitive-behavioral therapy in treating anxiety," Randy says. A colleague in her phone consultation group told her there was only one place to go for that: the ADAA conference. The following summer, a colleague in Chicago told her the same thing so she joined ADAA in 2014.

Attending her first conference last year was a true breakthrough moment for the Arizona-based solo practitioner. "Without a doubt, ADAA is the best professional organization I've ever belonged to — and I belong to many," she says. "I was in search of good clinical information, a network of colleagues, and good learning opportunities within my niche. I found all three with ADAA. I finally found my professional home."

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"I felt so welcomed by everyone . . .  
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the MD psychiatrists, the researchers."

The conference itself was a rich experience — packed with learning and professional development, as well as great conversations and the start of new friendships. "I felt so welcomed by everyone . . . all disciplines and degrees: the PhDs, the MD psychiatrists, the researchers. I put myself out there, but I was embraced," Randy says. She's stayed in touch with several people she met at the conference, and she's called on them for referrals for friends and family members of clients. She also joined a Chicago consultation group (she spends her summers in Chicago), based on connections made at the conference.

### **Friendships and collegiality:**

Those things matter a lot. But the research presented at the conference is really key for Randy, because that's ultimately what makes the biggest difference. That research, expertly distilled down into evidence-based treatment, is what Randy can take home with her and apply to her work day in and day out. It's not abstract or cut off from clinical practice. "I appreciate that ADAA speakers are really 'in the trenches.' They are on the front lines. They are seasoned pros who are offering evidence-based treatment and years of experience," she says.

The latest research, ideas to grow her practice, new friendships,  
a true professional home:

These things are what make the ADAA conference worth attending, even for a solo practitioner who has to shoulder the expense all alone.

**"I'm definitely going to Miami this year," Randy says. "I more than got my money's worth last year."**



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