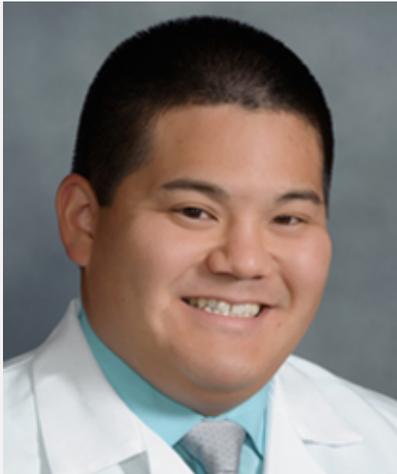


Meet My Team

South Sacramento & Elk Grove Training Team

Mental Health Training Program Bio's



Jarrett Takayama, PsyD
Training Director

Thank you for your interest in the Sacramento Valley Consortium at South Sacramento and Elk Grove. My name is **Jarrett Takayama, PsyD** and I'm honored to be the Training Director at South Sacramento and Elk Grove.

I graduated from the APA-accredited Pacific University-Oregon in 2013 and have been working at Kaiser Permanente since that time. My clinical interests early in my career focused on providing evidence-based psychotherapies for children and adolescents with severe behavioral disorders. I completed my predoctoral internship at the APA-accredited Casa Pacifica Centers for Children and Families. I joined Kaiser Permanente in 2013 as a postdoctoral resident. I'm proud to have gained exceptional training and clinical opportunities in health psychology and integrated primary care psychology since joining Kaiser Permanente. I am passionate about providing excellent patient care, research/program development and decreasing barriers to seeking mental health services. My areas of clinical interest are concussion, pediatric pain, ADHD and encopresis/enuresis.

I joined the postdoctoral training team in 2016 as a delegated supervisor for the Pediatric Behavioral Medicine rotation. We have been fortunate to expand these clinical services since that time to include a full-time, benefited postdoctoral residency position in outpatient Pediatric primary care. Similarly, we have molded our training program to meet the needs of today's medical community for all our residents. It is with this passion that I truly enjoy being the training director at this amazing interdisciplinary healthcare system.

I am equally fortunate to work with wonderful colleagues and supervisors in our training program. Being a former resident of this program, I'm invested in the success of the program, its supervisors and most importantly, our residents.

I'm honored to share the last year of formal training with you. We will work with you to meet your personal and professional goals to support you in becoming a knowledgeable, ethical, and licensed psychologist.



Leticia Arellano, PsyD
Co-Training Director

My name is **Leticia Arellano, PsyD** (she/her/hers). I am delighted to be a recent part of our team as Co-Director of our training program here in South Sacramento and Elk Grove. I also direct psychological testing services and psychologist education for the Adult Outpatient Programs.

I have recently joined the team in May 2022, and before that worked as a psychologist in the Addiction Medicine and Recovery Services (AMRS) and Adult Outpatient Programs in Vallejo, CA, where I provided focused individual therapy, solution-focused couples therapy, and clinical supervision of Masters-level trainees and Psychological Assistants.

I have a special interest in the transdiagnostic application of Motivational Interviewing and harm reduction approaches to substance using psychiatric patients and in reducing stigma surrounding both substance use and mental illness. I have taught graduate-level coursework to first year doctoral students in addiction and substance use. I also have a private practice where I work with predominantly first- and second-generation Latinx folks.

I joined Kaiser after working for the State of California in both the California Department of State Hospital (DSH) and California Department of Corrections and Rehabilitation (CDCR) systems. Along with conducting violence and suicide risk assessments and comprehensive psychological assessments, I worked in intermediate psychiatric treatment hospitals co-located in forensic settings. This was a life changing and humbling experience where I was able to gain special training in developing trauma-informed milieu environments and adapted evidence-based treatments (DBT, ACT, and Seeking Safety) to provide trauma treatment to individuals with histories of long-term solitary confinement. I also had the honor of serving as a clinical supervisor and trainer in the APA-accredited pre- and postdoctoral training programs at California Medical Facility (CMF) for four years.

I graduated from the Wright Institute in Berkeley, California in 2011 after completing my predoctoral internship in the LA County Psychology Internship in Corrections and am a proud graduate of San Francisco State University. In my spare time, I enjoy going to art museums, writing poetry, and taking road trips with my two rescue dogs.



Marc Becker, PsyD
Primary Supervisor

My name is **Marc Becker, PsyD**, and I am a psychologist in Adult Psychiatry at Kaiser Permanente Elk Grove. I was born and raised in California, and I am proud to be working and living in the Sacramento area.

I did my undergraduate work at U.C. San Diego and completed my doctorate at CSPP/Alliant University in Alameda, CA. I began working for Kaiser Permanente in 2002 in Martinez, CA while completing my post-doctoral residency. I joined the team at South Sacramento Medical Center in 2003 and spent time working for the Departments of Occupational Health and Behavioral Medicine before settling into my current full-time position in the Department of Psychiatry.

I feel fortunate to work with such a great team of providers (e.g., receptionists, MDs, therapists, nurses, support staff) here in Elk Grove. Additionally, I feel privileged to hear the stories of the Members that visit me and to support them through difficult times. As a practitioner of Narrative Therapy, I believe that the stories we tell about ourselves change (typically in a negative way) during times of stress, anxiety and depression. I feel that my job is to help people counter those negative narratives and tap into the stories of hope, survival and strength that tend to get muted in times of difficulty. I also pull from other therapeutic modalities including Solution Focused, CBT, MI, ACT and I use a lot of mindfulness in my practice.

I've been a primary supervisor with in our post-doctoral training program since 2008. It has been a highlight of my career to work with the outstanding professionals involved in this program including the many post-doctoral trainees I've had the privilege to work with over the last decade. I value what each candidate brings to the table and collaboratively work with them to shape our supervision to fit their needs and goals in their last year of training. A sense of humor and irreverence are important to me in my work as they help me keep a positive work life balance. I believe change and growth are more likely to come from lightness than they will from being overly serious or self-critical. This goes for clients as well as providers. As a result, I believe supervision can be fun as well as productive. In my personal life, I enjoy fantasy football, hiking, camping, gardening, reading, live music and hacking away at my guitar.

Thanks for reading and good luck in your search.



Tracy Simmons, PhD
Primary Supervisor

Hello! I am **Tracy Simmons, PhD**, the primary supervisor for the Pediatric Primary Care position in South Sacramento. I am originally from the Bay Area and completed my doctorate at Palo Alto University, back when it was Pacific Graduate School of Psychology. I love to use my natural silly energy as I work with parents and kids of all ages as a Pediatric Behavioral Health Consultant. We focus on reducing the gap to mental health care and providing consultation in the environment where most symptoms are reported, the Pediatrics Department. On top of brief bridge/warm hand-off interactions, we also provide consultation services around the psychosocial aspects of numerous physical complaints or treatment adherence.

I am also the BHC Psychologist in the Pediatric Lifestyle Medicine Program, Fit4Life, focusing on overall healthy lifestyle goals in a sustainable and trauma informed lens through our main program as well as workshops to help improve relationship with food, emotional eating and other topics as needed. This passion started when I was a postdoc in this program, and I was fortunate enough to take over the program's behavioral interventions when I was hired on as a staff psychologist.

I think psychologists have a unique service to provide to the world and help to make the world a better place one patient/family/group at a time as well as making larger changes in the health care through policies that reflect overall health. I have a passion for discussing provider wellness and burnout as well as supporting overall wellness in our physician colleagues. This is incorporated into my supervision style in a few ways. My favorite part of supervising Postdoctoral Residents is learning from their experiences and knowing that I helped a future early career psychologist on their way to making the world a better place as well.



Stephanie Kong, PsyD
Delegated Supervisor

Hello, I am **Stephanie Kong, PsyD**, a psychologist for SSC, and manager for Behavioral Medicine. I earned my doctorate in clinical psychology from the California School of Professional Psychology (now Alliant University)- Fresno. I have worked at Kaiser Permanente South Sacramento since 2013.

The bariatric surgery rotation provides clinical experience where residents work with members wanting to address health concerns via a method that for some can be controversial. A rotation in the department allows for an understanding as to the extent to which being healthy can have such an obvious (perceptions about surgery) and subtle (lifestyle and social interactions involving food) impact on well-being, that needs to be considered, given the breadth of impact on self-care.

Kaiser Permanente in and of itself is a great place to get doctoral training. Many places offer “traditional” training in psychiatry departments. At KP SSC, residents have the option to participate in the BMS (Behavior Medicine Specialist) departments. Within such, as a secondary supervisor, I provide residents with a health psychology rotation – bariatric surgery. There are limited KP locations that have a bariatric surgery program. KP SSC is the largest catchment area in Northern California, which also results in work with a very diverse patient population. The rotation is both simple – basic psychiatric evaluations for a medical procedure; yet complex – bariatric surgery within KP SSC requires a behavioral assessment and work with a multidisciplinary team in determining suitable surgical candidates.



Tina Sanchez, PsyD
Cultural Hour

Hello, my name is **Tina Sanchez, PsyD**, I am a psychologist in child psychiatry department. I work primarily with children and adolescent patients and their parents to help improve their emotional, physical, academic, and family functioning. My role is to assess patients, develop a treatment plan, and to provide individual and family therapy. We offer a broad range of services including diagnostic evaluation, medication management, intensive outpatient treatment, crisis intervention, parent management training, individual and group psychotherapy, and mental health classes.

I began working for Kaiser Permanente in 2006. My previous clinical experience includes working with severely emotionally disturbed children living in and out of residential facilities. I also have clinical experience working with children who are victims of sexual abuse, young children, and children in foster care. Multicultural issues and diversity are always a consideration in the work I do with families.

I earned my undergraduate degree in sociology at UC Santa Barbara and my doctorate in clinical psychology at the California School for Professional Psychology.



Mussarat Khan, PsyD
Delegated Supervisor

Hello, my name is **Mussarat Khan, PsyD**, I am a Behavioral Health Consultant (BHC) in the Adult Family Medicine (AFM) Department. I began at Kaiser Permanente for my Postdoctoral training in 2013. After my postdoctoral residency, I continued in Kaiser Permanente and became a BMS/BHC provider. I then had the opportunity to take on the role of delegated supervisor in the training program in 2020.

During my own postdoctoral training year, I had the pleasure working with such an inspiring team I knew that this is where I wanted to be. Having the opportunity to connect with different providers from various specialties, learning to implement strategies in crisis situations, working side-by-side with AFM doctors was an enlightening and invaluable experience.

The uniqueness of how a psychologist can help bring the missing piece to patient-centered care is integral to how we practice health psychology. Not only was I able to work with patients during my training year, but I was also given opportunities to be a leader. This included providing mentorship and coaching to medical staff which helped form my own professional development. I hope to bring the same experiences to each resident that joins our training year.

The growth from the beginning to the end of this training year is wonderful to see, especially when it is carried through in a safe and supportive environment.



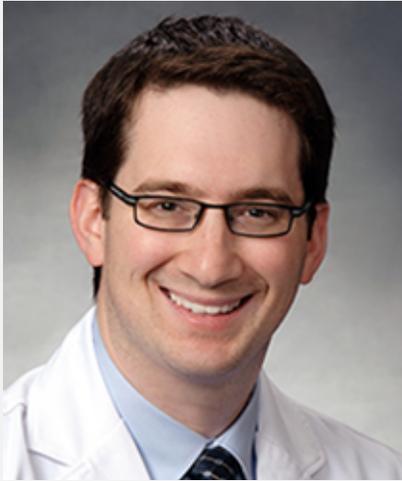
Katherine Ceske, PhD
Primary Supervisor

My name is **Kay Ceske, PhD** and I am a psychologist who works in the department of pediatrics in Elk Grove. I am originally from Southern California where I received a PhD in Clinical and Health Psychology from CSPP/Alliant University, Los Angeles. I received my pre-doctoral training at Cedars Sinai Medical Center, Children's Hospital, Los Angeles and The Child Guidance Center in Orange County. I came to the Sacramento area when I began my postdoctoral residencies at UC Davis Medical Center and Kaiser Permanente. I have been working at Kaiser Permanente ever since.

My particular areas of interest include working with children who are coping with chronic medical conditions, neurodiverse children/adolescents, and psychological assessment.

I have had several roles as a part of the postdoctoral training team and now serve as a delegated supervisor. I have always enjoyed working with postdoctoral residents as they solidify their clinical identity. I find that residents bring a wealth of knowledge and experiences

to our program which helps our entire team stretch and grow.

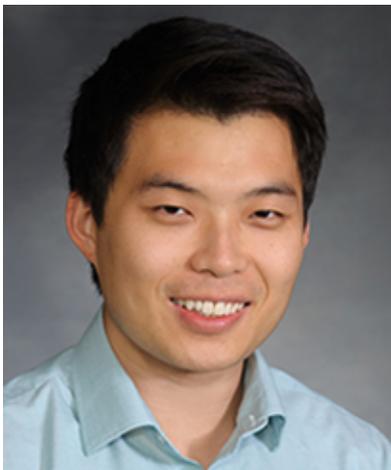


Andrew Bregman, M.D.
Psychiatry Consultation

Andrew Bregman, MD: I am a board-certified child and adolescent psychiatrist. I was born and raised in San Francisco, CA. I completed my undergraduate degree in psychology at the University of California, Berkeley with a specific interest in developmental psychology. I was then fortunate enough to attend the University of California, Davis for medical school, where I enjoyed living in and serving the greater Sacramento community. I chose to stay at UC Davis for my postgraduate medical training, completing a residency in general psychiatry and then fellowship in child and adolescent psychiatry. I served as chief resident for the child and adolescent psychiatry fellowship in my final year.

During my fellowship, I was particularly interested in working with children and adolescents with neurodevelopmental disorders, such as ADHD and autism spectrum disorder. I, therefore, pursued additional training through the UC Davis MIND Institute's Northern California Leadership Education in Neurodevelopmental and Related Disorders Program. I also specialize in treating children and teens with anxiety, depression, bipolar disorder, and psychosis.

I decided to pursue a career in child and adolescent psychiatry because I enjoy working with kids of all ages and collaborating with families. I take a whole person approach to my patients, which includes looking at thoughts, moods, and behaviors within a developmental context and evaluating both pharmacological and non-pharmacological interventions. I strive to partner with my patients and their families to develop a treatment plan that is evidence-based, carefully balances the benefits with risks, and ultimately helps them achieve their goals.



Xiaolong Li, PsyD
Primary Supervisor

Hi, I'm **Xiaolong Li, PsyD!** I'm an outpatient psychologist at Kaiser Permanente South Sacramento/Elk Grove. Although I have made California my home, I am originally from the Midwest.

I graduated from the PGSP-Stanford Psy.D. Consortium in 2017 and have been working at Kaiser Permanente since my Internship year. I was a former resident at this very program and am proud to represent it as a primary supervisor in Adult Psychiatry. The reason why I chose to train here at South Sacramento/Elk Grove and the reason I joined the training team years later is how collaborative, dynamic, and genuinely enjoyable everyone is.

While I work as an integrated therapist, I primarily conceptualize my patients through ACT; a theoretical orientation I am always trying to learn from both professionally and personally. My supervisory style is collaborative in nature, and I try my best to make it racially sensitive. As a “1.5th generation” Chinese immigrant, I am aware the inherent power differentials that manifest in the various contexts of our lives. I hope to continually discuss how power and privilege affects our work as clinicians while maintaining a supervisory framework supportive of diversity, equity, and inclusion with my supervisees.

Outside of work, I enjoy watching sports, cooking, playing games, and spending time with my wife, newborn son, and two cats.