

## **Meet My Team**

### **San Francisco Post Masters Mental Health Training Program Bio's**



#### **Nina Raff, LCSW** **Supervisor**

Nina Raff has been a licensed clinical social worker since 1990 after graduating with an MSW from UC Berkeley in 1988. She has been at Kaiser since 1991, and in SSF Addiction Medicine and Recovery Services since 1998. In these many years, Nina has provided individual, group, psychoeducational, and couples therapy. Currently, she runs a psychoeducational group for people in all phases of early recovery and contemplation, a group for family members of people with addictions and a group for older adults who are abstinent.

Nina has received specific ongoing training in couples work, is a trained mediator, and has a background in psychodynamic psychotherapy, all of which inform her work. She volunteers as a mediator with Peninsula Conflict Resolution Center. She believes in continuous training throughout one's career and continues to be active in a weekly consultation group outside of Kaiser.

Nina has been an individual supervisor and has run supervision groups. She enjoys supervising and has received excellent feedback from many interns who have gone on to have great careers both in Kaiser and outside of Kaiser.

#### **Frederick "Rick" Burrows, LMFT** **Supervisor**

Although Substance Use Disorders have often been present somewhere in the families with whom I have previously worked, it has never been the focus of treatment. I have educated myself extensively on both the medical and mental health fields, so that I can better serve my patients.

In my prior role, I focused on infant mental health and attachment theory, and had a wonderful opportunity to help mothers and fathers develop and improve the relationships they had with their infants and toddlers. I am most interested in issues concerning Substance Use Disorders, infant mental health, Gay and Lesbian issues, child sexual abuse, and the grief process. I just finished reading the book *Tweak*, which chronicles a young man's battle with methamphetamines; I am about to start *Beautiful Boy*, which is his father's account of the same events.

I think that one of the major patient benefits of our health care model is that members can access affordable, quality health care. In addition, I think there is an important dividend for patients in that all of the service providers on their care team communicate with one another, ensuring that members receive personalized, comprehensive service.

Undergraduate Education: BS in Criminal Justice and Law Enforcement, California State University at Hayward Graduate Education: MS in Counseling, California State University at Hayward

Began Practice: 2008

Joined Kaiser Permanente: 2008

**Juliana Nunez-Saksa, PhD**  
**Training Director, Secondary Supervisor**

I decided to work at Kaiser Permanente's Addiction Medicine Recovery Services (AMRS) because it helps patients create a strong foundation of recovery. One of the great features of our program is that it offers quick and speedy access to high-quality treatment. We also offer a breadth and depth of services for our diverse, chemically-dependent individuals and their family members.

I have a longstanding personal and professional commitment to working in the field of Addiction Medicine. It is incredibly rewarding to work with the recovering person as well with their families. I find the resilience of our patients to be inspiring and very gratifying. Our patients' ability to turn their lives around so that they achieve their incredible potential is an amazing process to witness and constitutes one of the most fulfilling aspects of my work.

I am also interested in working with family members and helping them learn about family recovery and the concept of codependency. Other areas of interest include providing time-limited couples' and family work. One of the ways in which I help myself to Thrive is to spend time with family and friends and to remind myself to be grateful for what I have.

Undergraduate Education: BA in Psychology, University of California at Berkeley Graduate Education: MS in Psychology, San Francisco State University; PhD in Psychology, California School of Professional Psychology

Fellowships: San Francisco General Hospital Neuropsychology Post-doctoral Fellowship Professional Conferences: American Psychological Association Board Certification: California Board of Psychology Licensed Psychologist Other KP Facilities: South San Francisco (1998-2004)