



**Leah C. Marks, PhD, NCSP**

***Postdoctoral Fellow, Kennedy Krieger Institute  
Behavior Management Clinic, Baltimore, MD***

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### **Describe the site where you work.**

I am currently a postdoctoral fellow at Kennedy Krieger Institute in the Behavior Management Clinic, which is an outpatient setting that services children from ages 2–12 for a variety of emotional–behavioral concerns. A large focus of my work is on parent management training with a behavioral focus, but I also work individually with children and provide CBT-based therapies. Additionally, I provide consultation to schools and other agencies to coordinate services to enhance clients functioning across multiple settings. One unique aspect of this specific outpatient clinic is that we serve a large military population. This involves working with families to manage stressors related to military life, providing treatment for specific issues experienced by the child and family, and collaborating with local pediatricians on referrals and providing regular updates.

### **What are your areas of expertise at this point in your career?**

My current areas of expertise include preschool consultation, parent management training, behavioral approaches, and working with the early childhood population. I am also developing an interest in working with military families, although working with this population is a new experience for me!

### **Describe something that has surprised you about your career thus far.**

The variety of roles that a school psychologist can be trained in has been very surprising. I am fortunate to have experience working across diverse settings including medical schools, outpatient settings, and varying types of school-based settings. I love that there is always something new to learn. Additionally, I love being part of a field of motivated and intelligent people. I am constantly learning from others.

## **What challenges have you faced in your early career, and how have you handled them?**

Something that I have struggled with is figuring out where best to put my time and the type of setting I would like to work in. I am fortunate to have excellent training in a variety of settings; now it is just a matter of figuring out how I can best use the mixture of skills I have developed to benefit children and families. I am in the process of handling this by putting myself in new work situations and constantly evaluating what is the best fit for me. I am also figuring out how to balance this with my own values and what I want for my career. It is sometimes frustrating that this process is ongoing and does not have a clear end, but is important for my own career development.

## **What advice do you have for other early career school psychologists?**

Don't be afraid to try new things, but also don't be afraid to admit that certain roles are not your preference. Just because a role is something that you are capable of, does not mean you have to be happy or settle for it. I am also working on figuring out how to balance self-care with demands of the job. Additionally, you have a unique skill set and training—don't doubt that just because you are new in a particular setting.

## **How has your NASP membership benefitted you?**

Being a member of NASP has benefitted me greatly. I have attended every NASP convention since beginning graduate school and cannot compare it to any other networking or learning opportunities. NASP has also given me leadership opportunities and helps to put my personal work in perspective when considering the greater field of school psychology. I consider being a NASP member an important part of my professional identity and how I stay updated with the field.