



Headspace Training Institute

Program Overview

Headspace is excited to be accepting advanced practicum applications for the 2024-2025 academic year. At Headspace, our mission is to create a world where mental health is never an obstacle. At the moment of need, we provide our members with stigma-free access to high-quality coaches, clinicians and content. Headspace employs psychologists and licensed masters level mental health clinicians to provide empirically based teletherapy to clients. Additionally, Headspace's behavioral health coaches provide text-based coaching services and our psychiatrists provide psychiatric care via our telehealth platform. We employ a collaborative care model, with therapists, coaches, and psychiatrists working together to provide services. The treatment model at Headspace, as well as the use of technology in providing mental health care, make it a timely and innovative training opportunity for doctoral students.

During the Headspace practicum experience you will be closely supervised by licensed psychologists on the Headspace team and will participate in a weekly didactic training seminar on a variety of topics relevant to your work at Headspace, with a particular emphasis on training in diversity, equity, and inclusion. Therapy sessions will be video recorded and you will be provided weekly feedback on your skills. In addition to close contact with your supervisor and the manager of the practicum program, the Headspace practicum 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 members 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 research, 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; a unique and enriching opportunity.

The Headspace practicum placement will be 10-20 hours per week, with a minimum of 7 offered clinical hours per week. You will work with the practicum manager to determine your schedule based off of your program's requirements. All trainees will gain experience in providing individual therapy via telehealth. Trainees will also participate in a weekly didactic seminar on a variety of topics relevant to the work at Headspace. Trainees will additionally be provided with a laptop and access to all relevant systems for the year.

Who May Apply

Headspace's practicum placement is open to advanced practicum students from clinical and counseling psychology doctoral programs.

Important Dates

August 19, 2024 - Practicum placement begins

May 23, 2025 - Practicum placement ends

*Opportunities to continue through the summer are available for interested students

Timeline

We will start accepting applications January 15th, 2024 and will accept applications on a rolling basis until our positions are filled.

To Apply

Please reach out to Juliana Guitelman, PhD, Practicum Manager, for a link to the application page.
juliana.guitelman@care.headspace.com

Once on the application page, we will ask or the following:

- 1) A current curriculum vitae
- 2) A brief statement (1 page or less) describing your interest in the practicum program at Headspace
- 3) Contact information (email and phone number) for two professional references who have direct knowledge of your clinical skills