**Dr. Hafeman** is an Assistant Professor in the Department of Psychiatry at the University of Pittsburgh. She is a child psychiatrist who specializes in the assessment and treatment of youth with and at-risk for bipolar disorder. She obtained her MD and PhD (in Epidemiology) from Columbia University and completed psychiatry residency and child psychiatry fellowship at the University of Pittsburgh. Her research focuses trajectories of risk and resilience in youth at risk for mood disorders (specifically, bipolar disorder), and how these trajectories might be modified. Over the past several years, she has conducted studies to test the impact and neural mechanisms of mindfulness programs in early adolescents at high risk for mood disorders.