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In previous roles, she worked on inclusive peace processes at the United States Institute of Peace, international institutions and global governance at the Council on Foreign Relations, and nuclear security and nonproliferation at CRDF Global. Trainer was a 2022 Graduate Fellow with the United Nations Association with the National Capital Area. Her writing and analysis have appeared in *Lawfare*, *New Security Beat*, and

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Trainer holds an M.A. in security policy studies with a concentration in conflict resolution from the Elliott School of International Affairs at The George Washington University. She received a B.A. in political science, a B.A. in Spanish, and a minor in international relations from Loyola Marymount University. Her research interests include climate change and energy security, peacebuilding, countering violent extremism, gender studies, and U.S.-Africa policy.