

CARL PROGRAM

# CARL II NEWSLETTER



Residential Edmonton

## **CARL II – IT'S A WRAP!**

As we concluded our third residential in Edmonton, marking the cohort's official end, we feel like it's just the beginning of something greater!

The CARL II program has been an incredible journey! We have grown as researchers, collaborators, and leaders. The friendships, networks, and opportunities that have emerged from CARL II are invaluable, and we look forward to continuing these collaborations in the future!

## The CARL II cohort in numbers:

- 3 residentials
- 2 CARLoquiums
- 14 CARL fellows
- 70 collaborative papers in international peer-reviewed journals
- 46 conference presentations
- 22 individual awards
- 30 individual degree achievements or promotions



## CARL II – Personal Highlights

Reflecting on the final CARL II residential in Edmonton, I am deeply appreciative of the opportunity to grow academically, professionally, and personally. The mentorship and peer support I have received throughout our 3 (+2) year program have given me a broader view of our profession and the healthcare challenges we are yet to tackle. The friendships and trust we have cultivated strengthen us. I express my gratitude to the CARL program funders for this unique opportunity and look forward to contributing as a senior fellow.

- Aron Downie

The CARL II program has been an incredible journey. When I first joined, I had limited research experience, but this program has been a catalyst for both personal and professional growth. Working alongside such talented individuals has been inspiring, and the mentorship I've received has been outstanding. However, what truly stands out is the camaraderie and encouragement from my fellow participants, which has been invaluable during some of the more challenging moments in both my personal life and career. As we concluded our third residential session in Edmonton, marking the official end of the program, it feels like just the beginning of something even greater. A big thank you to everyone in CARL II, the CARL I seniors, and all the funders who made CARL possible.

- Casper Nim



The CARL II program has been the most unique and inspiring part of my research career. The residential in Edmonton allowed me to again grow personally and professionally with a talented group of chiropractic researchers, who have now become close friends. It has been a year of change for me, and the CARL mentors and fellows provided me with invaluable support as I (successfully) navigated through the faculty hiring process (good news to come soon). I am excited to transition to a Senior CARL Fellow and contribute to the CARL III program. CARL is building momentum for chiropractic research, and we will pay it forward.

- Kenneth Weber





Being part of the CARL II cohort came at the perfect time in my career and has been instrumental in enabling my achievements since then. As a researcher in a geographically isolated city, the opportunity to build strong networks and friendships with other researchers globally has been incredible. This program has been a truly special experience and I can't explain how lucky I feel to be part of it, and to be able to carry forward the collaborations that have begun. A massive thankyou to the mentors and the funders for this opportunity.

- Sasha Aspinall

As a highlight of my year, the CARL residential in Edmonton allowed us to continue connecting, learning from each other, and working on projects together. It brought together our different perspectives from across the world to discuss exciting research and leadership initiatives, career development, and future directions of the CARL program. Despite this being the final CARL II residential, I look forward to extending collaborations with the mentors and fellows for years to come. I am also extremely excited to give back to others and the chiropractic profession through mentorship as a Senior CARL Fellow.

- Jessica Wong

As I reflect on our recent residential in Edmonton, Alberta, and more broadly of my time with CARL II, I'm filled with a deep sense of gratitude for the journey. The friendships we've built, the networks we've created, and the opportunities that have come our way have been truly transformative. I'm excited about the potential that lies ahead for all of us.

This experience has been one of the most meaningful chapters in my career, and I want to extend my heartfelt thanks to the sponsors, mentors, and everyone else who made it possible. I'm eager to continue building on what we've started and see where this incredible journey takes us.

- Dave McNaughton

## MENTOR'S NOTE

CARL II - such an appropriate name. It definitely had two cohorts with this group. The fellows who started the program over Zoom for two years of the pandemic, and then the same fellows, but in-person, for the traditional three-year residential program. This extra time allowed us to see not only how impactful the CARL program can be at the trainee stage, but also its impact during the first years of an academic appointment. Witnessing the academic and personal growth of these talented and resourceful chiropractic researchers has been immensely gratifying.

Details of **methods, outcomes and accomplishments of CARL II** will be communicated in a peer-reviewed publication in **Chiropractic and Manual Therapies** – the CARL partnership journal.

- Jon Adams, Jan Hartvigsen,  
Greg Kawchuk

Throughout the CARL II program, I've grown as a researcher, collaborator, and leader. The support and guidance from mentors and the bonds formed with fellow participants have been instrumental in shaping my path forward. This last residential session was a poignant reminder of our progress together and the potential ahead. The friendships, networks, and opportunities that have emerged from CARL II are invaluable, and I look forward to continuing these collaborations in the future. My heartfelt thanks to the sponsors, mentors, and everyone else involved in making this program such a meaningful chapter in my career.

- Steen Harsted

The CARL II program has demonstrated how much can be accomplished when talented minds with the same passion come together and collaborate. The mentorship, inspiration, friendship, and support from both mentors and peers and the connections formed have been crucial in guiding my career and helping me persevere during difficult times. My deepest gratitude goes to our sponsors, mentors, and everyone involved. The bonds, networks, and opportunities cultivated through CARL are priceless, and I'm eager to see what we can achieve together in the future.

- Luana Nyirö



Looking back on our last residential and the whole CARL II programme, I'm truly grateful. I couldn't have imagined how special the journey would be or how much it would impact me – as a researcher and in terms of personal growth. The CARL community is unique and has been rewarding in many ways, especially getting to know and learn from like-minded people from around the world, including the CARL Fellows, mentors and other inspiring people we've met. The friendship, mentorship and support have been invaluable. Many exciting research projects have been developed, and I'm sure the community will continue to grow. A big thank you to Jon for contacting Jan and Greg to get this started and to the sponsors who have made it possible. I'll do what I can to pass on the experience.

- Cecilie Krage Øverås

Our final residential meeting in Edmonton was an opportunity to catch up with friends made through the CARL program, finalize ongoing projects, and dream about the future for each of us and the new CARL III cohort. It was amazing to see the research and leadership productivity we have accomplished as a group across a wide range of fields. While our time in the official CARL program has now concluded, I am excited to remain connected to those in my CARL II cohort, the mentors, previous CARL fellows, and CARL fellows of the future. I hope many more get to experience this wonderful program.

- James Young

Highlights of the last year of the CARL program include being awarded large grant funding and all the wonderful collaborations I am working on with my CARL fellows. I am particularly excited about new projects that will continue our collaborations into the future. I am so very thankful for my time in the CARL program – the mentorship, research networks, and friendships built have been a highlight of the last 5 years.

- Hazel Jenkins

The future of CARL

## **CARL III – IT'S A GO!!**

We are happy to announce the formation of the CARL III cohort! Applications for fellows and sponsors will be made available soon with selections to take place in late 2024. More details to follow!

*Read more on our website*



European Centre for  
Chiropractic Research Excellence



Chiropractic  
Research  
Council

Association  
chiropratique  
canadienne



Canadian  
Chiropractic  
Association™/MC



AMERICAN  
CHIROPRACTIC  
ASSOCIATION



CHIROPRACTIC & MANUAL  
THERAPIES

