

## **Meet My Team**

### **Santa Clara Mental Health Training Program Bio's**



#### **Olga Rosito, PhD**

##### **Training Director and Primary Supervisor**

##### **Santa Clara Adult Psychiatry**

I am the South Bay Consortium Santa Clara site training director. I graduated from Palo Alto University in 2013 with a PhD degree in Clinical Psychology. I completed my clinical internship at a VA clinic in Los Angeles and postgraduate training at Kaiser Permanente South San Francisco Chemical Dependency Services. I started working for Adult Psychiatry department in July 2015.

My interests include treating older adults, those who have experienced traumatic events, and working with family caregivers. I like to utilize mindfulness techniques and often incorporate components of values-based interventions in treatment.

I have been a supervisor for the postdoctoral program for 3 years. Being a part of this training program is both an honor and a privilege. We are the last stop on the training route to help postdoctoral residents become independent clinicians. Our training team is strong, supportive, and highly invested in the success of each individual postdoctoral resident. It is my goal in supervision to ensure open learning, professional advancement, and just enough fun to make this year a wonderful training experience!

#### **Renee Fahs, PhD**

##### **Supervisor**

##### **SCH Adult Team**

I believe in providing high quality care in an environment where patients feel safe to express their thoughts and emotions without judgment. I like to partner with my patients and encourage them to set and achieve goals for their mental health in the best possible way.

I was born and raised in the Bay Area. I attended college in Santa Rosa and later transferred to UC Santa Cruz to finish my BA in Psychology. I went on to graduate school earning both my MS and Ph.D. (Clinical Psychology) at Pacific Graduate School of Psychology (PGSP; now known as Palo Alto University) in Palo Alto in 2005. I joined Kaiser Permanente in 2005.

As part of my training years, I have lived in Champaign, IL and South Sacramento working at a Veteran's Affairs Hospital and Kaiser Permanente, respectively. My experience includes treating Anxiety Disorders, Psychological Assessment, Substance Abuse Treatment, Geriatric Cognitive Evaluations and Therapy, Inpatient Treatment, Individual Therapy with adolescents and adults, Behavioral Medicine, and Stress Management Education.

I have a strong interest in learning about, educating, and promoting healthy living habits. These habits not only include eating healthy and exercising, but also finding ways to reduce

psychological and physiological stress. You may find me incorporating healthy habit tips in session.

**Keely Hirsch, PsyD**  
**Assessment Supervisor**  
**Santa Clara Adult Psychiatry**

People tend to seek therapy when their typical strategies for managing stress, sadness, anger, pain, fear, and loss are not enough. My view of helping others is to improve these strategies by increasing awareness into why their typical strategies are not working, understanding the underlying cause of unhealthy patterns in their life, and identifying tailored ways to directly improve their current situation. My approach is one of warmth, empathy, unconditional regard, positivity, and teamwork.

I joined Kaiser Permanente in 2017 as a Post-Doctoral Resident in the Roseville Department of Psychiatry a few months after completing my doctoral degree in psychology. I current work as a licensed psychologist in the Santa Clara Department of Adult Psychiatry. I chose to continue my work with Kaiser Permanente after my residency with Kaiser as I believe it provides excellent opportunities for integrated care and collaboration with different health care specialties to treat the whole person.

While I view myself as a generalist that can work with most mental health disorders and challenges that occur in life, my interests are focused on helping people function effectively in all interpersonal relationships. I have extensive training in working with Autism Spectrum Disorder, including diagnosing autism, working directly with patients who have a diagnosis of Autism, and working with family members of a person diagnosed with Autism.

**Amy Friedman-Bender, Ph.D.**  
**Supervisor**  
**Santa Clara Child and Adolescent Team**

I am a licensed clinical psychologist who joined Kaiser Permanente Santa Clara Child and Adolescent Services Clinic in 2000, first as a postdoctoral fellow and continued as a staff Psychologist. My Bachelor's degree in Psychology is from UC Berkeley. I received my Ph.D. from the UC San Diego/San Diego State University Joint Doctoral Program in Clinical Psychology in 1998. I completed my Psychology internship at the Packard Children's Hospital at Stanford and Children's Health Council. I also trained at a San Diego County psychiatric hospital and at Children's Hospital in San Diego at the Center for Child Protection and the Hematology/Oncology and Rheumatology divisions.

I enjoy working with young children through teenagers and their parents. I have worked with children and adolescents with a wide variety of problems in both inpatient and outpatient psychiatric and medical settings. I primarily use a cognitive behavioral model but incorporate a

variety of approaches. I believe in working collaboratively to help families learn skills and use their strengths to solve problems or cope with their difficulties.

**Christine Schock Contreras, PhD**  
**Supervisor**  
**Santa Clara Child and Adolescent Psychiatry**

I am a Licensed Psychologist in the state of California. I received my Bachelor of Arts in Psychology and Bachelor of Science in Human Development from the University of California at Davis and my PhD in Counseling, Clinical, and School Psychology from the University of California at Santa Barbara. I completed my pre-doctoral internship at Louisiana State University Health Sciences Center in New Orleans in 2015 and my post-doctoral residency with Kaiser Permanente Central Valley Consortium in 2016. I became a permanent staff member in Santa Clara in 2016, working in Child and Adolescent Psychiatry. I work on the outpatient eating disorders team, as well as in our preschool observation group. I am also part of our Triage team. I work with children ranging from 0-18 with a wide range of presenting problems. My training background includes services for both children and adults. I enjoy working collaboratively with children/teens and their families to promote optimal growth and functioning. I am a primary supervisor for the Postdoctoral residency program. I enjoy being a part of residents' last formal training experience and very much enjoy seeing where the year takes them!

**Eching Ho, PhD**  
**Clinical and Assessment Supervisor**  
**Santa Clara Child and Adolescent Psychiatry**

I am a Licensed Psychologist in the state of California. I received my Ph.D. in School Psychology at The University of Texas at Austin. I completed my pre-doctoral internship at Sarah Reed Children's Center in Erie, PA in 2013 and my post-doctoral residency at WestCoast Children's Clinic in Oakland, CA in 2014.

Prior joining Kaiser Permanente in 2018, I have clinical experience providing individual, family, and group therapy to children/adolescents and their families in schools, group homes, residency treatment centers, and community mental health settings. My clinical interests include attachment, trauma, and life transitions. I utilized interventions from Cognitive Behavioral Therapy, family systems, and insight-oriented therapy.

I adopt the developmental model of supervision and enjoy working collaboratively with supervisees and be supportive to their professional growth in becoming a psychologist.

**Jeff Mosher, PsyD**  
**Supervisor**  
**Santa Clara Child and Adolescent Psychiatry**

I am a Licensed Psychologist in the state of California. I received my Bachelor of Arts in Psychology from San Francisco State University and my PsyD in Clinical Psychology from the California School of Professional Psychology. I completed my pre-doctoral internship and post-doctoral fellowship at Alameda Family Services in 2016. I became a permanent staff member at Kaiser Santa Clara in 2017, working in Child and Adolescent Psychiatry. My role within the clinic includes the co-facilitation of the Child Anxiety group, Teen Mood Management group and ADHD Clinic as well as being a member of the triage team. I work collaboratively with children and teens ranging in age from 0-18 with a wide range of presenting problems. Although I am working exclusively with children and adolescents at this time, my training background includes the provision of individual and group therapy services for both children and adults. I am a secondary supervisor for the Postdoctoral residency program and thoroughly enjoy being a part of residents' last formal training experience!

**H B Wilder, PhD**  
**Primary Supervisor**  
**Santa Clara Addiction Medicine and Recovery Services**

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? 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 Recovery Center in Redwood City.

I have worked at the Santa Clara CDRP, now AMRS, since 1995 and have served as Program Director since 1997.

**Jennifer Clark, PsyD**  
**Supervisor**  
**Santa Clara Addiction Medicine and Recovery Services (Adolescent Track)**

Jennifer Clark, PsyD, completed her PsyD in Clinical Psychology at the American School of Professional Psychology at Argosy University, Washington, DC, in 2015. Prior to graduate school, she obtained her Bachelor of Arts in Psychology and Forensics at Chatham University in

2010. Dr. Clark completed her APA-Accredited Internship at Astor Services for Children and Families and enjoyed providing therapy, assessment, consultation, clinical supervision, and program evaluation in both residential and outpatient settings. In general, Dr. Clark has received clinical training in a wide variety of settings with a clinically and culturally diverse population of children, adolescents, young adults, and families. Dr. Clark participated in her postdoctoral residency at Kaiser Permanente, Santa Clara, South Bay Consortium, and joined Kaiser Permanente as permanent staff in June 2016.

Her professional interests include addiction and dual diagnosis, mood and anxiety disorders, trauma, autism spectrum disorders, evidence-based treatment, family therapy, psychological assessment, clinical supervision, and the use of feedback informed care. Dr. Clark currently provides individual, family, and group psychotherapy, psychoeducational classes, case management and care coordination for patients within the Addiction Medicine Recovery Services (AMRS) program. Dr. Clark is also a member of the Child & Adolescent Psychiatry intensive outpatient and case management teams and supports collaboration across the AMRS and Psychiatry departments. Dr. Clark utilizes an integrative, evidence-based, solution-focused, and strengths-based approach with patients and their families.

As a supervisor, Dr. Clark takes a collaborative, developmental approach. She strives to provide a supervisory experience that matches the trainee's developmental level, experiences, and needs. Dr. Clark looks forward to supporting incoming postdoctoral residents in learning and growing as clinicians in the Kaiser Permanente South Bay Consortium Training Program.

**Janele Auranicky, PsyD**  
**Primary Supervisor**  
**Milpitas Imbedded Behavioral Medicine Team**

I have been licensed as a clinical psychologist since 2010. I have been working as an Integrated Behavioral Health Psychologist in Inpatient and Outpatient settings since 2009. Prior to this I had been working in the field of psychology as a master's level clinician in community clinics and hospitals with children, teens, adults, families and couples. Over the years I have had the privilege of supervising and training many motivated interns, post-doctoral residents and practicum students in this integrated model of care.

I joined Kaiser Permanente in November 2017 as an Embedded Psychologist in Internal Medicine in Santa Clara Region. I am honored to have been chosen for this role and to continue to be a part of Integrated Health Care in the Kaiser system.

I work with primary care providers in situations where good health care involves paying attention to physical health, habits, behaviors, emotional health, and how these might interact with each other.