

**Meet My Team**

**South San Francisco**

**West Bay Consortium Postdoctoral Residency Program**

**Aaron Trinh, Psy.D.**

**West Bay Consortium Director**

Dr. Trinh received his B.A. from U.C. San Diego in Psychology and Japanese Studies and received his Psy.D. from Azusa Pacific University in Clinical Psychology/Family Psychology. He completed his predoctoral internship at Gouverneur Healthcare Services/NYU School of Medicine in the Lower East Side of New York City. He was also a postdoctoral resident at Kaiser Vallejo and Vacaville Psychiatry Departments. He was a staff psychologist at Kaiser Vallejo from 2014 until 2017, when he became the Manager of the Psychiatry Consultation-Liaison Services in Napa-Solano. He then moved to the South San Francisco Psychiatry Department in January 2019. Dr. Trinh has been involved with the Mental Health Training Program since 2014, serving various roles as Seminar Presenter, Assessment Supervisor, Primary and Secondary Supervisor, Curriculum Liaison for the Regional MHTP, and currently is the West Bay Consortium Training Director and Adult Service Manager in South San Francisco/Daly City Psychiatry Department. His clinical practice includes providing individual therapy and facilitating group therapies using ACT and DBT.

**Alison W. Hu, Ph.D.**

**Training Director of Postdoctoral Training – Adult and AMRS Team**

Dr. Hu obtained B.A. in Psychology from the University of California at Los Angeles and Ph.D. in Counseling Psychology from the University of Minnesota, Twin Cities. Dr. Hu has been trained at various community clinics and healthcare institutions including the Veterans Affairs Medical Centers in Minnesota and Massachusetts. As a bilingual psychologist in English and Mandarin, she is passionate about evidence-based treatments and draws from cognitive-behavioral, mindfulness-based, and emotion-focused approaches. Dr. Hu is particularly interested in interventions developed to treat serious mental illness, trauma, and mental health concerns associated with chronic medical illness. Her interest in psychology stems from her growing up in immigrant communities; she continues to develop this research interest by publishing peer-reviewed articles on ethnic minority mental health and cultural socialization.

**Margaret Chao, Ph.D.**

**Primary Supervisor– Adult Team**

Dr. Chao is a clinical psychologist with a background in Health Psychology and Behavioral Medicine, Minority Mental Health, Suicide Risk Assessment and Prevention, Serious Mental Illness, and Evidence Based Practices. Dr. Chao completed her bachelor’s at UC Berkeley, and her doctorate at the Pacific Graduate School of Psychology (PGSP) at Palo Alto University. After completing her predoc at the Michael E. DeBakey VA Medical Center (Houston VA), she moved back to California to complete her postdoc at KP Oakland where she ultimately accepted a staff position. After six years, Dr. Chao made the transition to KP SSF where continues to serve as part of the psychology training committee. Dr. Chao’s background is in working in large medical centers, providing integrated mental health care. In her clinical practice and in supervision, Dr. Chao has interest in conversations around Self-Compassion, Mindfulness, Healthy Communication, Conflict Management, Codependency and Boundary Setting. She also has a background in helping individuals Adjust to Medical Conditions (including peripartum/postpartum depression), Disability, and Caregiver Stress. As part of the training committee at KP SSF, Dr. Chao serves as a primary and secondary supervisor. She also serves as a member of the Crisis and Triage Team, as well as provide general mental health services. Dr. Chao has a private practice where she provides Wellness Coaching and helps individuals adjust to change.

**Eddie Edelson, Psy.D.**

**Delegated Supervisor– Adult Team**

Dr. Edelson received his B.A. in Religious Studies from the University of California, Santa Barbara and his Psy.D. from Alliant International University in San Francisco. He completed his predoctoral internship at the University of Wisconsin, Madison working in the counseling center, and completed his postdoctoral residency in the Kaiser Psychiatry department in Vallejo, California. Dr. Edelson began working in South San Francisco Psychiatry Department in September 2018. Dr. Edelson engages in various roles at the SSF clinic, including providing individual therapy, running two groups (Men’s Process Group and Panic/Phobia Group), ADHD assessments, and triage. Dr. Edelson also is the site’s ACE lead, and MOOD metric champion. Dr. Edelson’s interests personal interests include working with Men’s Issues, young adults, and patients experience life transitions. He utilizes an integrative/relational model with his care, pulling from Solution-Focused, CBT, ACT, and TLDP theories.

**Danielle Hall, Psy.D.**

**Primary and Delegated Supervisor – Child Team**

Dr. Hall is a senior psychologist in the South San Francisco Child and Adolescent Mental Health Services Department.  Dr. Hall earned her doctorate from Argosy University in Honolulu.  Her expertise is in eating disorders, trauma, depression, and anxiety.  She uses an interpersonal, compassion focused approach to therapy and conceptualizes with a psychodynamic and family systems lens.  Dr. Hall is passionate about empowering youth to know themselves and to create compassion and balance in their interactions with themselves and others.  At Kaiser Permanente, she is the behavioral medicine liaison between Pediatrics and Child Psychiatry and psychologist in an interdisciplinary clinic treating pediatric eating disorders.  Dr. Hall is also the director of the practicum training program and supervising psychologist for post-doctoral residents and practicum students. It is a highlight in her career to work collaboratively with trainees as they continue to grow as professionals.

**Eric Hooe, Ph.D.**

**Primary Supervisor – AMRS Team**

I received my PhD in Clinical Psychology in 2002 at The Florida State University with an emphasis and Child and Adolescent clinical work. I completed a pre-doctoral internship in the American Indian Track at University of Colorado Health Sciences Center, Denver, CO.  Prior to joining the SSF Kaiser Permanente team as a postdoctoral resident in 2002, I trained in a variety of mental health settings, including a psychiatric inpatient hospital for children and adolescents, public schools working children with emotional and behavioral challenges, a university-based outpatient mental health clinic, a state hospital for chronically mentally ill adults, a Forensic Unit at a state hospital and a Federal Correctional Facility. Therapeutically, I utilize a mindfulness oriented cognitive-behavioral approach to help patients develop greater self-awareness of their thoughts, emotions, and situations that trigger substance use. Incorporating instruction in affect tolerance and emotional regulation skills for mood management and coping with life stress has also been helpful for patients.  Patients can learn to use these tools in making healthier behavior choices that lower the likelihood of relapse to promote recovery. My professional interests include mood and anxiety disorders, trauma, emotion in psychotherapy, bereavement, Buddhist psychology, adolescent development, family relationships, parenting, and behavioral contracting. Currently, I facilitate Discussion groups for people in early recovery, an ACT Recovery skills group for people with and without addictions and a Parent Education and Support group for parents in our Adolescent Program.

I see supervision as more practically directive at the beginning and then becoming more of a collaborative fine-tuning process 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 from a developmental, biopsychosocial and behavioral perspective. My interventions are more consistent with mindfulness-based CT, ACT, CBT, DBT with adults, and a Family Systems approach and behavioral therapy with adolescents and families.

**Rachel Kim, Ph.D.**

**Primary Supervisor– Adult Team**

Dr. Kim obtained a B.A. in Psychology from Emory University and M.A., and Ed.M., in Psychological Counseling from Columbia University. After working as a career counselor, she returned to Columbia and obtained a Ph.D., in Counseling Psychology. Dr. Kim trained in various settings including a teaching hospital, community mental health clinic and university counseling centers before completing her Pre-Doctoral Internship and Post-Doctoral Fellowship at Stanford University. As part of the team at KP South San Francisco Psychiatry, Dr. Kim provides group and individual psychotherapy and is part of the Intensive Outpatient Program providing higher-level of care to our patients in acute crisis and/or dealing with severe and persistent mental illnesses.

Dr. Kim’s research and clinical interests include impact of microaggression on communities of color, multicultural competency and training, racial-cultural identity development and relationship issues. She is also passionate about working with trainees and has been involved with different aspects of training including program development, selection process and providing individual and group supervision. Dr. Kim approaches supervision from a developmental model, working collaboratively to create a safe space built on mutual trust and respect to identify and work on areas of growth.

**Jenna King, Ph.D.**

**Assessment Supervisor– Child Team**

Dr. King is a psychologist in the South San Francisco Child and Adolescent Mental Health Services Department.  Dr. King graduated from Palo Alto University with her Ph.D. in Clinical Psychology with an emphasis in Diversity and Community Mental Health.  Her expertise areas are in psychological assessment and treatment of trauma, depression, anxiety, self-harm and suicidal ideation with adolescents, and working with youth on the Autism Spectrum.  Dr. King is integrative in her approach to therapy, utilizing principles and strategies associated with mindfulness-based approaches and trauma informed care.  Within the Child & Adolescent department, she is a part of the Intensive Outpatient team facilitating the DBT Skills Group for teens and families.  Dr. King supervises and mentors’ post-doctoral residents in assessment and provides clinical supervision for one psychological assistant.

**Elisa Miyake, Ph.D.**

**Program Evaluation Supervisor– Adult Team**

Dr. Miyake received her doctorate from Arizona State University in Counseling Psychology in 2018. She received training in a variety of mental health settings, including community mental health centers, children’s hospitals, and VAs. She completed her pre-doctoral internship at the Tibor Rubin VA Medical Center (Long Beach VA), with a focus on women’s mental health and trauma-related disorders. She completed her postdoctoral fellowship at Kaiser Redwood City, splitting her time between the Eating Disorder Intensive Outpatient Program and the Adult Team. She utilizes an integrative approach, with specific interests in cognitive behavioral therapy, mindfulness, and dialectical behavioral therapy. She is currently a generalist and eating disorder specialist on the Adult Team. She is also a part of the Nourish clinic, which is an interdisciplinary team that provides more intensive eating disorder services. Her research interests include racial/ethnic minority mental health and women’s mental health, particularly via an intersectionality lens.

**Naveen K. Sharma, Psy.D.**

**Delegated Supervisor – AMRS Team**

Dr. Sharma is a licensed psychologist in the Addiction Medicine and Recovery Services (AMRS) of Kaiser Permanente. Her calling to be a psychologist emerged in childhood, when she began to witness the resiliency of the human spirit to heal and flourish through suffering. She has trained and worked in a variety of settings and is committed to supporting individuals on their journey to health and well-being.

Her career with Kaiser Permanente began in 2014. She trained as a pre-doctoral intern with AMRS Level 3 in Walnut Creek, continued as a post-doctoral resident with AMRS Level 1 in Daly City, and has stayed on as a dedicated permanent staff member. She provides individual and group treatment to adults seeking help with alcohol/drug problems, co-occurring conditions, and/or coping with the addiction of a family member. Her clinical interest areas include substance use and recovery, codependency, trauma and complex trauma, and bereavement. Additional focuses of treatment that interest her include life stage transitions, acculturation, identity development, sexuality, parenting, and developing healthy relationships.

Her dedication extends into the Kaiser Permanente South San Francisco Training Program, where she is a secondary supervisor for the current AMRS postdoctoral resident. She offers support to build competency in treating co-occurring conditions; conceptualizing clinical presentations; developing professional identity; and preparing for licensure and employment. She is enthusiastic about helping trainees navigate complex treatment issues, such as professional boundaries, uses of self-disclosure, transference and countertransference, as well as develop assertiveness, confidence, and self-care.

Much like her approach to treatment, her supervisory approach is grounded in fostering a caring human-to-human connection that recognizes strengths. Her orientation integrates biopsychosocial-spiritual, psychodynamic, cognitive-behavioral, trauma-informed, humanistic, and feminist orientations, along with a Mindfulness Acceptance Commitment Therapy approach toward striving for a values-driven life.

In her personal time, she enjoys spending time with family and friends, fitness, attending comedy and music events, being in nature, and reading.

**Amma Tai, Psy.D.**

**Delegated Supervisor– Adult Team**

Dr. Tai is a trilingual clinical psychologist providing individual and group therapy for adults in English, Cantonese, and Mandarin. Dr. Tai attended undergraduate at University of California, Berkeley and received her doctoral degree in Clinical Psychology at Alliant International University-California School of Professional Psychology. Dr. Tai completed her pre-doctoral internship in adult and child psychiatry at California Pacific Medical Center (CPMC), San Francisco and postdoctoral residency in adult and child psychiatry at Kaiser Permanente, Fremont. She has also been trained at various mental health settings, including State of California and dual diagnosis residential facility. Prior to her doctoral studies, Dr. Tai has worked in the human services field for 6 years. She practices from an integrative, evidence-based collaborative care approach.