

ASNR Supports Three Members Attending the TIGRR Workshop in 2025

To continue building the pipeline of rigorous early-career rehabilitation researchers, the NIH-funded [Training in Grantsmanship for Rehabilitation Researchers \(TIGRR\)](#) program provides exceptional training and support for developing high-quality national level grant applications. This is a competitive program with a strong focus on targeted one-on-one mentorship to maximize the chance of grant success.



Attendees come to the Workshop prepared to develop and refine a grant proposal for submission to the National Institutes of Health (NIH), U.S. Department of Veterans Affairs (VA), or National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR). Through the program, they engage in individual consultation sessions and lectures from nationally recognized mentors and consultants. The topics include grant writing, clinical trial design, biostatistics, collaboration, grantsmanship, budgeting, and career development.

However, the program doesn't end when the Workshop is over. Mentees will continue to engage with mentors over the course of the year, and they can participate in grant peer review panels offered in March, May, and July.

Recognizing the value of this program, ASNR provides \$1,000 travel grants each year to members who have been accepted to TIGRR, and we are pleased to have awarded three grants to Members to attend this year's Workshop.

In 2026, the four-day TIGRR Workshop was held January 5-9th at The Wild Dunes Resort in Charleston, SC. ASNR Members Dr. Cristián Cuadra, Dr. Julie Schwertfeger, and Dr. Anjali Sivaramakrishnan were accepted into the program and selected to receive ASNR's TIGRR Program Grant Support Awards. After attending the invigorating and productive workshop, we're pleased to share their experiences.

TIGRR Attendee Perspectives

Dr. Cristián Cuadra



TIGRR was a truly transformative experience that provided exceptionally thoughtful, high-impact mentoring, helping me refine my research proposal to be clearer and more compelling. The program is incredibly organized, allowing participants to fully focus on deep scientific discussion, reflection, and growth. I was especially grateful for the generous mentoring culture, which created a safe and supportive space to learn from both mentors and peers. Beyond grant writing, TIGRR offered invaluable guidance on career strategy and research prioritization, making it a uniquely holistic and empowering experience.

Dr. Julie Schwertfeger



“Here are highlights from my TIGRR experience, stated in terms of active ingredients and efficacy: TIGRR delivers long-acting grant development benefits that started with the effort I put in to gain organizational support and develop a competitive application. I am grateful for the recognition and financial support of my home institution, LSU Health Sciences Center - Shreveport, and ASNR. TIGRR benefits increased in intensity during a series of virtual post-acceptance discussions and aims page revisions with an assigned mentor. Peak therapeutic intensity of TIGRR occurred during three days of intensive meetings with research mentors and peers interspersed with focused revisions, presentations, and networking. My TIGRR experience led to significant improvements in my aims page and grantsmanship. Perhaps the best part of TIGRR is happening now, as I reach out to peers and mentors from the workshop to continue developing and refining a full grant application for the mock study section in May and an NIH grant submission in July. Underpinning the active ingredients and benefits of TIGRR are the friendships it fostered with some of the most brilliant rehabilitation researchers of our time. This creates a foundation of trusted, critical external feedback and support to add to my institutional supports—like a bridge to my external funding goals.”

Dr. Anjali Sivaramakrishnan



TIGRR has undoubtedly been the best workshop I have attended. Some things that stood out were the meetings with individual mentors and program officers, pod discussions and the focused lectures each morning. The networking experience was excellent, and the workshop was instrumental in laying the foundation for future collaborations with fellow mentees and senior researchers. TIGRR helped me draft a strong aims page and refine key aspects of my proposed application through feedback from established researchers. I am very grateful to ASNR for supporting my participation in this workshop.