

## Meet My Team

### South Sacramento Associate Postmaster Mental Health Fellowship Training Team

### Mental Health Training Program Bio's

**Zachary Kasow, LMFT**  
**Training Director**  
**Clinical Supervisor**

Hello and thank you for considering Kaiser Permanente in South Sacramento for your next clinical experience. My name is **Zachary Kasow** (but, please, call me **Zach**) and I'm a Licensed Marriage and Family Therapist.

I was raised on the Central Coast, specifically Morro Bay. I went to CSU Monterey Bay for my bachelor's degree and then to Cal Poly in San Luis Obispo for grad school. I have worked in a variety of settings including crisis residential, intensive outpatient programs, and most recently our triage team.

While I'm primarily the training director for the pre-master's intern and post-masters fellowship program, I wear multiple hats within the department. Among them, I manage our department's memory clinic and help coordinate assessments for gender affirming care. I'm really excited to be training director because I've been very fortunate to have a lot of great mentors who invested themselves in my success and now, I get to pay that forward.

Outside of work, I'm a huge SF Giants fan – I try to attend a few games each year and like to watch their AAA affiliate, the River Cats, when weather allows. I enjoy learning about history, and it shows because I am a total trivia nerd. I also love trying new things – be it food (especially food), hobbies, and anything else that takes me out of my comfort zone.

Thank you for reading and I wish you luck in your search.



**Kimberly Conway, LMFT**  
**Adult IOP**  
**Clinical Supervisor**

Hello, my name is **Kimberly Conway** and I am one of the Intensive Outpatient Program (IOP) Intern Supervisor's. I graduated from California State University, Fresno in 2003 with a Master's in Science, Marriage and Family Therapy.

I began my career working with various children and family county contracted agencies and then transitioned to working with adults when I joined Kaiser Permanente in 2010.

I first worked as a member of the crisis team in both the outpatient clinic and emergency department setting, before transferring to the position of IOP therapist in 2012. I love my job and the impact we are able to make on people's lives during very difficult times.

I first started supervising in 2008 and I have found sharing my knowledge and experience with interns to be very rewarding, as well as an important way to give back to our profession.

I have been very fortunate to have had positive relationships with my own previous supervisor's and it is my goal to cultivate a trusted mentorship with my own interns. Helping interns to become confident and proficient in their crisis skills has definitely been one of the highlights of my career!