



Fabian Drain is an OITE Wellness Advisor with over a decade of experience in working along-side individuals creating and maintaining optimal wellness. Fabian specializes in Integrative Mind-Body Medicine and regularly attends professional development training sessions to showcase mindfulness practices, such as compassion, awareness, kindness, and authenticity. A strong believer in the power of positive thinking in various dimensions of life (communication, work, and play, self-determination theory, etc.). Fabian enjoys supporting trainees as they build awareness on the importance of well-being and how it influences their daily lives. Fabian enjoys a good Netflix binge but can also be found practicing Qigong.



Erin Futrovsky Gates, a Licensed Clinical Social Worker, has been a wellness advisor for the OITE since March 2020. She truly enjoys creating a safe and supportive environment for trainees to process current life stressors and other challenges. One thing Erin loves about working with trainees is how they strive to connect with each other and offer empathy when someone is struggling.

When she's not working with trainees, Erin works as a child and family therapist at a private practice in the DC area and enjoys spending time with her family. Her favorite wellness activities are yoga and journaling.



Laurie Chaikind McNulty is a Licensed Certified Social Worker—Clinical who began her role as a Wellness Advisor for OITE in July 2018. She enjoys working with trainees both at NIH and throughout the broader scientific community to support their growth and development throughout their career. Laurie advises across a range of programs within OITE including small discussion groups, webinars, program development, and staff support. Laurie is also a mental health therapist in a private practice. Her favorite wellness activities are playing with her dogs, Molly and Lucy, baking, searching for great coffee spots, and spending time with friends."



Marin Rieger is a psychotherapist from Southern California and has had a passion for wellness and psychology since her undergraduate days at UC Santa Barbara. Marin has extensive research and clinical experience working with depression, suicidality, and substance abuse. She has a special interest in the way habits shape our mental health. Marin loves working with NIH trainees because they come from all parts of the world and always have a unique perspective to share. Marin's favorite wellness hobby is meeting her friends outside for social distanced exercise routines, because it combines physical activity and social connection into one activity.



Liann Seiter is a Licensed Clinical Marriage and Family Therapist who loves to blend mindfulness and cognitive behavioral therapy. Prior to becoming a therapist, Liann worked at a research firm focused on educational issues; as part of her studies she conducted qualitative and quantitative research in India. She loves working with trainees because it gives her a chance to connect with her data-driven nerdy side. As a yoga instructor and licensed massage therapist Liann's favorite wellness activity is a toss-up between receiving a massage and doing yoga.



Annie Sheiner is a Licensed Clinical Marriage and Family Therapist that has served as a wellness advisor at OITE beginning in 2014. She is inspired by the curiosity, wisdom, commitment of postbacs, graduate students, and postdocs at NIH. In addition to working with trainees, Annie helps develop wellness programs and presentations for national biomedical research and clinical communities. She provides consultations and facilitates discussion groups with PIs, program administrators and staff, offer PI coaching, train other facilitators, and provide other wellness services as needed. She is also a marriage and family therapist in private practice and a Certified Parenting Educator. For her own wellness, she makes sure that she spends time in nature, that she has time with people she loves, and time for reading and creative pursuits.



Jenn Wiggins is a full-time wellness advisor in the Office for Intramural Training and Education (OITE). She has earned a Masters of Counseling Psychology with a focus on community counseling. As a wellness advisor, Jenn advises trainees on issues that impact success in research environments including, but not limited to, wellness, resilience, diversity and inclusion, and identity formation.

Additionally, she facilitates small group discussions and trainings and develops educational materials around wellness and resilience. Jenn enjoys supporting trainees as they develop strategies and tools that promote success. She practices yoga and cooking for self-care.