

## Meet My Team

### San Jose Mental Health Training Program Bio's



#### **R. Marcus Green, PhD**

I received my PhD in clinical psychology from Brigham Young University and completed my residency right here at the South Bay Consortium. I have worked in the San Jose department of Psychiatry since 2010. I am currently the consortium training director for the South Bay Consortium.

We at the South Bay Consortium value our residents and work to make sure that they have a good experience during their last year of training. I understand that this is may be your last formal training experience and want each of our post-docs to leave their residency feeling like they are comfortable and ready to function fully as a practicing and prepared psychologist.

#### **Andrew Berger, Ph.D.**

I received my Bachelor of Arts in Psychology from the University of California at Berkeley and my PhD in Clinical Psychology from the California School of Professional Psychology in Los Angeles.

I have a special interest in the graduate level training of post-doc residents because I enjoy teaching and learning from trainees. I am a supervisor because I want to give back to others who are training to become psychologist and because I enjoy learning and mentoring. I appreciate the variety it adds to my work and enjoy being part of the team involved in the in the post-doc program. I have supervised post-docs for over 15 years. I see supervision as more directive at the beginning and then becoming more collaborative as the year progresses, to help post-docs develop their own style and independent functioning, in preparation for licensed practice.

I tend to conceptualize cases more dynamically, but my interventions are more consistent with CBT, Family Systems and Integrative therapy. I find that supervising keeps me up to date on the more recent developments in clinical psychology, as I learn so much from our SBC residents. I really enjoy the collaborative approach to the supervision relationship.

My clinical interests include teen and child family issues, depression and anxiety, in addition to difficulties coping with life changes, such as divorce and blended families. I tend to see child and teen mental health issues from a family perspective, as it is difficult to separate a particular problem from the social environment. I am also a member of our urgent on-call team and do Emergency Department 5150 evaluations and Hospital Consults.

## **Kathleen Bonal PhD**

I received my PhD in Clinical Psychology from the University of Massachusetts at Amherst, and I did my internship at the V.A. Medical Center in West Haven, Connecticut. I have a long history of and strong interest in training, starting with training interns at the Institute of Living in Hartford, Connecticut (Hartford Hospital's Mental Health Network), and now training postdoctoral residents. I have been working in adult psychiatry for Kaiser Permanente in San Jose since 2001. My clinical interests include OCD, eating disorders, and projective testing. Although my background and training has been primarily psychodynamic, I do a lot of evidence-based practice. I also believe in the importance of nutrition, exercise, and self-care in good mental health. I enjoy the challenges of working with such a diverse population as we see in San Jose as well as with such a range of diagnoses and symptom presentations. Within the post-doctoral training program, I am the site training director for adult psychiatry in San Jose, and I supervise individual therapy as well as psychological testing. In working with the residents, I strive to help each trainee develop and nurture their clinical thinking and skills, as well as to help each trainee develop a sense of professional identity. My goal by the end of the training year is for the resident to feel more comfortable and capable in functioning autonomously as a psychologist. With psychological testing, my goal is to help the resident further hone their skills at making clinical inferences from test data and integrating those inferences into a cohesive report. I am focused on making the training year as good and productive an experience as it can be for the resident. I enjoy the energy and enthusiasm that residents typically bring to their training, and I love seeing each resident develop and grow as a clinician over the year.

## **Harshita Desai, PhD**

I received my Bachelor of Arts in Psychology and Human Development from the University of California, Davis, in 2009 and obtained my PsyD with an emphasis in family psychology from Azusa Pacific University in 2015. I completed my pre-doctoral internship at Monterey County Children's Behavioral Health, where I provided individual, group, and family therapy; case management; and psychological assessments to a diverse population of children, teenagers, and families who were exposed to issues including, but not limited to, complex trauma, mood disorders, substance abuse, psychosis, and chronic abuse/neglect. Prior to internship, I was fortunate enough to receive clinical training in a wide variety of settings including community mental health, an inpatient psychiatric facility, and school-based services. I participated in the postdoctoral residency program at Kaiser San Jose Child and Adolescent Services and was so pleased with my training experience that I decided to join as permanent staff in September 2016.

My professional interests include mood and anxiety disorders, trauma, autism spectrum disorder, immigration issues, and behavioral problems in children and adolescents. I tend to conceptualize cases from a systemic, multidisciplinary approach and typically treat using

evidence-based practices that are founded in principles of CBT and DBT. This year, I am so grateful I have an opportunity to provide group supervision to our current postdoctoral residents. I value working with postdoctoral residents and find it exciting to help foster training while also learning from others.

### **Ruth Nevo, Ph.D.**

I received my Ph.D. in Clinical Psychology from Palo Alto University in 2003 (at that time known as Pacific Graduate School of Psychology). I completed my post – doc training within Kaiser adult psychiatry (Mountain View, CA). Prior to that I had a two-year specialized training internship in trauma treatment at the Trauma and Recovery Center in S.F and San Francisco General Hospital.

I completed my undergraduate education in Tel-Aviv, Israel, where I was born and raised.

I have advanced training in EFT (Emotional Focused Therapy) and find it very effective in my work in all treatment modalities. I also have special interest and experience in DBT.

I enjoy clinical work, including individual, group and couple’s therapy, very much and derive great satisfaction from mentoring and passing on my knowledge and experience to others in the field. My approach to therapy as well as supervision is respectful, compassionate and genuine. I am invested in the well-being of my patients as well as my supervisees.

### **David Severin, PhD**

I graduated from Georgetown University and earned his PhD in Clinical Psychology from Palo Alto University. I completed a two-year postdoctoral fellowship at UC Davis Department of Neurology specializing in neuropsychology. I have worked as a Staff Neuropsychologist in the San Jose KP Department of Psychiatry and Memory Clinic for the past 12 years. I am a secondary supervisor of the neuropsychology rotation and enjoy mentoring the post-doctoral residents in the field of brain injury, assessment and recovery.

### **Ashley Stokke, PsyD**

I earned my bachelor’s degree at the University of Minnesota, and obtained my Doctorate Degree in clinical psychology, at John F. Kennedy University, in Pleasant Hill, CA. I was fortunate to receive my pre-doctoral internship training at an inpatient psychiatric hospital in Sacramento. There, I was able to train and work in a multi-disciplinary team and work with patients from child/adolescents, adults, and intensive care units. I was able to conduct individual and group therapies, provide case management, and psychological assessments. I

moved on to do my post-doctoral training at Kaiser Child & Adolescent Services in San Jose, where I continue to work as a staff psychologist.

I am trained and work as a generalist, working with young children, teens, and families from various backgrounds and issues. I find that I particularly enjoying working with families with children/teens who struggle with Autism Spectrum Disorders and depression. I tend to conceptualize cases from a psychodynamic perspective and utilize more integrative approaches from evidence-based practices in my work with families. I have been supervising since 2015 and have been a primary supervisor in the post-doctoral program for the past 2 years. My philosophy in supervising is to encourage residents to develop their own theoretical and clinical framework with patients and families that they serve and allow them to be the driving force in their development and journey as a soon-to-be psychologist. I thoroughly enjoy mentoring the post-docs and watching them grow into independent and licensed practitioners.

### **Swetha Vajapey, PsyD**

I received my master's in clinical psychology in 2005 and felt strongly about continuing to get further education in the field. I received my doctorate in 2011 and joined the Kaiser team as a postdoctoral fellow in 2011. I am currently a group supervisor for the adult Postdocs at San Jose Kaiser. I first started supervising during my internship year of my doctoral training in 2010. I found myself discovering psychotherapy as if I was starting in the field again, I enjoyed helping my supervisees understand and get deeper into their cases, and I felt tremendous gratification in providing for them what I received in many excellent years of supervision. As I've also had difficult supervision experiences, I know first-hand how important it is to try to foster a relationship based on trust, growth and exploration. Interestingly, in being a supervisor, I find that it's a similar but adjunct method of understanding what it means to be a good clinician.