

Psychological Services for

Vanderbilt University Postdoctoral Scholars

Psychological services are coordinated by David Sacks, Ph.D. David holds bachelor's and master's degrees from Stanford University and a doctorate in educational, counseling, and school psychology from Florida State University. He has been a licensed Psychologist, Health Service Provider in Tennessee since 2007. He is a faculty member with the Department of Psychiatry and Behavioral Sciences and works under the auspices of the Psychological and Counseling Center (PCC). David has served as a researcher, clinician, and educator, having taught in both graduate and medical school settings. He also provides psychological consultation to elite athletes and performers in other competitive domains. David brings this perspective as a psychological performance consultant to help graduate students and postdoctoral fellows make use of psychological skills and insight to maximize their performance under stressful conditions.

Psychological Consultation Services for Graduate Students and Postdoctoral Fellows

Graduate students and postdocs have access to psychological consultation services to address a variety of issues that impact mental health and performance. These include but are not limited to working in high pressure settings, balancing devotion to academic work with personal and family commitments and self-care, maintaining resilience in the face of failure and rejection, navigating conflicts, and managing performance anxiety. Individual and group sessions will be available.

Presentations

We offer outreach and presentations on a variety of topics. We can meet with groups of any size to deliver a tailor-made program for your organization's needs, including work groups in a specific lab, student or postdoc organizations, and academic departments as a whole.

To request a presentation or consultation services, please contact Dr. Sacks directly at (615) 322-2571 or david.n.sacks@vanderbilt.edu

In addition to offering services on campus, we can assist with identifying other resources on-campus and in the surrounding community to meet your particular need.