

Justin White

Mental-Health Worker & Researcher

San Francisco, CA · justin@mindfullyhuman.org

SUMMARY

Mental-health worker and researcher with clinical, counseling, and applied research experience, training toward Marriage and Family Therapy (MFT) licensure. Humanistic and person-centered in approach, drawing on acceptance-based practices and committed to culturally responsive, identity-affirming care. Graduate student in the M.S. in Clinical Psychology program at San Francisco State University (since Aug 2026).

EDUCATION

M.S., Clinical Psychology · San Francisco State University Aug 2026 – present

Clinical Psychology Master's Program — a California pathway toward MFT licensure.

B.A., Psychology · San Francisco State University Dec 2025

Campus GPA 4.0; Psychology major GPA 4.0. Minor in Africana Studies (GPA 4.0).

A.A., Humanities, Language Arts & Social Sciences · Laney College, Oakland May 2022

Highest Honors; Dean's List 2020–2022.

CLINICAL & COUNSELING EXPERIENCE

MFT Trainee · San Francisco State Psychology Clinic Aug 2026 – present

- Supervised practicum placement, working under the supervision of a licensed clinician.

Mental Health Counselor · Progress Foundation Aug 2025 – Jun 2026

- Adult psychiatric residential treatment, under supervision.
- Conducted intake interviews and provided individual, group, and family counseling.
- Developed treatment and rehabilitation plans; supported medication monitoring and discharge planning.
- Maintained clinical documentation.

Peer Counselor & Case Manager · Safe & Sound San Francisco Oct 2024 – Nov 2025

Provided emotional support and resource guidance for parents and caregivers using an anti-oppressive, trauma-informed peer-support approach.

Front Desk & Media Production Volunteer · Pacific Center for Human Growth Feb 2024 – Nov 2024

Served as a community liaison and supported outreach media.

RESEARCH

Research Assistant · Stress, Trauma & Resilience Lab, SFSU Aug 2024 – present

Supervising professor: Melissa Hagan, Ph.D. Conduct literature reviews, build codebooks, support participant recruitment and data analysis, and contribute to scientific writing on protective factors for resilience among ethnoracially and sexually diverse populations.

PUBLICATIONS & PRESENTATIONS

Perceived Discrimination, Emotional Acceptance, and Suicidality: A Psychosocial Perspective on Resilience. White, J., & Hagan, M. J. Conference presentation, Society for Biopsychosocial Science and Medicine (SBSM) Annual Meeting, 2025. San Francisco State University.

ACES, Discrimination and Identity-Based Protective Factors: Understanding Risk for Suicidality Among LGB Adults. Cobian, I., Szabo, Y. Z., White, J., & Hagan, M. *Manuscript in preparation*. California State University, Los Angeles; San Francisco State University.

CERTIFICATIONS

- Adult Needs and Strengths Assessment (ANSA) certification
- San Francisco Department of Public Health certified
- Epic certification
- Institutional Review Board (IRB) certified

PROFESSIONAL MEMBERSHIPS

- American Psychological Association (APA) — Student Affiliate
- Society for Biopsychosocial Science and Medicine (SBSM) — Member

EARLIER EXPERIENCE

Store Manager · RIMOWA	2021 – 2022
Selling Supervisor & Training Ambassador · Gucci	2015 – 2019

Justin White is training toward MFT licensure and is not a licensed or registered independent therapist. Clinical and counseling roles listed were performed under supervision.