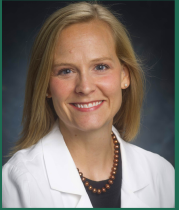




UAB Medicine Office of Wellness

The Office of Wellness offers support services to UAB Medicine and UAB Heersink School of Medicine: faculty, advanced practice providers, medical residents and fellows, medical students, biomedical graduate students, and post-doctoral fellows. Services include: wellness check-ins, one-on-one assessments and consultations, informal coaching and advising through conversations, group sessions, and referral assistance.

Meet Our Providers



Lauren Nassetta, MD
Director of Wellness
Support Services

Dr. Lauren Nassetta is the Director of Wellness Support Services within the UAB Medicine Office of Wellness. She is an Associate Professor in the division of Pediatric Hospital Medicine within the Department of Pediatrics, where she serves as an Associate Residency Program Director and Chief Wellness Officer. She moved

to Alabama to attend Birmingham-Southern College, and has completed medical school, pediatrics residency and a Chief Resident year at UAB. Her professional mission is to provide UAB providers and trainees with opportunities to explore and learn skills for maintaining joy in work, as well as guidance in developing a growth-oriented mind-set, centered on acceptance of imperfections in themselves and others.



Megan Hays, PhD
Associate Director
of Wellness
Education

Dr. Megan McMurray Hays is the Associate Director of Wellness Education in the UAB Medicine Office of Wellness. She is an Assistant Professor in the Department of Physical Medicine and Rehabilitation (PM&R) and a Licensed Clinical Psychologist. She received her Ph.D. in Clinical Psychology from the University of South Florida and

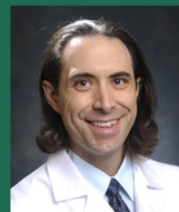
completed a postdoctoral fellowship in Rehabilitation Psychology in the UAB Department of PM&R. She is board certified in the specialty of Rehabilitation Psychology (ABPP). Dr. Hays is skilled at providing a variety of wellness services. Her specific training and expertise is evidence-based psychotherapy, including cognitive-behavioral therapy (CBT), trauma-focused therapies, and mindfulness-based interventions.



Leah Pickett, CRNP, DNP
APP Manager
Wellness

Leah Pickett is a board certified Psychiatric-Mental Health Nurse Practitioner with clinical experience in mood disorders, anxiety, psychotic disorders, and abuse/trauma. She most recently held a clinical practice at the CPM Adult Outpatient Clinic and worked with the Office of Psychiatric Research, both at UAB.

She now serves as Co-Director for the Mental Health Nurse Practitioner Residency through the Veteran's Affairs Nursing Academic Partnership, a funded program between the Birmingham VA Medical Center and the UAB School of Nursing. In her role as APP Manager she is responsible for implementation initiatives focused on APP wellbeing.



Sam Perna, DO

Dr. Sam Perna is an Associate Professor in the Division of Gerontology, Geriatrics, and Palliative Care within the Department of Medicine. He is an Osteopathic Physician whose primary training is Family Medicine. After a period in private practice, Dr.

Perna entered fellowship training at UAB in Palliative Medicine. Prior to medical school, he also earned his Master's Degree in Counseling from the University of Alabama. His wellness experience includes both group and individual counseling for adults and children. Congruent with his Family Medicine and Counseling education, Dr. Perna is comfortable helping the full breadth of client needs.



UAB Medicine Office of Wellness



Ashley Hanson PhD

Dr. Ashley Hanson is an Assistant Professor in the Department of Psychiatry and is a licensed Clinical Psychologist. She received her PhD in Clinical Psychology from the University of Alabama and completed her postdoctoral fellowship in the Department of Psychiatry at UAB.

Dr. Hanson is skilled at providing a variety of services, such as evidence-based individual psychotherapy, group psychotherapy, and psychological assessments to adults. She uses cognitive-behavioral therapy (CBT) and mindfulness interventions, as well as other treatment modalities in her practice.



Adrienne Raymond,
MA
Counselor

Adrienne Raymond, LPC, is a Clinical Counselor at UAB Student Counseling Services. She received her Master's degree in Community Counseling from The University of Alabama. She began her professional career at the UAB Addiction Recovery Program where she served as Program Manager. Her focus was

working with health care providers who struggled with addiction. She transitioned to the UAB Professional Development Office as Program Director and directed her energies to caring for caregivers. Adrienne now fulfills a role at Student Counseling Services as one of the counselors in residence at the UAB School of Medicine.



Julia Sanford, LICSW
Counselor

Julia Sanford is a Clinical Counselor in Student Counseling Services at UAB, specifically serving Heersink School of Medicine students through a partnership with the Office of Wellness. She earned a Bachelor of Arts in English from Auburn University and a Master of

Science in Social Work from The University of Texas at Austin. She enjoys helping students through difficult life transitions, identity exploration, and issues related to grief and loss, as well as developing individualized strategies to help students manage symptoms related to depression, anxiety, and other life stressors. Julia is also certified as a Mental Health First Aid instructor through the National Council on Behavioral Health.



Malcolm Marler,
D.Min.
Wellness Advocate

Rev. Dr. Malcolm Marler is a Wellness Advocate and Spiritual Advisor in the UAB Medicine Office of Wellness. For almost 3 decades he served as the Sr. Director of Pastoral Care at UAB Medicine, Chaplain at The 1917 Clinic at UAB (HIV/AIDS Clinic), and is an ordained clergy person. Dr. Marler develops trusted,

confidential relationships with leaders, employees, and medical students throughout UAB MEDICINE so that they feel seen, heard, and appreciated as individuals. He also teaches strategies to individuals and departments so that they can create support for one another in a variety of life challenges.

To Make an Appointment:



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