



Headspace Care

Training Institute

Training coaches and clinicians
dedicated to the future of mental health



Clinical Training Programs

The Headspace Training Institute's Clinical Training programs provide a professional and comprehensive training experience for doctoral-level psychology trainees. We are committed to providing outstanding training, supervision, and mentorship to future psychologists, with particular emphasis on diversity, equity, inclusion, and belonging as aspects of culturally responsive care.

At Headspace we are committed to creating a world where mental healthcare is accessible to all, and where socioeconomic status and social determinants of health are no longer obstacles to high quality care.

Our professional training program provides an immersive experience that not only allows trainees to hone their skills in teletherapy, but also allows opportunities to advance their skills within the context of our measurement based, collaborative care model. Trainees in our program gain experience collaborating with professionals across the organization and have opportunities to learn about the variety of functions within a digital health company.

Psychology Postdoctoral Fellowship

OVERVIEW

Headspace Training Institute's postdoctoral fellowship is designed for those who have completed both an APA accredited doctoral program in clinical or counseling psychology and an APA accredited predoctoral internship. Headspace Training Institute postdocs work closely with licensed psychologists to complete supervised clinical experience towards professional licensure. In addition to weekly clinical supervision, postdoctoral fellows also participate in a weekly didactic seminar, a weekly case consultation group, and other meetings with the team at Headspace.

Currently, HTI offers three specialized tracks for the Psychology Postdoctoral Fellowship Program

Diversity, Equity, Inclusion, and Belonging (DEIB) track:

The DEIB Track offers postdoctoral fellows the opportunity to work closely with the Headspace team to support internal DEIB efforts. This may include conducting needs assessments, developing presentations, and researching best practices. The DEIB track offers postdocs the opportunity to hone their clinical skills while also looking at DEIB from an organizational and telehealth lens

Research and Evidence track:

The Research and Evidence Track offers postdoctoral fellows the opportunity to work with the research team at Headspace on projects evaluating the impact of on- demand mental healthcare. This may include conducting literature reviews, performing qualitative and/or quantitative data analyses, and assisting with journal manuscript development and presentations. The Research and Evidence Track offers postdocs the opportunity to gain clinical experience while also continuing to develop their skills in scientific research

Training Track:

The Training Track provides the opportunity to continue honing skills in clinical supervision and training program development. Postdoctoral fellows in this track may work with the Headspace Training Institute team to develop seminars for practicum trainees, specialized training for our full time clinicians, resources for HTI trainees, administrative resources to support HTI clinical supervisors, and/or resources for licensed clinicians.

**Psychology
Postdoctoral
Fellowship**

POSTDOCTORAL FELLOW WEEKLY EXPECTATIONS

HTI postdoctoral fellows participate in a wide variety of activities each week, and the fellowship is a full-time position. Below is a typical weekly schedule. Supervisory support is provided in multiple modalities, including individual supervision and case consultation. Fellows also receive didactic training from HTI supervisors and Headspace staff. Time is included in the fellow’s schedule for specialty track work, administrative responsibilities, documentation, and cohort connection.

DUTIES	HOURS
Direct care	23
Individual supervision	2
Care consultation	1
Didactic seminar	1
All therapy training/company all hands	1
Track work	6-8
Admin/ notes	5-7

During the Psychology Postdoctoral Fellowship Program’s experience, fellows will be closely supervised by licensed psychologists on the HTI supervisory team and will participate in a weekly didactic training seminar on a variety of topics relevant to their work at Headspace, with a particular emphasis on training in diversity, equity, inclusion, and belonging. Therapy sessions will be video recorded and students will be provided weekly feedback on their skills.

In addition to close contact with supervisors and the Training Director, the Psychology Postdoctoral Fellowship Program experience will provide the opportunity to learn about Headspace’s unique service delivery model, including the opportunity to collaborate with behavioral health coaches and leverage in-app content to help clients gain skills and meet treatment goals. The Psychology Postdoctoral Fellowship Program experience will also provide the opportunity to gain exposure to a breadth of functions within the company, including marketing, sales, and product development.

Psychology Postdoctoral Fellowship

PROFESSIONAL EXPECTATIONS OF THE PSYCHOLOGY POSTDOCTORAL FELLOWSHIP PROGRAM

All Headspace Postdoctoral Fellows are expected to consistently engage in professional behaviors, including:

- Attending required training experiences, including supervision, clinical rounds, didactics, and training meetings
- Attending all onboarding and orientation meetings
- Responding to training communications within 24 hours
- Attending all scheduled meetings and appointments
- Completing and signing all clinical documentation within 24 hours of the scheduled appointment
- Adhering to all legal and ethical principles of practice
- Following all Headspace Training Institute procedures and guidelines
- Engaging in professional behavior and communication with colleagues, program staff, supervisors, and members

WHO MAY APPLY

Headspace's Psychology Postdoctoral Fellowship Program is open to those who have completed either an APA accredited doctoral program in clinical or counseling psychology AND an APA accredited predoctoral internship.

Ideal applicants include those who are:

- Committed to advancing skills in culturally responsive and identity-affirming clinical practice
- Passionate about telehealth and digital mental healthcare
- Invested in their own growth and development as a clinician
- Committed to measurement-based care and evidence-based approaches
- Experienced with assessment, diagnosis, and treatment of psychological concerns and disorders
- Able to consistently devote 40 hours weekly to the postdoctoral fellow program

IMPORTANT DATES

August 18, 2025 - Psychology Postdoctoral Fellow Program begins

August 17, 2026 - Psychology Postdoctoral Fellow Program ends

BENEFITS

The postdoctoral fellowship includes a generous compensation and benefits package, including professional development funds and medical/ dental/ vision insurance, among other benefits.

**Psychology
Postdoctoral
Fellowship**

APPLICATION

Interested applicants are encouraged to apply and specify the track(s) that best fits their interest and skills. To apply to the 2025-2026 postdoctoral fellowship, please visit our Careers page in November 2024.

In the meantime, you are welcome to reach out to Dr. Jeanette Mayse at jeanette.mayse@headspace.com with questions or to discuss the program.

Advanced Psychology Practicum/ Externship Program

OVERVIEW

Headspace Training Institute's Advanced Psychology Practicum/ Externship Program is designed to provide an advanced clinical training experience for experienced doctoral students in clinical and counseling psychology.

During the Advanced Psychology Practicum/ Externship Program's practicum experience, students will be closely supervised by licensed psychologists on the HTI team and will participate in a weekly didactic training seminar on a variety of topics relevant to their work at Headspace, with a particular emphasis on training in diversity, equity, inclusion, and belonging. Therapy sessions will be video recorded and students will be provided weekly feedback on their skills. In addition to close contact with supervisors and the Practicum Manager, the Advanced Psychology Practicum/ Externship Program experience will provide the opportunity to learn about Headspace's unique service delivery model, including the opportunity to collaborate with behavioral health coaches and leverage in-app content to help clients gain skills and meet treatment goals. The practicum experience will also provide the opportunity to gain exposure to a breadth of functions within the company, including marketing, sales, and product development. The remote nature of the training experience will allow students to connect with trainees from other doctoral programs, as well as Headspace staff members from across the country.

**Advanced
Psychology
Practicum/
Externship
Program**

PRACTICUM WEEKLY EXPECTATIONS HTI practicum trainees participate in a wide variety of activities each week, and the Advanced Psychology Practicum/ Externship Program placement is scheduled for 10-20 hours per week. Students will work with the Practicum Manager to determine their schedule. All students will gain experience in providing individual therapy via telehealth. Additional opportunities to create and conduct classes/workshops may be available. Students will also participate in a weekly didactic seminar on a variety of topics relevant to the work at Headspace. Below is a typical weekly schedule. Supervisory support is provided in multiple modalities, including individual supervision and case consultation. Trainees also receive didactic training from HTI supervisors and Headspace staff. Time is included in the trainee’s schedule for administrative responsibilities, documentation, and cohort connection.

DUTIES	HOURS
Direct care	8-14
Individual supervision	1
Care consultation	1
Didactic seminar	1
CEU training/ All Hands meetings	1 (optional)
Admin/ notes	2-4

Advanced Psychology Practicum/ Externship Program

PROFESSIONAL EXPECTATIONS OF THE ADVANCED PSYCHOLOGY PRACTICUM/ EXTERNSHIP PROGRAM

All Headspace Practicum trainees are expected to consistently engage in professional behaviors, including:

- Attending required training experiences, including supervision, clinical rounds, didactics, and training meeting
- Attending onboarding and orientation in full
- Responding to training communications within 24 hour
- Attending all scheduled appointment
- Completing and signing all clinical documentation within 24 hours of the scheduled appointment
- Adhere to legal and ethical principles of practice
- Following all Headspace Training Institute procedures and guideline
- Professional behavior and communication with colleagues, program staff, supervisors, and members

WHO MAY APPLY

Headspace's Advanced Psychology Practicum/ Externship Program is open to clinical and counseling psychology doctoral students who have at least two years of prior clinical experience. Ideal applicants include those who are:

- Committed to advancing skills in culturally responsive clinical practice
- Passionate about telehealth and digital mental healthcare
- Invested in their own growth and development as a clinician
- Interested in measurement-based care and evidence-based approaches
- Experienced with assessment, diagnosis, and treatment of psychological concerns and disorders
- Possesses the capacity to consistently devote 15-20 hours weekly to the practicum program

APPLICATION

Interested applicants are encouraged to apply. To apply to the 2025-2026 advanced psychology practicum/ externship program, please visit our Careers page in November 2024.

In the meantime, you are welcome to reach out to Dr. Juliana Guitelman at juliana.guitelman@headspace.com with questions or to discuss the program.

IMPORTANT DATES

August 18, 2025 - Practicum placement begins

May 22, 2026 - Practicum placement ends

Meet the Clinical Training Supervisors

Clinical supervisors are committed to providing high quality training and mentorship to the next generation of mental health professionals. As experienced, skilled, and caring clinicians, they're dedicated to the mission of expanding access to those who need it. Our supervisors create a warm and supportive environment in which trainees can learn and thrive. At the core of our supervision model is a focus on fostering culturally responsive safe spaces in which trainees can expand their growth and challenge the limits of their understanding of the clinical process, treatment outcomes, and telehealth. We are committed to providing anti-racist and identity-affirming supervision experiences.



Jeanette Mayse, PhD, ABPP she/her/hers

Training Director, Senior Manager of Clinical Training

EDUCATION

- PhD, Counseling Psychology, Texas A&M University
- MS, Educational Psychology, Texas A&M University
- BS, Psychology, Texas A&M University

STATE LICENSURE

- Arizona
- Texas
- Washington

CREDENTIALS

- Board Certified in Counseling Psychology
- PSYPACT

I am a board certified counseling psychologist who has spent most of my career working with the emerging adult and adult populations in community clinic, forensic, university counseling center, and independent practice contexts. I previously worked for the Texas A&M University Counseling & Psychological Services as an Assistant Director of Counseling and Training Director. I have also operated my own independent practice in Austin, TX for the last 11 years. My clinical interests include reproductive psychology, identity-based trauma, therapy for therapists, and working with folks from marginalized communities. I am deeply committed to culturally responsive training, supervision, and mentorship for trainees. My supervisory style is characterized by warmth, collaboration, authenticity, supportive challenge, cultural humility, and ongoing sensitivity to issues of power and privilege. I am passionate about the influence of culture, intersectionality, professional sustainability, and social justice on trainee and supervisor development.

**Juliana Guitelman, PhD** she/her/hers

Program Manager, Practicum Training

EDUCATION

- PhD, Counseling Psychology, University of Florida
- MS, Counseling Psychology, University of Florida
- BS, Psychology, University of Florida

STATE LICENSURE

- Florida
- Texas
- Washington

CREDENTIALS

- PSYPACT

I am a licensed psychologist and have spent my career working with a diverse range of presenting concerns. Prior to Headspace, I spent time in University Counseling Centers and Hospital affiliated outpatient clinics. My clinical interests include but are not limited to: interpersonal dynamics, family of origin issues, identity development and sexual functioning concerns. I am passionate about clinical practice, training and supervision. A cornerstone of my clinical work includes practicing through a lens of cultural humility and taking into consideration a member's intersectional identities when exploring presenting concerns. My supervisory style is similar, and emphasizes getting to know my supervisee as a whole human, beyond just their clinical practice. I aim to create a safe that assists supervisee's in developing professionally, clinically, and personally.



Katie VanBuskirk, PhD she/her/hers
Supervising Psychologist

EDUCATION

- PhD, Clinical Psychology, San Diego State University/University of California San Diego Joint Doctoral Program
- MS, Clinical Psychology, San Diego State University
- BA, Psychology, Vassar College

STATE LICENSURE

- Arizona
- California
- Georgia
- New York

CREDENTIALS

- PSYPACT

I am a licensed psychologist who has spent most of my career working with adult populations particularly struggling with anxiety, grief, body image concerns, and adjustment to life transitions and medical conditions. Prior to coming to Headspace, I worked in hospital settings working with individuals living with a wide range of challenges using acceptance and commitment therapy, cognitive-behavioral therapy, and mindfulness-based approaches.

My clinical and supervisory interests include working from a culturally humble and Health At Every Size stance and honoring and valuing members' and supervisees' identities and values. My clinical interests also include early and preventative mental health interventions such as coaching and content development, supervision, and mentorship. I appreciate getting to supervise not only to support and collaborate with earlier career therapists but also to foster an environment of mutual and lifelong learning.



Bobby Byrom, PhD he/him/his
Supervising Psychologist

EDUCATION

- PhD, Counseling Psychology, University of Nebraska - Lincoln
- MA, Psychology, Pepperdine University
- BA, Communication Studies, San Diego State University

STATE LICENSURE

- California
- Colorado
- Connecticut
- Texas
- Washington

CREDENTIALS

- PSYPACT

I am a licensed counseling psychologist and hold the role of Supervising Psychologist at Headspace. I consider myself a generalist practitioner who emphasizes a common factors approach to therapy. Prior to Headspace, I spent several years providing therapy for university counseling centers in Nebraska and Utah.

My clinical interests include supervision and training, social justice and multicultural concerns, positive psychotherapy, anxiety, depression, and relationship issues. My style as a supervisor is informed by these same interests, with an emphasis on fostering authentic and caring supervisory relationships. In keeping with a longstanding profile tradition, I identify as a Ravenclaw.

**Emily Sonnen, PhD** she/her/hers**Supervising Psychologist****EDUCATION**

- PhD, Clinical Psychology, University of Nebraska-Lincoln
- MA, Psychology, University of Nebraska-Lincoln
- BA, Psychology, Texas Tech University

I am a licensed clinical psychologist who has spent most of my career working with children, teens, and parents. Before coming to Headspace, I worked in integrated primary care at a large Children's Hospital. My specialized clinical interests include parenting, PTSD/childhood trauma, maternal mental health, and the Unified Protocol. However, I also consider myself to be a generalist and enjoy working with all kinds of people with all kinds of struggles and successes.

My style as a supervisor is relaxed and person-centric. I take a strengths-based approach and do my best to maintain a down-to-earth and supportive environment. I appreciate opportunities for mutual growth and learning.