

NIMH Training Program in Emotion Research (TPER) 2025-2026

Please save this information for future reference!

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For ease of review:

Blue type is specific to **pre**-doctoral trainees

Purple type is specific to **post**-doctoral trainees

Congratulations! Welcome to one of the longest-running training programs sponsored by NIMH—we're in our 36th year! Just in case it hasn't been said, you are among the best of the best. The Training Program in Emotion Research (TPER) has *many* more post-doc applicants and pre-doc nominees every year than are ultimately selected. Being selected to join the program is a high honor that you can add to your CV with pride. Following is an overview of our program.

Enrollment for Pre-docs:

- You must be enrolled as a full-time student in order to maintain your trainee status. **This means that you must enroll EVERY semester, including summer.**
- *Non-dissertators:* For fall and spring semesters you must register for a minimum of 8 credits, and during the summer you must register for a minimum of 2 credits. More than 2 credits may be needed to meet tuition requirements for full time status.
- *Dissertators:* You must register for 3 credits every semester.

Orientation:

- **Orientation** will be held **September 24th from 5-6pm** at CHM's Kennedy Building, 625 W. Washington Ave., in Rm. 245a. Please ring the doorbell when you arrive, and you'll be shown to the room. Trainees will introduce themselves, Dr. Davidson will talk about the program's history and context, and then Dr. Davidson and the trainees will schedule monthly Emotion Group meetings, assigning trainee leaders to each meeting. Brittany Thomson will go over the TPER appointment information, NIH public access rules, and program expectations.
- If you cannot attend the Orientation, please email Dr. Davidson and EmotionT32Grant@bi.wisc.edu *in advance* with the date ranges when you expect to be out of town and unable to lead an Emotion Group meeting.
- If you cannot attend the Orientation and do not submit your Emotion Group availability in advance, an Emotion Group meeting date will be assigned to you.

Emotion Group:

- You **must** attend **every** monthly **Emotion Group** meeting this academic year. Notify your faculty mentor, Dr. Davidson, and EmotionT32Grant@bi.wisc.edu via email **in advance** if you absolutely cannot attend a meeting; include the date and time of the meeting you will miss, and the compelling reason why you cannot attend.

- You will be required to (co-)lead one of the Emotion Group meetings each year that you are in the training program. See the section below on “Leading an Emotion Group Meeting” for suggestions and guidelines.
- The Emotion Group was originally formed as an activity only for the trainees appointed to the Training Program in Emotion Research.

Publications and the NIH Public Access Policy:

- The [NIH Public Access Policy](#) requires scientists to submit all final peer-reviewed journal manuscripts that arise from NIH funds to PubMed Central (PMC) to ensure that the public has access to the published results of NIH funding research.
- If a journal publisher does not submit to PMC on behalf of authors, the responsibility for submission to PMC falls on authors.
- [NIH Public Access Policy FAQs](#)
- UW Public Access Service [BuckySubmit](#) is UW’s one-stop service that you can use to submit your papers in a way that meets compliance rules for public access.

Grant Information:

- The grant number for the “Training Program in Emotion Research” grant for 2025-2026 is **T32MH018931-36**.
- You should acknowledge the grant in any publication written as part of your training this year or in future publications resulting from research conducted while you were supported by the TPER T32 grant.
- You will need to use the grant number above when you submit your manuscripts to NIH’s Manuscript Submission (NIHMS) system, which you are required to do in order to comply with the NIH Public Access Policy. (See “Publications and the NIH Public Access Policy” section, above.)

Grant Acknowledgement:

- Each publication, press release or other document about research supported by an NIH award must include an acknowledgment of NIH grant support and disclaimer such as:
 - “Research reported in this publication was supported by the National Institute of Mental Health of the National Institutes of Health under Award Number T32MH018931. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.”
- Prior to issuing a press release concerning the outcome of this research, please notify NIMH in advance to allow for coordination (email EmotionT32Grant@bi.wisc.edu for the current NIMH contact info).

Yearly Travel Allowance:

- Applications for travel funding will be awarded at the Director’s discretion.
- Application instructions and available travel fund amounts will be announced in the Spring.

Responsible Conduct of Research:

- The NIH policy on the Responsible Conduct in Research (RCR) requires you to attend face-to-face training for at least 8 hours over the course of a semester. Instruction must be undertaken at least once during each career stage and at a frequency no less than once every 4 years. Additionally, this is required during the first year of each trainee's appointment to this training grant.
- We will need documentation that acceptable instruction has been completed.
- The research ethics seminar "Waisman Ethics & Professional Development (WEPD) Seminar Series" will fulfill this requirement.
- For additional information on RCR:
 - <https://grants.nih.gov/grants/guide/notice-files/NOT-OD-22-055.html>

Annual Wisconsin Symposium on Emotion:

- You are required to participate in the annual Wisconsin Symposium on Emotion by acting as a discussant for featured speakers **and** by presenting a poster at the event (it can be from a recent scientific meeting that you attended). Preparatory meetings for this are announced in early Spring.
- Pre-docs are required to register for Psych 711 *Affective Neuroscience: WI Symposium on Emotion* seminar led by Dr. Davidson each Spring semester. Dissertators take 711 instead of research credits because the Psych 711 Emotion Symposium course is required for TPER trainees, and the [Graduate School enrollment requirements policy](#) is that dissertator credits must be research/thesis or required seminars.
 - Post-docs are expected to audit the course.

Seminar on Emotion

- You are required to participate in the Seminar on Emotion in alternate years. Each week, a different TPER faculty member will visit the seminar to share their views of emotion, and to highlight the variety of methods, approaches, and populations they study.
- Pre-docs are required to register for Psych 711 *Seminar on Emotion* led by Dr. Seth Pollak in Fall of even-numbered years. Dissertators take 711 instead of research credits because the Psych 711 Emotion Symposium course is required for TPER trainees, and the [Graduate School enrollment requirements policy](#) is that dissertator credits must be research/thesis or required seminars.
 - Post-docs are expected to audit the course.

"Elevator Pitch" Research Presentation

- In the Spring of each year toward the end of the semester, you must give a 6- or 7-minute "elevator pitch" research presentation, that could be understood by a funder who is not a content expert, on what is most exciting and important in your work.
- Your mentor will attend to provide feedback. Other attendees will include your fellow trainees and the TPER Director.

Department Brown-Bag Series:

- The brown-bag series in each of the area groups in the Psychology Department devotes at least one session/year to the treatment of ethical issues. Brown-bags in other affiliated departments are also expected to address ethical issues in the course of their respective brownbags.

- All trainees **must attend at least one Department brown-bag series**. Trainees should send an email to Jane Lambert and Dr. Davidson informing them of which brownbag they will attend each semester they are supported by the Emotion Training Program.

Annual Progress Report:

- We are required to submit an annual progress report on the training program to NIMH each spring. This report is **extremely** important, as it serves as NIMH's primary method for tracking and evaluating our training program, and deciding if they will continue to fund the program or not.
- As part of this report, we are required to provide information regarding your research and course work and a list of publications you have written while here at the UW, as well as current IRB information and your IDPs (see below for more IDP details).
- Jane Lambert will request this information in January 2026, and your timely response is appreciated.

Postdoctoral Training Committee

- Each postdoctoral trainee is required to meet with a **training committee**.
- The committee must consist of **two program faculty and one or two faculty drawn from outside the program**.
 - The **outside faculty** must be selected from other faculty at the University whose research expertise is particularly relevant to the research of the Trainee.
 - For example, a postdoctoral Trainee working on functional magnetic resonance imaging studies of emotion with Dr. Richard Davidson might have a training committee consisting of the following faculty: Davidson as advisor, Dr. Ned Kalin (Second program faculty member), and Dr. A. Alexander (Prof. of Medical Physics and Director MR Physics in the Waisman Lab). Note that all of these individuals have collaborated; thus, effective interaction is already in place.
 - As another example, a postdoctoral Trainee working on resilience in older individuals and its possible relation to health with Dr. Carol Ryff might have a training committee consisting of the following faculty: Dr. Ryff as advisor, Dr. Davidson (second program faculty member), Dr. Allyson Bennett (Prof. of Psychology and Director, Harlow Primate Lab), and Dr. Melissa Rosenkranz (Program faculty). Each of the individuals on this hypothetical training committee is currently actively collaborating.
- The training committee must meet with the Trainee and **decide what additional methods-oriented courses might be informally audited, given the research interests of the Trainee**. This might consist of additional statistics courses, courses in biological or imaging methods, in genetics or behavior genetics, in longitudinal research designs etc.
- The **committee must meet with the postdoctoral trainee once a semester** with additional meetings scheduled at the request of the Trainee or of members of the committee. The regular meetings each semester will enable the committee to closely monitor the progress of each Trainee.
 - The **mentor must submit a brief progress report** annually in May. The due date for the 2025-2026 mentor's report is **Friday, May 29, 2026**.

Postdoctoral Trainees' Teaching Experience

- While in the training program, **all postdoctoral trainees who do not yet have teaching experience must gain such experience in the emotion field, as arranged by the mentor**.

- This will consist of co-teaching one of several undergraduate seminars or courses in emotion related research or delivering guest lectures in a relevant course. There are many options for such courses at Wisconsin and the specific course will depend upon the interests of the Trainee.

Postdoctoral Trainees' Undergraduate Research Supervision Experience

- Postdoctoral trainees must have some experience in supervising undergraduates in research. During their tenure in the program, postdoctoral trainees will be expected to **mentor at least one undergraduate research project**.

Postdoctoral training proposals:

- Postdoctoral trainees are encouraged to **write their own postdoc training proposals during their initial year.**

NIH xTrain Appointment/Termination Forms:

- In order to receive a stipend, you are required by NIH to fill out and submit an appointment form at the start of each year that you are in the program, and to submit a termination (or continuation) form at the end of each year. These forms are submitted electronically via NIH's xTrain module within the eRA Commons system.
- Post-docs are also required to submit a **payback agreement form** at the start of their first year with the program; this is a paper form rather than electronic.

ORCID ID:

- NIH policy requires trainees to have "ORCID iDs" (Open Researcher and Contributor Identifiers) to relate publications to grants.
- When you process your training grant appointment in xTrain, you'll get an alert asking you to associate an ORCID identifier with your eRA Commons Personal Profile (and if you don't have an ORCID iD yet, xTrain will give you a link to create one).

Individual Development Plan (IDP):

- An Individual Development Plan is a required tool to help you:
 - Assess your current skills and strengths.
 - Make a plan for developing skills that will help you meet your academic/professional goals.
 - Communicate with your advisors and mentors about your evolving goals and related skills.
- The IDP you create is a document you will need to update and define as your goals change and/or come into focus, and to record your progress and accomplishments.
- All trainees supported by NIH awards are **required** to use Individual Development Plans. We will be reporting on your use of IDPs in the annual progress report due early 2026, so you ***must get started on creating/editing your own IDP right away!***
- UW-Madison IDP: <https://grad.wisc.edu/professional-development/individual-development-plan/>

Post-Program Requirements:

- Each year for the TPER annual progress report, NIH requires updates from all trainees from the past 15 years. We will contact you annually to ask for:
 - your publication list
 - your academic / professional career positions
- **Please be sure to update your current (professional or personal) email address with Jane Lambert (EmotionT32Grant@bi.wisc.edu) whenever it changes after you leave the program.**

TPER Website: <https://emotion.wisc.edu/>

- Meetings:
 - List of the 2025-2026 Emotion Group Meetings (date/time, leader, topic, readings, location)
- Info for Current Trainees
 - This information sheet
 - Program terms for postdocs
 - NIH Public Access Policy
 - IDP information
 - Trainee travel awards info and link to UW Box
- Info for Participating Faculty (to come)
- People
 - Trainees
 - photo, email address, and research bio

Leading an Emotion Group Meeting

All trainees are required to (co-)lead one Emotion Group meeting each year, and to attend all Emotion Group meetings held that year. Trainees are expected to read the article for each meeting in advance, and to participate in the discussion at each meeting.

Meeting Overview

- **Frequency:** There are 8 Emotion Group meetings this year, and they will be held between September and April.
- **Mode:** Trainees and Dr. Davidson will attend in-person (Rm. 124 Kennedy Building, 625 W. Washington Ave.) Faculty and others will attend either in-person or on Zoom (see links on TPER website, [Meetings](#) menu).
- **Format:** The leader will select a review paper by an affective scientist of any time period. Strong recommendation: For a decolonizing perspective, select a scientist of color. For further instructions, see below (*Leading a Meeting/One month in advance of the meeting*).
- **Goals:** The meetings are:
 - intentionally and explicitly **informal; there are no presentations**.
 - **led — but not dominated** — by the trainee(s) leading the meetings.
 - opportunities to **sit down with faculty members in a friendly atmosphere** and to deeply consider and discuss scientific topics that are of great interest to all.
 - opportunities for **faculty and trainees to get together socially**, and to get to know each other as individuals.

Leading a Meeting

Trainees will need to do 4 things in order to lead a meeting:

1. **Months in advance** of the meeting:
 - Let Dr. Davidson and Jane Lambert (EmotionT32Grant@bi.wisc.edu) know the **topic** of the meeting you will lead. Provide a very short, 1 – 10 word description of the general topic of the meeting. Faculty always want to know the topic of a meeting well in advance.
2. **One month in advance of the meeting**, if not sooner:
 - Select **a review paper** by an affective scientist of any time period. Strong recommendation: For a decolonizing perspective, select a scientist of color. You may wish to use the following list of [BIPOC affective scientists and their work](#).
 - **Integrate the history** of your particular topic.

- The article **should be brief and should speak to your meeting's topic.**
- If you strongly feel that two extremely brief related articles would make for a better discussion than a single article; that is OK. Keep in mind that meeting participants are very busy, and won't have time to read multiple long articles.
- **Email a PDF of the article(s) to Dr. Davidson for his approval.**
 - Be sure to cc: Jane Lambert (EmotionT32Grant@bi.wisc.edu) **AND** Dr. Davidson's executive assistant, Jennie Nguyen (jhnguyen5@wisc.edu).
- If you haven't heard back from Dr. Davidson within a few days, politely remind him about your articles.

3. Two weeks in advance of the meeting, if not sooner:

- Email PDFs of the approved articles to EmotionT32Grant@bi.wisc.edu. Jane Lambert will post it to the Emotion Group webpage and will email the meeting notice to the group.

4. At the meeting:

- Be prepared with several specific features of the article or points related to your topic that you'd like to discuss. Be ready to give a brief overview of the article for people who have not had a chance to (fully) read it before the meeting.
- Lead, but do not dominate, the discussion. If the conversation lags, bring up another article feature or point to discuss.
- Most importantly, relax. This is a casual conversation in a friendly environment. You aren't expected—or wanted—to perform or to give a presentation.
- Meeting leaders are *not* expected to bring *anything* to their meeting beyond the readings and their camaraderie. They've already found a topic for the discussion and provided thought-provoking reading; their job (aside from discussion) is done.

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