

Meet My Team

Santa Clara Post Masters Mental Health Training Program Bio's



Joy Bess, LMFT

Santa Clara Post Masters Fellow Training Director AMRS Manager and Clinical Supervisor

I earned my Bachelor's in Psychology at the University of Virginia in 1998 and completed my Master's in Counseling Psychology at Santa Clara University in 2007. I was licensed as a Marriage and Family Therapist in the state of California in 2012 and joined the AMRS team in 2015. I grew up in Southern California and Virginia and have lived in the Bay Area for 21 years. I have a background interacting with people from a variety of cultures and ways of life and enjoy working with individuals from diverse backgrounds, sexual orientations, customs and belief systems. Before coming to Kaiser Permanente, I worked for 9 years at local schools and non-profit agencies providing mental health services to children, adolescents and families. I also have previous experience managing non-profit mental health programs for children and families and providing clinical supervision to AMFT's, ASW's and Case Managers. I have been a manager on the AMRS team for the past year and a half and began as the Santa Clara Post Master's Training Director in 2018. I greatly enjoy contributing the professional growth and development of our talented fellows by exposing them to a wide array of training opportunities and supportive supervision. Additionally, I have experience as a Teacher's Assistant at Santa Clara University and as a facilitator of a women's process group utilizing spirituality, meditation, and art. My professional interests include chemical dependency treatment, treatment of individuals who have been affected by the substance use of a loved one, trauma, grief and loss, mindfulness-based practices and utilizing spirituality and creative expression in the healing process. My theoretical approach to treatment is eclectic and borrows from Motivational Interviewing, Client Center Therapy, CBT, Existential Therapy, Buddhist Psychology, Attachment Theory and Object Relations.

H.B. Wilder, PhD

AMRS Program Director, Clinical Supervisor

I grew up in Sunnyvale, CA, did my undergraduate work at Oregon State University and obtained a Ph.D. in clinical psychology from the California School of Professional Psychology, in Berkeley, CA in 1981. I did clinical training at the Student Counseling Service at the California State University, Hayward and the Community Mental Health Center in Palo Alto, CA. I was one of the authors of the book *Divorce: Crisis, Challenge, or Relief?*; and I have also published in the area of co-occurring disorders. I have worked in Chemical Dependency in the Bay Area since 1980. I have been a staff psychologist at Pyramid Alternatives in Pacifica, Starting Point in Hayward and Walden House in San Francisco. I was Program Director, then Owner/Director of

the Step One Program in Castro Valley, as well as Program Director of the Sequoia Alcohol and Drug Program in Redwood City. I have worked at the Santa Clara AMRS since 1995 and have served as Program Director since 1997.

Keith Nelson, LCSW
AMRS Manager and Clinical Supervisor

I have worked in the field of chemical dependency since the mid 1980's. I received my Master's Degree in Social Work from San Jose States University in 2000. I worked on research in conjunction with professors there studying the influence of methamphetamine and club drug use on HIV transmission as well as emotional dissonance in medical social workers, authoring and co-authoring several published papers. I became licensed in California as a Licensed Clinical Social Worker in 2004. I have a Master's Addiction Counselor Certificate through the National Association of Forensic Counselors since 1997. I have an Advanced Relapse Prevention Specialist certification through the CENAPS Corporation. I specialize in co-occurring psychiatric and substance abuse disorders. I worked for Kids Are Special and O'Connor Hospital prior to coming to Kaiser Permanente in 1998. I managed a community mental health clinic at Northwest Human Services in Salem, Oregon from 2005 to 2007 and then returned to Kaiser, where I was a therapist and manager in the Intensive Outpatient Program in Psychiatry and now am a manager at AMRS. I feel fortunate to be part of a dedicated team of professionals in the Kaiser Permanente system dedicated to working toward the total health of the individual.

Jennifer Clark, PsyD
Adolescent ARMS Manager & Clinical Supervisor

I began my postdoctoral residency in 2015 at Kaiser Permanente, Santa Clara, and joined Kaiser Permanente as a permanent staff member and Licensed Clinical Psychologist in 2016. Prior to joining Kaiser Permanente, I enjoyed providing therapy, assessment, consultation, clinical supervision, and program evaluation in both residential and outpatient settings. I completed my Doctorate of Psychology (PsyD) in Clinical Psychology at the American School of Professional Psychology at Argosy University, Washington, DC, in 2015 and obtained my Bachelor of Arts (BA) in Psychology and Forensics at Chatham University in 2010. My approach is one of collaboration and teamwork, and I work with adolescents and their families to identify solutions, strengths, and resources to overcome addiction as well as emotional and behavioral challenges. I have received training in a wide variety of settings with a clinically and culturally diverse population of children, adolescents, young adults, and families. My professional interests include addiction and dual diagnosis, depressive and anxiety disorders, crisis

intervention, trauma, and parenting support. I utilize an integrative approach and draw from motivational interviewing and mindfulness-based approaches, dialectical behavioral therapy (DBT) and cognitive behavioral therapy (CBT) techniques, and psychodynamic and family systems techniques.

Brian Penrose, LMFT
AMRS Therapist and Clinical Supervisor

Before entering this field, I worked in business, education, and international settings. I completed my undergraduate studies at San Jose State University, and received my Master's degree in Counseling Psychology from Santa Clara University. I completed my clinical training at the Bill Wilson Center, EMQ-FamiliesFirst, and other clinical settings. I began my work in the field of addiction in 2005, and thoroughly enjoy working individuals with substance use disorders. My areas of clinical focus include chemical dependency and dual diagnosis. I am a licensed Marriage & Family Therapist and I joined Kaiser Permanente in 2010.

Reagan Glover, LMFT
AMRS Therapist and Clinical Supervisor

I am currently licensed as a Marriage and Family Therapist, but I also have further education specifically in addictions treatment. Over the years I have provided therapy for both adults and adolescents struggling with substance abuse via independent practice as well as both inpatient and outpatient treatment. Not only have I facilitated group treatment, but I have also treated families and individuals with a focus on recovery from drugs and alcohol. Additionally, I have provided therapy for children, couples and individuals in independent practice challenged by issues such as depression, anxiety, Bipolar, codependency, eating disorders, post-traumatic stress, parenting problems and life transitions. I recently taught classes at William Jessup University, San Jose, with a focus on addictions treatment and the psychology of addiction. Prior to becoming a therapist, I worked for nearly a decade in higher education. Serving in the department of Student Life at two different universities, I mediated crisis situations, assisted in conflict resolutions, taught and mentored student leaders, and enforced university standards. I celebrated 5 years with Kaiser Permanente in March of 2019.

Marina Cinella, LMFT
Child Psychiatry Therapist and Clinical Supervisor

I have a Bachelor's Degree in Criminology, Anthropology, and Sociology as I have always been fascinated by people's behavior. I obtained my Master's of Science in Clinical Psychology at San Jose State University. I trained for many years at the MRI (Mental Research Institute) in Palo Alto where I became interested in the problem-solving brief therapy approach. During this time, I had the opportunity to teach this model nationally and internationally. I enjoy working with children and families and exploring with them new and creative ways to address the problems that brought them into therapy. My interest has always been a strong passion for helping people overcome their emotional challenges and the high value I place on my connection with them. During the past 10 years I have worked with a variety of populations in numerous settings in the community and through this work I learned how important and satisfying it is to help people overcome their struggles. I am passionate about cultures and languages and love to learn about this world's diversity every time I have the opportunity. I was born in Argentina and spent my late childhood and young adulthood in Israel. I am multilingual and speak English, Spanish and Hebrew.

Scott Lafranconi, LMFT

Child Psychiatry Therapist and Clinical Supervisor

I am a Licensed Marriage and Family Therapist (MFT) and joined Kaiser Permanente Santa Clara Child and Adolescent Services in 2017. I received my Bachelor's Degree in Psychology from Santa Clara University in 2003 and then completed my Master's degree in Counseling Psychology in 2007, also at Santa Clara University. I have spent the past 10 years providing individual, family, and group therapy to children, adolescents, and young adults in school-based settings, community agencies, and in private practice. The bulk of my experience has been in working with high risk youth and their caregivers. My approach to treatment draws on a variety of evidence-based practices, including Cognitive Behavioral Therapy, Trauma Focused Cognitive Behavioral Therapy, as well as Motivational Interviewing, and Family Systems.

Sui Ha, LCSW

Adult Psychiatry Therapist and Clinical Supervisor

I was born and raised in Hong Kong. I completed my undergraduate studies in Social Work. After working as a social worker for a few years in Hong Kong, I pursued further study in the US. I received my Master of Social Work degree at University of Alabama and have been a Licensed Clinical Social Worker since 1996. Before joining Kaiser Permanente, I worked with adults, older adults, couples, and children/adolescents with diverse cultural and ethnic backgrounds, and mental health issues for over 12 years. I joined Kaiser Permanente in 2003. My special interests include providing individual and group psychotherapy to patients with depression, anxiety, adjustment to life stresses, grief and trauma issue. My treatment approach will include

cognitive behavioral therapy, and dialectic behavioral therapy. In addition to English, I speak Cantonese and Mandarin.

Linda McGowan, LCSW
Adult Psychiatry Therapist and Clinical Supervisor

I am a Licensed Clinical Social Worker and have been practicing in the mental health field since 1987. I currently serve as our clinic's only Psychiatric Case Manager. I also supervise unlicensed social workers and social work students within the department. I received my undergraduate degree from the University of the Pacific and my graduate degree from the University of Utah in 1987. As the case manager, I am a member of the IOP team. I lead and co-lead groups regularly. I also work with individuals and families around practical case management issues and family education. Prior to joining Kaiser Permanente in January 2002, I worked in inpatient and outpatient mental health programs and community-based treatment programs. I have experience with public and independent sectors as a clinical director.