



Clinical Health Psychology Postdoctoral Residency Training Program, 2026-2027



R. E. Breshears, PhD, ABPP
Chief Behavioral Health Officer

Amanda Perkins, PhD, ABPP
Training Director of Health Psychology

Behavioral Health Service Line
55 Whitcher St, Suite 420
Marietta, GA 30060

<https://www.wellstar.org/medical-services/service-lines/behavioral-health/behavioral-health-training-programs>

Table of Contents

Philosophy and Model of Training	3
Program Description and Aims.....	4
Clinical Health Psychology Rotations	7
Training Environment	12
Integration of Diversity into Training.....	13
Living Environment/Cost of Living.....	16
Hours and Benefits.....	16
Support Services	17
Non-Discrimination Policy & Compliance with the Americans with Disabilities Act (ADA)	18
Eligibility	18
Application Process	19
Training Faculty Bios	20

Dear Prospective Candidate,

Congratulations on your pending fulfillment of predoctoral training requirements in professional psychology. On behalf of Wellstar's Clinical Health Psychology training committee, we are thrilled you are considering us for your postdoctoral Residency training in Clinical Health Psychology. The largest non-profit healthcare system in Georgia, Wellstar is comprised of 11 hospitals and a large ambulatory footprint with over 25,000 team members. As full members of the Wellstar Medical Staff, our psychologists are proud of the distinction and reputation that we have here, and we're honored to have the opportunity to support you as you consider the next steps in your professional training and journey.

At Wellstar, we have a collegial group of Clinical Health Psychologists who provide world-class care and are also invested in the growth and development of aspiring health psychologists. The shared aim of our training faculty is to provide you with a rich experience that will further develop your competencies and equip you for a fulfilling and successful career. We're committed to offering this experience within a healthy and supportive culture that is a model for work-life integration while also maintaining a no-compromise approach to patient-centered and quality care.

Wellstar's Clinical Health Psychology Residency follows a structure that is aligned with the American Psychological Association's (APA) Commission on Accreditation standards (SoA). We offer advanced postdoctoral experiences in a recognized sub-specialty of Clinical Health Psychology practice, combined with a framework that prioritizes and cultivates professional identity, ensures preparedness for licensure and board certification, and facilitates a seamless transition into independent practice.

For more than a decade, Wellstar has established one of the richest Clinical Health Psychology programs in Georgia. Our Clinical Health Psychology Residency program offers in-depth training experiences in the following areas: Cardiovascular Behavioral Medicine and Inpatient Consultation-Liaison Psychology. In addition to these primary emphases, Residents might elect to augment their experiences via minor rotations in Bariatric Psychology/Obesity Medicine, Metabolic Behavioral Medicine, Psycho-gastroenterology, Psychosocial Oncology, Women's Behavioral Health, or other areas as available.

The manual that follows details our offerings and provides an overview of Wellstar's Clinical Health Psychology program structure, policies, and other information relevant to your experience. I want to thank you for your interest in Wellstar. We welcome further inquiries and hope you'll take the next step in formally submitting your candidacy.

R. E. Breshears, PhD, ABPP
Chief Behavioral Health Officer, Wellstar Health System
Board-Certified Clinical Health Psychologist

Philosophy and Model of Training

The Residency in Clinical Health Psychology at Wellstar Health System is built upon the biopsychosocial model. Our program offers distinct training experiences that are foundationally built on five core domains:

Scientist-Practitioner Model: Residents will develop advanced competencies and skills with regards to evidence-based practice and the profession of effective psychological services through intensive, experiential learning opportunities. Both theory and empirical evidence inform the Resident's practice that centers on a combination of clinical care, assessment, diagnosis, prevention, clinical intervention, consultation, and evaluation.

Tailored, Graduated Training: Learning is planned, sequenced, and graded in complexity over the course of the year. Learning is also competency-based with explicit articulation of advanced competencies to be developed and demonstration that those competencies are achieved during the training year.

Collaborative: Intensive interactions with other disciplines and professions will help the Resident develop advanced competencies in interdisciplinary and team-based practice where the Resident is able to function effectively as a leader in diverse health care settings. Professional identity is supported through the development of supportive relationships that will help Residents excel professionally while maintaining an appropriate self-work-life balance.

Affirming of Individual Differences: Our training program values the enriched environment that occurs with a diverse group of trainees and staff. Training involves self-reflection and consideration of how sociocultural factors influence patient care. Please see the Diversity section which describes program and system-wide initiatives to support culturally-responsive care.

Acculturation: The Residency is designed to ensure that Residents become fully assimilated into the healthcare setting, understanding the context within which they work (institutionally and at the state and national levels), that they acquire the prerequisite nomenclature to practice effectively within this setting, and that they learn to conduct themselves professionally in a manner that reflects positively on themselves and the Wellstar Behavioral Medicine team.

While all Residents are required to engage in clinical practice and scholarship, the opportunity to create a training plan that focuses on unique career goals allows flexibility for while preparing for Residents for licensure and board certification.

Program Description and Aims

As an extension of our Behavioral Medicine program, Wellstar Health System offers advanced specialty training via our Clinical Health Psychology Residency program. Wellstar's Behavioral Medicine program is strongly integrated into the fabric of the health system, offering sub-specialty programming in Cardiovascular Behavioral Medicine (including work with insomnia and LVAD patients) and Inpatient Consultation-Liaison Psychology. Minor clinical training opportunities are also available in ambulatory clinics specializing in obesity medicine, metabolic disease, psychogastroenterology, women's health, and psychosocial oncology. This repertoire of sub-specialty and across settings clinical offerings provides Clinical Health Psychology Residents with ample opportunity to develop both generalist and sub-specialization training prior to independent practice.

Wellstar's Clinical Health Psychology Residency is a 1-year program focused predominantly on advanced clinical training and didactics/supervision. A primary objective is to ensure that Psychology Residents are fully assimilated into the healthcare culture and develop a stronger scientific and broader contextual base to inform evidence-based and culturally sensitive assessment, consultation, and interventions.

Achieving psychologist licensure is needed to achieve independent practice; therefore, we strongly support our Residents in passing the EPPP Parts 1 and 2 (if not completed prior to Residency), as well as the [Georgia Psychology Jurisprudence](#) and [Oral Examinations](#).

To facilitate tailored training and to ensure acquisition of skills, Residents will be expected to complete "Milestone" accomplishments. Following completion of the Milestones, Residents will transition into more autonomous clinical practice, while still receiving support and mentorship around the functional and foundational competencies related to the practice of clinical health psychology.

Teaching Methods

Service Delivery: Residents receive supervised training in direct contact with patients. In accordance with APA and APPIC guidelines, face-to-face contact includes video telehealth. The combination of face-to-face clinical care and all supportive clinical functions (e.g., consultation, report writing, medical record review, supervision, and provision of supervision) will comprise the majority of a training.

Supervision: Consistent with SoA, Residents receive a minimum of 2 hours of individual supervision per week. As indicated in the SoA, each rotation also requires direct observation as part of the Resident evaluation process. Each Resident will have an identified Primary Supervisor at all times to ensure continuity of the training plan. The Primary Supervisor maintains overall responsibility for all supervision, including oversight and integration of

supervision provided by all other health professionals. Supervision is provided by at least two licensed psychologists throughout the year, each of whom has expertise in the activities being supervised. Residents may also receive group supervision with a maximum of three trainees. Individual supervision is primarily offered face-to-face, but may also occur virtually, consistent with [CoA guidelines](#) and [GA State Board](#) rules on telesupervision. The appendix includes a formal and detailed Telesupervision policy.

Structured Learning Activities: Residents participate in structured learning activities, including program-wide and rotation specific didactics, team meetings, grand rounds, and case conferences. On average, Residents typically participate in 2-4 hours of other structured learning activities per week.

- Clinical Health Psychology Forum (CHPF) – Required, once per month, one hour
 - This monthly meeting is dedicated to offering Wellstar health psychologists and trainees a forum to develop clinical health psychology competencies that are aligned with the highest standards of professional practice. Sessions may focus on board certification preparation activities including Q&A, writing time, or case presentation.
- Clinical Health Psychology Didactics – Required, two hours per week. Modalities may include presentations, case-based learning, discussions, journal club, and outings to further support competency development across domains:
 - *Clinical Topics*
 - Covers a broad spectrum of clinical issues and addresses provision of clinical care in varying populations using a variety of modalities.
 - *Ethics*
 - Discussion and review of ethical issues commonly encountered in medical settings as well as application of APA Ethics Code and various ethical decision-making models.
 - *Leadership/Administration*
 - Review of concepts and skills to support programmatic and interdisciplinary leadership.
 - *Medical Fluency*
 - Focus on increasing knowledge of medical nomenclature to support effective interdisciplinary communication and collaboration.
 - *Professional Development*
 - Includes a range of topics including billing/coding, burnout and resiliency, future directions in clinical health psychology, EPPP & licensure exam preparation, and board certification.
 - *Research*
 - Focus on practical skills to support scholarship such as IRB proposal and submission, statistics review, ethical use of artificial intelligence, etc.
 - *Supervision*
 - Focus on theoretical approaches, self-reflection and awareness, diversity, and ethics in supervision.
 - *Diversity*

- Exploration of topics to support culturally responsive care such as intersectionality and health, cultural adaptation of interventions, etc.
 - Diversity Experiential Excursions - Required, 5th Fridays. Shared opportunity with Neuropsychology Residency program.
 - Experiential excursions are used to enhance diversity training. An example is a planned trip to the National Center for Civil and Human Rights.
- Internal Medicine Grand Rounds – Optional, once per week, one hour
 - The Department of Internal Medicine presents a weekly Grand Rounds during the academic year. Grand Rounds provide evidence-based information from a diversity of experts in the field of health care. The format for Grand Rounds consists of a formal presentation followed by a short question-and-answer session.
- Ethics Grands Rounds – Optional, once every two months, one hour
 - An Ethics Grand Rounds series focused on core healthcare ethics topics and case discussions to promote a thriving moral community at Wellstar.
- Neuroimaging Seminar - Optional, 2x per month, October to July
 - This seminar begins with a three week focus on neuroanatomy followed by neuroimaging topics. Topics will be relevant to clinical practice and research from a neuropsychologist's perspective. Clinical cases will be discussed and used for illustration. Shepherd Center Neuropsychology Residents will attend remotely.
- MoCA training & certification (1-hour online course)
- Bariatric Psychology/Obesity Medicine Didactics – required during rotation
 - American Diabetes Association's Diabetes Education Program (8-hour online course)
 - American Association of Clinical Endocrinology's Improving Obesity Diagnosis and Treatment program (3.75-hour online course)

Provision of Supervision: Residents may have the opportunity to develop competencies in the provision of supervision to junior trainees under the supervision of licensed psychologists. Supervision of supervision consists of active review of APA Guidelines for Clinical Supervision in Health Service Psychology, including application of these guidelines within supervisory relationships with junior trainees. Residents will actively participate in supervision of supervision, reviewing topics such as managing imposter syndrome, maintaining boundaries, managing trainees with competence or behavioral concerns, incorporating diversity, and providing feedback. A licensed psychologist will observe Residents as they provide supervision to junior trainees throughout the year.

Teaching: Residents will have opportunities to enhance teaching skills within multidisciplinary training settings. Each Resident will be assigned a specific topic for presentation to Wellstar GME. Presentations will be developed with faculty supervision. The Resident will be formally evaluated by at least one member of the Training Committee.

Research/Scholarship: Involvement in Clinical Health Psychology scholarship is an integral part of the training year. There are numerous opportunities to participate in research and program evaluation, both within and outside of the Behavioral Medicine Program. Residents

will be encouraged to identify research activities that will expand their current skill set and are expected to devote two hours per week to this area. This weekly two-hour block will be part of protected time in the Resident's schedule and is considered when planning clinical activities throughout the year.

Non-Evaluative Mentorship: Each Resident is encouraged to select a Non-Evaluative Mentor (NEM) from current clinical health psychology and neuropsychology faculty members who will serve as a year-long mentor. The NEM may be selected by the Resident based on specific career interests or other personal factors such as lived experiences, past academic opportunities, and work life integration. The NEM may be associated with the Resident's training experiences but may not serve as a direct supervisor or evaluator of the Resident. Examples of discussion topics include professional development, identity development, career development, work life integration, post-employment decision-making, etc.

Licensure

Throughout the training year, much emphasis is placed on preparing Residents for licensure and independent practice. One hour per week of protected time is offered for EPPP preparation. Didactics also incorporate topics related to the process of obtaining licensure, including completing the EPPP, preparing for the jurisprudence examination, and completing critical licensing board paperwork in a timely fashion. At the completion of the Residency, Residents will have completed, at a minimum, the 1500 hours of individually supervised service experiences (including a minimum of 500 direct clinical contact hours) required for [licensure in the State of Georgia](#). Direct contact hours are defined by the GA licensing board as including face-to-face patient contact, document review, test scoring, note/report writing, or any other professional activity which directly relates to the treatment of or services provided for the patient. All hours must be documented on a weekly log which is co-signed by the Resident and supervisor. At the end of the training year, supervisors attest to the adequacy of the applied experience and supervision on a postdoctoral supervised work experience affidavit of supervisor form.

Clinical Health Psychology Rotations

Major rotations (6 months duration, 16-24 hours weekly) are offered in Cardiovascular Behavioral Medicine and Inpatient Consultation-Liaison Psychology, offering rich experiences in working with patients with coronary artery disease, congestive heart failure, obesity and a range of mental health, substance use, and medical multi-morbidities. Minor rotations (6 months duration, 8 hours weekly) are currently possible in the areas of Bariatric Psychology/Obesity Medicine, Metabolic Behavioral Medicine, Psycho-gastroenterology, Women's Behavioral Health, and Psycho-social Oncology.

Bariatric Psychology/Obesity Medicine Rotation

The goal of the Bariatric Psychology/Obesity Medicine rotation is to prepare Residents for scientist-practitioner roles as clinical health psychologists in medical settings, applying knowledge of bariatric surgery, obesity, weight management, health promotion, eating disorders, and general mental health. This rotation will be based out of a Behavioral Medicine clinic location proximal to the Wellstar Kennestone Regional Medical Center. Residents will see patients in the outpatient setting by the modalities of in-person visits and telepsychology. Primary clinical responsibilities on this rotation include the following: 1) pre-bariatric surgery psychological evaluations, including a battery of standardized measures assessing domains recommended by The American Society for Metabolic and Bariatric Surgery (ASMBS), a 60-90 minute clinical interview, chart review, and obtaining collateral information from other sources (e.g., weight management and surgery center staff, other mental health providers, caregivers, etc.) when necessary; 2) psychotherapy and health behavior intervention services for patients before and after bariatric surgery, 3) treatment and support group facilitation upon availability; and 4) consultation with multidisciplinary teams at Kennestone and Cobb Hospitals, as well as West Georgia Medical Center. Services are primarily individual in format, but group therapy may be possible depending on Resident interest and patient needs. Treatment utilizes a cognitive-behavioral therapy framework for addressing diverse presenting problems that may impact success with bariatric surgery, such as binge or other disordered eating, depression, anxiety, insomnia, chronic pain, tobacco/nicotine cessation, alcohol or drug use, adherence, and psychosocial stressors. Residents will also have the opportunity to learn and apply motivational interviewing and health coaching strategies. Residents serve as members of multidisciplinary teams through the Bariatric Surgery Programs at Wellstar facilities. This may involve coordination, collaboration, and consultation to surgeons, associated providers and staff, nutritionists, exercise physiologists, and other specialists. Residents will be encouraged to engage in innovative development and/or practice (e.g., creation of program materials, virtual programs, etc.). This rotation is available as a minor rotation.

Bariatric Psychology/Obesity Medicine Rotation Supervisors: Tonette Robinson, PhD, ABPP and Amanda Perkins, PhD, ABPP

Cardiovascular Behavioral Medicine Rotation (CVBM)

Wellstar's Cardiovascular Behavioral Medicine program (CVBM) works with cardiac patients across the spectrum of cardiac diagnoses and functioning levels. This work includes patients diagnosed with congestive heart failure and patients being considered for LVAD implantation. Patients with coronary artery disease, structural heart problems, and recent major adverse cardiac events are seen in ambulatory care with CVBM. This rotation will be based out of a Behavioral Medicine clinic location proximal to the Wellstar Kennestone Regional Medical Center. Wellstar's cardiac service line has an LVAD program, a robust cardiac rehab program, a preventative cardiology program, and a cardiac wellness program, all of which have strong relationships with CVBM. These many clinics provide opportunities for our Residents in the areas of assessment (particularly in the form of an evaluation for LVAD candidacy), evidence-based individual intervention, prevention strategies, lifestyle modification to mitigate cardiac risk factors, group intervention, and consultation with medical teams. This clinic also provides insomnia treatment services employing CBT-I to both cardiac and pulmonology patients.

Additionally, patient education opportunities exist in coordination with the cardiac rehab program. Patients receive treatment both in-person and through HIPAA-compliant telehealth platforms. This rotation is available as a major rotation.

CVBM Rotation Supervisor: Shawn M. Coyne, PhD, ABPP

General Health Psychology Rotation

The goal of the General Health Psychology rotation is to prepare Residents as strong generalists in clinical health psychology who can practice in a range of interdisciplinary medical settings. Residents will provide consultation and brief interventions to patients referred from a range of medical specialties, including cardiovascular medicine, pulmonary medicine, endocrinology, bariatrics, neuro rehab, primary care, and psychiatry.

Patient care delivered is through a combination of in-person visits and telepsychology. Primary clinical responsibilities include: 1) conducting focused biopsychosocial assessments and providing evidence-based recommendations to patients and the referring medical teams; 2) delivering brief, targeted interventions to support health behavior change (e.g., diabetes management, nicotine cessation), adjustment to chronic illness, and management of co-occurring psychological conditions (e.g., depression, anxiety, PTSD, insomnia, binge eating); and 3) offering consultation and collaboration with multidisciplinary providers across medical specialties.

Treatment approaches emphasize cognitive-behavioral strategies to address issues such as treatment adherence, lifestyle modification, coping with medical diagnoses, and stress management. Residents will also have the opportunity to develop competencies in approaches such as Written Exposure Therapy (WET) for PTSD, CBT-Enhanced and Dialectal Behavioral Therapy (DBT) strategies for disordered eating, nicotine cessation, Motivational Interviewing (MI). Opportunities for program development or quality improvement projects may be available based on resident interest. This experience is available as a minor rotation.

General Health Psychology Rotation Supervisor: Amanda Perkins, PhD, ABPP

Inpatient Consultation-Liaison

The Clinical Health Psychology track with a focus in Consultation-Liaison Services involves dedicated experiences in the inpatient setting. In this clinic, Residents will work with attendees building consultation, assessment, brief intervention, and treatment planning skills. Residents can expect to have experiences in the ICU, CCU, ED, and with the LVAD patient population. The Consultation-Liaison service includes psychiatrists, psychiatric nurse practitioners and social workers along with psychologists. Residents will round with this team as they build exposure and practice with a range of patient populations and presenting behavioral health needs. This rotation is available as a minor rotation.

Inpatient Consultation-Liaison Rotation Supervisor: Michelle Jesse, PhD, FAST

Metabolic Behavioral Medicine – Center for Best Health

The Center for Best Health (CBH) is a customized, medically monitored program offering life-changing results for obesity, diabetes, and hypertension leading to an active, healthier life. Our comprehensive approach includes medical supervision of dietitian services, exercise management, and behavior modification. The goal of the rotation at the Center for Best Health is to prepare Residents for scientist-practitioner roles as clinical health psychologists in medical settings, applying knowledge of metabolic disease, obesity, weight management, health promotion, eating disorders, and general mental health. This rotation will be based at the Center for Best Health near Wellstar Kennestone Regional Medical Center. Residents will be seeing patients in the outpatient setting by the modalities of in-person visits and telepsychology. Primary clinical responsibilities on this rotation include the following: 1) Biopsychosocial evaluations, including assessments appropriate for patient care, a 60 minute clinical interview, chart review, and obtaining collateral information from other sources (e.g., integrative team including the medical provider, dietitian, exercise physiologist, medical assistants, other mental health providers, caregivers, etc.) when necessary; 2) psychotherapy and health behavior intervention (e.g., behavioral modification) services for patients referred by the CBH medical provider 3) treatment and support group facilitation upon availability; and 4) consultation with multidisciplinary teams at CBH sites. Treatment utilizes a cognitive-behavioral therapy framework for addressing diverse presenting problems that may impact success with prevention or reduction of metabolic disease and weight management, such as binge or other disordered eating, depression, anxiety, insomnia, chronic pain, tobacco/nicotine cessation, alcohol or drug use, adherence, and psychosocial stressors. Residents will also have the opportunity to learn and apply motivational interviewing and health coaching strategies. Residents will also have the opportunity to facilitate the CBH Behavioral Health Support Group. Residents serve as members of multidisciplinary teams through the Center for Best Health at Wellstar facilities. This may involve coordination, collaboration, and consultation with medical providers and staff, registered dietitians, exercise physiologists, and other specialists. Residents will be encouraged to engage in innovative development and/or practice (e.g., creation of program materials, virtual programs, etc.). Along with these clinical responsibilities, Residents will have opportunities to shadow and consult with interdisciplinary team, to attend didactics, to attend monthly CBH office meeting, and to meet periodically with office manager to better understand business side of healthcare. This rotation is available as a major rotation.

Center for Best Health/Metabolic Health Rotation Supervisors: Jay Trambadia, PsyD, ABPP and Quaneecia Rainey, PhD

Psychogastroenterology

This rotation provides specialty training focused on the assessment and treatment of various digestive health conditions, including disorders of gut-brain interaction. Residents will receive training in comprehensive psychosocial evaluations, the application of evidence-based treatments to specific disease groups, and collaboration with multidisciplinary teams. Residents who elect to take this minor rotation can expect a 4-5 hour weekly commitment and will see at least 3 outpatient cases carried over the course of 6 months. Specialty-specific didactics may also be included. Additional learning experiences and didactics can be added to fit the Resident's training goals as needed and when available. Optional additional experience

shadowing gastroenterologists and working as part of an integrated member of the GI team may also be available. At the end of the rotation, Residents should have a general familiarity with presentations commonly seen in a psychogastroenterology practice, the available evidence-based treatments of digestive health conditions, and relevant psychosocial considerations for treating and evaluating patients with digestive health conditions. This rotation is available as a minor rotation.

Psychogastroenerology Rotation Supervisor: Pooja Dave, PhD

Psycho-social Oncology

Wellstar's Psychosocial Oncology program employs an interdisciplinary model to deliver consultations, assessments, and interventions for individuals following a cancer diagnosis. The team is comprised of a health psychologist, a consultation-liaison psychiatrist who specializes in the treatment of cancer patients, oncologists, radiologists, surgeons, social workers, and nurse navigators. Using a biopsychosocial framework and employing evidence-based practices, this rotation provides the opportunity to engage in assessment, health and behavior interventions, and psychotherapy in both in-person and telehealth platforms. Opportunities exist for both individual and group work, as well as psychoeducation. While the rotation will be based out of the Kennestone Regional Medical Center area, Wellstar's Cancer Care program has a large footprint and patients might be seen virtually from a broad range of Georgia communities. Wellstar's Cancer Care program invests in state-of-the-art technology and participates in clinical trials to give patients access to a variety of advanced treatments including minimally-invasive surgery, high precision radiation dosages by CyberKnife and TrueBeam delivery systems, intraoperative radiation therapy (IORT), Hyperthermic Intraperitoneal Chemoperfusion (HIPEC) as well as chemotherapy, immunotherapy, and targeted therapies based on the latest advances in biomarker testing. This rotation is available as a minor rotation.

Psycho-oncology Rotation Supervisor: Leila Wu, PhD

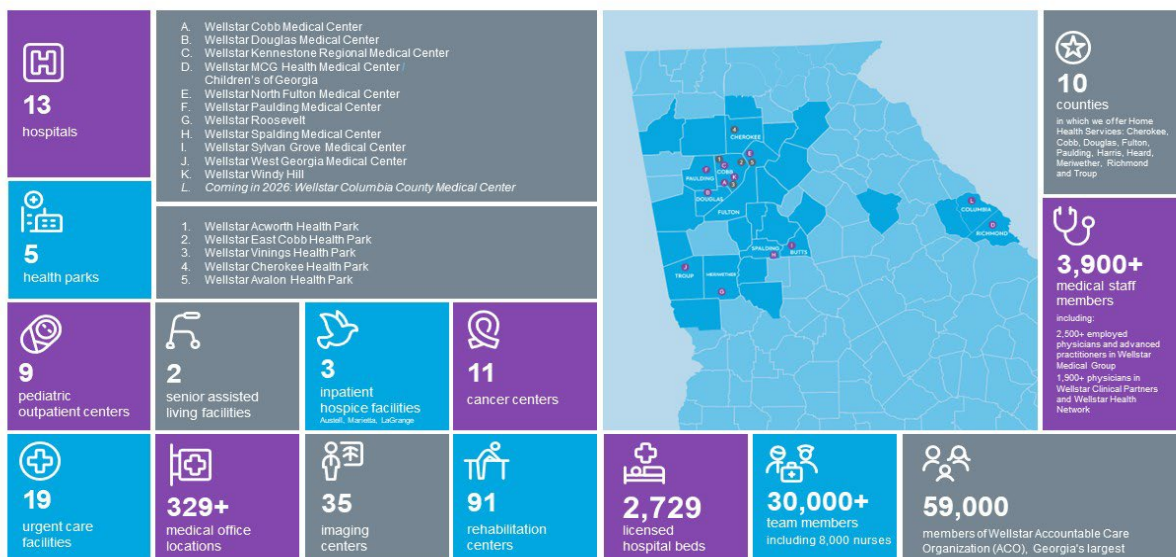
Women's Behavioral Health

Wellstar's Women's Behavioral Health program works with multiple OB/GYN clinics within Wellstar to provide health psychology support to their patient's treatment plans. This program supports these clinics in treating health needs particular to women across the developmental spectrum, such as puberty care, sexual health, perinatal care, infertility evaluation, gynecologic surgery, menopause care, incontinence and prolapse, and gynecologic cancers. Further, research shows many women utilize their OB/GYN as a primary care provider; thus, a broad range of other presenting problems are seen in these clinics as well. These services are ambulatory and based out of a Behavioral Medicine clinic location proximal to the Wellstar Kennestone Regional Medical Center. Clinic opportunities will include assessment, evidence-based individual intervention, prevention strategies, and consultation with medical teams. There may be opportunities for group treatment, particularly in the area of pain management. Patients receive treatment both in-person and through HIPAA-compliant telehealth platforms. This rotation is available as a minor rotation.

Women's Behavioral Health Rotation Supervisor: Nancy Gimble, PhD

Training Environment

Nationally ranked and locally recognized for our high-quality care, inclusive culture, and exceptional doctors and caregivers, Wellstar Health System is one of the largest and one of the most integrated healthcare systems in Georgia.



Integration of Diversity into Training

We are committed to the recruitment and training of diverse postdoctoral Residents. Consistent with the SoA, we define cultural and individual differences and diversity as including, but not limited to, age, disability, ethnicity, gender, gender identity, language, national origin, race, religion, culture, sexual orientation, and socioeconomic status. We encourage all qualified applicants to apply.

According to a recent scoping review, postdoctoral Residents identify a decreased need for foundational knowledge about specific minority groups and an increased need for support integrating past diversity training into professional identity and practice (Treichler, Crawford, Higdon, & Backhaus, 2020). Consistent with Resident rankings regarding the most helpful diversity training modalities, Wellstar's Clinical Health Psychology Residency utilizes supervision, discussion, self-reflection, and review of diversity-related literature. Opportunities for cultural excursions/encounters are also provided to support increased exposure and reflection. Training focuses on the provision of culturally competent care, including exploration of opportunities to reduce health disparities via culturally responsive treatment models.

Program Domain	Features
Recruitment & Retention of Diverse Staff & Trainees	• Advertising. Both Wellstar and Residency advertisements are distributed broadly and indicate that we are an equal opportunity employer. • Recruitment and Selection. Both Wellstar and the Residency utilize processes that identify our commitment to diversity and seek candidates who are good match with these values. • Reducing barriers that may differentially impact diverse and under-represented applicants. We offer a no-cost interview process via virtual interviews. Wellstar provides access to tuition.io for education assistance benefit support. Residents receive reimbursement for continuing education, professional dues, and licensure. • Culture of Inclusion. Wellstar's Office of Diversity, Equity, Inclusion, and Belonging (ODEIB) provides system-wide design, development, strategic planning, and implementation of actions to impact workforce diversity and a culture of inclusion. For example, Wellstar has DEI inclusion councils and various Business Resource Groups (BRGs) that trainees can join, including BRAVE (Black Resources Activating Value & Equity), DiverseAbility, Interfaith, Military/Veterans, The PRIDE Collective (LGBTQIA+), UNIDOS (Hispanic/Latino), UP (Underrepresented Physicians) and Women's. These BRG's create a deeper sense of belonging and representation, as well as provide insight on health and wellness needs,

	education, retention, recruitment, and professional development strategies.
Supervision	• Supervision contract highlights co-constructed diversity focus • Residents and supervisors are provided resources to support exploration of identities and impact on supervisory relationship • Residents engage in reflective local practice, emphasizing informational and self-reflective approaches for improving cultural competence (Sandeem, Moore, & Swanda, 2018)
Curriculum	• Elements of diversity are integrated into every didactic and outlined in the specified learning objectives. Diversity-specific didactics including presentations, journal club, case-based learning, and excursion experiences. • All staff (including Residents) are required to complete modules on “Conscious Inclusion” and “Sexual Orientation and Gender Identity and Expression” with additional diversity-related modules also available.
Non-Evaluative Mentorship Program	• Residents have access to non-evaluative mentorship that prioritizes discussions of positionality
Faculty support	• Residency faculty have access to continuing education opportunities related to diversity.
Peer Support	• Trainees across various programs at Wellstar are provided opportunities for socialization and are encouraged to engage in trainee-driven support related to specific identities or challenges. Trainees can problem solve and receive validation to support reduction of stress and sense of isolation, as well as provide/receive feedback regarding navigating diversity-related challenges.
Socially Responsive Scholarship	• Residents are guided in becoming socially responsive when producing and consuming research.
Quality Improvement	Resident and staff evaluations are used to guide improvements: • <i>Resident Competency Ratings</i> (Supervisor ratings) • <i>Supervision Evaluation</i> (Resident ratings) • <i>Non-evaluative Mentorship Evaluation</i> (Resident & Mentor ratings). Program impact on Resident recruitment is also assessed via <i>Post-recruitment Survey</i> • <i>Multicultural Training Assessment</i> (MTA; adapted from Wilcox et al., 2022) (Resident ratings)



Wellstar Honored in Seramount 2023 Inclusion Index

We're pleased to announce that our efforts to foster an inclusive and equitable environment have been recognized in the Seramount 2023 Inclusion Index.

 FirstUp
November 17, 2023

Honoring every voice is one of our core values, and we're constantly striving to embrace the unique aspects of our patients, employees and the communities we serve. We're pleased to announce that our efforts to create an inclusive and equitable environment have been recognized in the **Seramount 2023 Inclusion Index**.

References:

Council of Chairs of Training Councils. (2020). Social Responsiveness in Health Service Psychology Education and Training Toolkit. https://www.cctcpsychology.org/wp-content/uploads/2023/04/CCTC_Socially-Responsive-HSP-Ed-Training_4-17-23.pdf

Sandeen, E., Moore, K.M., and Swanda, R.M. (2018). Reflective Local Practice: A pragmatic framework for improving culturally competent practice in psychology. *Professional Psychology: Research and Practice*, 49, 142-150. <http://dx.doi.org/10.1037/pro0000183>

Treichler, E. B. H., Crawford, J. N., Higdon, A., & Backhaus, A. L. (2020). Diversity and social justice training at the postdoctoral level: A scoping study and pilot of a self-assessment. *Training and Education in Professional Psychology*, 14(2), 126–137. <https://doi.org/10.1037/tep0000281>

Wilcox, M. M., Gale, M. M., McLaughlin, K. L., Squyres, E., Burish, E. C., & Khojasteh, J. (2022). Development and initial validation of the Multicultural Training and Education Questionnaire. *Training and Education in Professional Psychology*, 16(1), 55–66. <https://doi.org/10.1037/tep0000344>

Living Environment/Cost of Living

As a large and culturally diverse metropolitan city, Atlanta is a highly desirable location for psychologists and health care professionals. Atlanta is the location of two medical schools and seven colleges or universities, including three graduate training programs in clinical psychology. The State of Georgia itself has four medical schools. For clinical duties, Residents are strongly encouraged to secure reliable transportation.

With a population of approximately four million, the metropolitan Atlanta area has numerous opportunities for in town entertainment: theater, symphony, ballet, professional baseball, college and professional basketball, college and professional football, and professional soccer. There also is easy access to outdoor recreation; Lake Lanier (45 minutes North), Lake Allatoona (60 minutes North), and the North Georgia mountains, which include the southern end of the Appalachian Trail (80 minutes North). Coastal beaches (Atlantic Coast) are within 5 to 6 hours driving time. There are excellent restaurants that represent the range of ethnic cuisine.

Finally, the four seasons are well represented. Winter temperatures are mild, with an occasional dip below freezing during January or February. Summers are generally hot (80-90 degrees) with a mixture of sunny and cloudy days. For more information, applicants are encouraged to read the following: <https://www.knowatlanta.com/>

Hours and Benefits

The Clinical Health Psychology Residency at Wellstar Health System meets supervision requirements for professional licensure in the State of Georgia as well as all other jurisdictions that fall under the Association of State and Provincial Psychology Boards (ASPPB). Residents must complete 2080 professional hours (including a minimum of 500 direct clinical contact hours) within the 52-week training year in order to complete the residency. Residents are required to maintain records of their hours. Accrued paid leave time and authorized absences for professional development activities are counted towards the 2080-hour requirement.

We proudly offer a comprehensive benefits package, including:

- Competitive base salary (\$58,000)
- CE allowance (\$5,000, 5 days). Can be used for EPPP/licensure fees and medical books.
- House hunting and relocation reimbursement
- 4 weeks paid parental leave
- Paid time off for vacation, holidays, and sick leave
- Free gym access
- Concierge service (complimentary assistance to run errands, plan trips, etc.)
- Adoption assistance, fertility treatment insurance coverage
- Subsidized back-up child/pet/elder care (80 hours per year)
- Convenient and free parking across training sites
- Medical, dental, vision insurance
- 403(b) retirement plan with employer match

- Short-term and long-term disability insurance options
- Life insurance
- We are an eligible employer under the Public Service Loan Forgiveness program.

Support Services

Wellstar has developed a number of resources to facilitate well-being in its team members. The table below includes brief descriptions of some of these services. Additional details along with links can be found here:

Content Area	Contact	Additional Details
HeadSpace (Free membership for 1 year)	https://work.headspace.com/wellstar/member-enroll	Make Headspace a family thing, and discover new tools, tips, and content for both parents and kids alike.
HealthPlace Membership	EmployeeFitness@wellstar.org	Currently membership is free
ShareCare	Teamwellstar.sharecare.com	Application to learn tools to manage your health, promote behavioral change, and get rewards
Spring Health	Wellstar.springhealth.com	Wellstar's EAP program that provides limited free, confidential, and tailored behavioral health support
Well-Being Index	Mywellbeingindex.org	App-based brief assessment of well-being across several domains; Access to relevant well-being resources
Wellness Rooms	employeeewellness@wellstar.org	Each hospital and health park have wellness rooms designed to help you recharge. These rooms are general access using your badge. In each you have access to massage chairs, resource library focused on personal well-being, aromatherapy, healthy snacks, and more.
Wellstar Concierge Service	1-833-696-0702 Work-life@wellstar.org	Can be found on eSource
Get Well @ Work Clinic	780 Church St. within Urgent Care. M-F 8am-4:30pm. Virtual & in-person. Walk-ins welcome. 470-267-2720	Provides same-day minor acute visits for Wellstar employees.

Non-Discrimination Policy & Compliance with the Americans with Disabilities Act (ADA)

Wellstar is an equal opportunity employer. It is the policy of Wellstar (a) to consider all applicants for employment equally, without regard to race, color, religion, sex, sexual orientation, gender identity or expression, national origin, age, disability, marital status, parental status or veteran status, (b) to make any and all employment-related decisions (including but not limited to compensation, benefits, work and shift assignments, disciplinary action and counseling) without regard to race, color, religion, sex, sexual orientation, gender, identity or expression, national origin, age, disability, marital status, parental status or veteran status, and (c) to provide all employees with an equal opportunity to progress in the organization consistent with their skills and interests.

Pre-employment inquiries will be made only regarding an applicant's ability to perform the essential functions of the position, whether with or without a reasonable accommodation. Upon hire, an employee's request for an accommodation must be made through the Practice manager and Human Resources.

Eligibility

Applicants are strongly encouraged to review the required minimum criteria prior to applying.

Postdoctoral Residency applicants must meet the following criteria to be considered for any Residency position at Wellstar Health System:

1. Have received a doctorate from an APA or CPA accredited graduate program in Clinical, Counseling, or Combined Psychology program. Persons with a doctoral degree in another area of psychology who meet the APA or CPA criteria for re-specialization training in Clinical, Counseling, or Combined Psychology are also available.
2. Have completed an internship program accredited by APA or CPA or have completed a VA-sponsored internship.
3. Residents are subject to fingerprinting, background checks, and drug testing; selection decisions are contingent on passing these screenings per institutional policy.
4. Additional criteria that will be considered are goodness-of-fit with respect to professional goals, work ethic, and values.

Application Process

All applicants must submit their materials online via APPIC's centralized application service ([APPA CAS](#)). Completed applications must include the following:

1. A cover letter that describes postdoctoral training goals, perceived fit with our program, internship completion date, and clear identification of the focus area(s) in which you are interested. In your letter, please describe your previous educational and clinical experience relevant to the training offered in our program, your assessment of your training needs, and your general career goals. **Please review our brochure thoroughly before applying.**
2. A current **curriculum vitae**.
3. **Three (3) letters of recommendation** from supervisors who are directly familiar with your clinical work. At least one letter must be from the Director of Training at your internship site.
4. **Doctoral Requirement Attestation Form** completed by **the Chair of your University's Clinical Program** confirming that you have completed all requirements for graduation, with the exception of your internship. If you have not yet defended your dissertation, your scheduled dissertation defense date needs to be indicated. The form can be downloaded on the [Wellstar Behavioral Health Training Programs webpage](#).

Deadlines: Applications will be received on the APPA CAS system on a rolling basis; the earlier your submission, the better your opportunity for acceptance to the program. The Director of Training and members of the Residency Training Committee will review all submitted applications in detail and will select candidates for interviews. Interviews will be conducted virtually on a rolling basis. All applicants will be notified of their interview status by email at the address provided in the APPA CAS system. It is the responsibility of the applicant to ensure that correct and up-to-date contact information is provided in the online application. Applicants who are invited to interview will be informed of any and all interview formats available at the time of notification. The program will begin extending offers on a rolling basis.

For questions regarding the application process or the training program, please contact Dr. Amanda Perkins, Amanda.Perkins@wellstar.org.

Training Faculty Bios

Clinical Health Psychology

R.E. Breshears, PhD, ABPP



A native of Georgia, Dr. Breshears completed his doctorate at the University of Georgia, his internship at the Eastern Colorado Health Care System (Denver VA Medical Center), and a clinical-translational research Residency at the VISN 19 Mental Illness, Research, Education Clinical Center (MIRECC). Dr. Breshears has extensive experience in healthcare leadership and program development, developing intensive outpatient and partial hospitalization programs, a psychological services division, and a comprehensive clinician wellbeing initiative. In 2014, he was named Wellstar's Chief Behavioral Health Officer and continues to lead Wellstar's Behavioral Health Service Line, which encompasses behavioral health care across Wellstar hospitals and ambulatory clinics. Board-certified in clinical health psychology, Dr. Breshears'

clinical interests are organized around consultation/assessment of patients with medically-unexplained symptoms, particularly those with neurological presentations. Outside of work, Dr. Breshears enjoys time with his wife and two children, reading, grilling, playing music, and rooting for the Georgia Bulldogs.

Shawn Coyne, PhD, ABPP



Hailing from the Chicago area originally, Dr. Coyne has been in Georgia for nearly a decade. She completed her undergraduate work at the University of Michigan and received her doctorate in Clinical-Community Psychology from the University of South Carolina. She completed her internship with the South Carolina Department of Mental Health and the University of South Carolina Medical School and followed this with a residency at the Oregon Youth Authority. She is board certified in both Clinical Health and Clinical psychology. Dr. Coyne joined Wellstar in 2017 and developed the current Cardiovascular Behavioral Medicine program. She is now Wellstar's Director of Health Psychology. She places a high value on excellent training and supervision that seeks

to create an environment that builds skills, that challenges Residents to understand their patients as well as themselves better, and that locates life balance within a drive to perform with excellence. When not working, she follows her passion for time with her family and two terriers, reading, cooking, and being outdoors.

Pooja Dave, PhD



Dr. Pooja Dave is a clinical health psychologist with the Wellstar Medical Group. She earned her doctorate in clinical psychology from Illinois Institute of Technology and completed her pre-doctoral internship training in adult clinical health psychology at University of Chicago Medical Center. She then completed a two-year Residency in clinical health psychology at University of Chicago Medical Center, where she focused on developing primary care behavioral health competencies in addition to an array of health psychology presentations. Dr. Dave provides outpatient assessment and treatment for patients with gastrointestinal conditions and inpatient presurgical evaluations for LVAD candidates.

Nancy Gimbel, PhD



Dr. Nancy Gimbel is a clinical health psychologist working in Women's Behavioral Health at Wellstar. She earned her doctorate in Counseling Psychology from the University of Georgia and completed her pre-doctoral internship at the Vanderbilt University Medical Center. She completed a fellowship in clinical health psychology at the Emory University School of Medicine, focused on women's mental health and consultation-liaison psychology. Dr. Gimbel has developed specializations in working with people with chronic pain and complex medical conditions. Prior to her career as a clinical health psychologist, Dr. Gimbel completed a doctorate in education at Vanderbilt University and served in academic program

leadership at several universities. Her work in higher education solidified Dr. Gimbel's commitment to providing excellent clinical training and supervision for future psychologists. Originally from Philadelphia, Dr. Gimbel has resided in Georgia for more than 20 years. Outside of her professional life, Dr. Gimbel enjoys spending time with her family and friends, hiking, reading, traveling, and checking out new restaurants.

Michelle Jesse, PhD, FAST



Dr. Jesse is the Associate Director of Behavioral Medicine and a licensed clinical health psychologist at Wellstar Kennestone Regional Healthcare Center in Marietta, GA. She earned her doctorate in clinical health psychology from the University of North Carolina Charlotte and completed her pre-doctoral internship and post-doctoral fellowship at Henry Ford Health System, Detroit, Michigan. Her clinical work focuses on patients hospitalized for acute medical issues and advanced organ disease/failure. She has held various leadership roles within healthcare systems and national/international medical and psychological organizations. She has extensive experience in health services research, with nearly 50 peer-reviewed scientific articles, editorials, and book chapters. Her research has focused on how mental health and complex interpersonal dynamics among patients, lay caregivers, and

healthcare personnel affect access to evidence-based care. She is a Fellow of the American Society of Transplantation (AST) and was awarded the Distinguished Mid-Career Award in 2022 by AST. Outside of work, Dr. Jesse enjoys spending time with her husband and three beautiful children, reading, traveling, and watching football.

Amanda Perkins, PhD, ABPP



Dr. Perkins received her PhD from the University of Georgia's Counseling Psychology program. She completed her internship at the NFL/SGA VA Medical Center (VAMC) and Residency at the James Quillen VAMC. She initially joined Wellstar in 2017 to develop the Primary Care Behavioral Health Integration program. Later, she provided trauma recovery and health psychology services at the Charlie Norwood VAMC in Augusta, GA, serving as supervisor in the Internship and Residency programs at the CNVAMC/Medical College of Georgia. Supervision strengths noted by trainees include thoroughness, ability to meet trainee developmental needs, and creation of a supportive space which fosters authenticity and integration of self into professional identity.

Board-certified in clinical health psychology, Dr. Perkins returned to Wellstar in 2022, practicing in ambulatory Behavioral Medicine. She provides virtual services to patients across specialties including bariatrics, endocrinology, cardiovascular medicine, neuro rehab, and pulmonology. In addition to serving as Training Director of Health Psychology, Dr. Perkins also leads a bariatric-focused research lab. She has served as an ABPP mentor for the Academy of Clinical Health Psychology and as Treasurer for the Augusta Area Psychological Association. She enjoys family dance parties, trying new food, and planning gatherings.

Quaneecia Rainey, PhD



Dr. Quaneecia Rainey, PhD is a native of Central Louisiana. She earned a doctorate in Counseling Psychology from Washington State University and completed her pre-doctoral internship at the University of Memphis. Dr. Rainey has been practicing as a Clinical Health Psychologist within Wellstar Center for Best Health since its opening in 2017. Dr. Rainey is passionate about helping patients with metabolic diseases address psychosocial barriers to improve overall health and quality of life. Dr. Rainey assumes a developmental and culturally responsive approach to supervision that encourages self-examination, skill development and exploration of professional identity. In her spare time, Dr. Rainey enjoys listening to true crime podcasts, cooking Cajun food, and attending concerts.

Tonette Robinson, PhD, ABPP



Dr. Tonette Robinson is a clinical health psychologist who received her doctorate degree from the University of Georgia in Athens, Georgia. Following completion of her doctoral studies, she completed her internship at the University of Delaware and a subsequent Residency at the University of Colorado Denver Anschutz Medical Campus. Dr. Robinson joined Wellstar in 2011 and served as practice lead for psychological services from 2017 to 2021. She provides expertise on the psychological aspects of obesity as a member of WellStar's Comprehensive Bariatric Surgery and Obesity Medicine multidisciplinary team. She serves on the Metabolic and Bariatric Surgical Committee for the WellStar Comprehensive Bariatric Service for the Kennestone Regional Medical Center. In her clinical role, Dr. Robinson provides outpatient-based services for patients with obesity, chronic illnesses

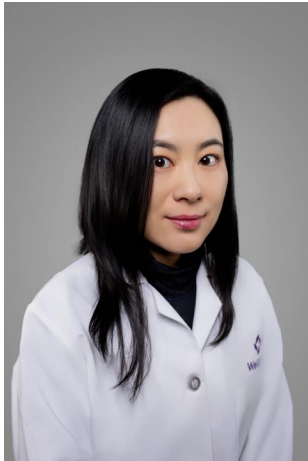
associated with obesity, and pre-surgical evaluations for metabolic and bariatric surgery. During her tenure at Wellstar, she has been a clinical supervisor for the doctoral practicum training program and post-doctoral Residency. Dr. Robinson is committed to providing a safe and supportive environment to facilitate clinical and professional growth. She enjoys spending time with her family and close friends, serving in her church, walking, traveling, and cheering on her favorite sports teams.

Jay Trambadia, PsyD, ABPP



Originally from New Orleans, Dr. Trambadia attended The University of Georgia for his undergraduate studies and completed his doctorate in clinical psychology from Nova Southeastern University. After graduation, Dr. Trambadia completed internship at the South Florida Consortium- Brown General Medical Center. He then completed a two-year post-doctoral Residency at Duke University Medical Center, where he focused on health psychology, pain management, substance use concerns, crisis intervention, and behavior change. Prior to his time at WellStar, Dr. Trambadia developed a consultation-liaison psychology program at a national cancer center, where he helped integrate psychological services into cancer care. Dr. Trambadia joined WellStar in 2019, working primarily at the Center for Best Health, while concentrating on metabolic health and behavior change. He also provides pain management services. During the height of the pandemic in 2020, he co-facilitated a task force to aid healthcare providers and staff with the adjustments and subsequent stressors of the COVID-19 pandemic. His clinical interests include behavioral change, motivational interviewing, pain management, and engaging in multidisciplinary healthcare teams to support patient care. Outside of his professional life, Dr. Trambadia enjoys spending time with his family and friends, cooking, event planning for charities, and coaching football.

Leila Z. Wu, PhD



Dr. Leila Wu earned her Ph.D. in Clinical Psychology from Pennsylvania State University. She completed her predoctoral internship at SUNY Upstate Medical University in Syracuse, NY, followed by a postdoctoral fellowship in Health Psychology at California Pacific Medical Center (CPMC) in San Francisco, CA, where she specialized in Psycho-Oncology and Women's Health. Dr. Wu joined WellStar in 2024 as a Clinical Health Psychologist and currently serves as the Psycho-Oncology Lead. Her clinical and research interests extend beyond health psychology to include personality assessment, interpersonal functioning, and multicultural/cross-cultural supervision and training. Dr. Wu is dedicated to promoting diversity and inclusion in her work with patients, families, and treatment teams. By integrating these values into her practice and mentoring, she prepares and supports the next generation of psychologists to provide culturally sensitive care. Outside of her professional life, Dr. Wu enjoys music, Broadway and theater, food tasting, and leisure travel.