Meet My Team
Union City Mental Health Training Program Bio’s
South East Bay Consortium

Allison Burns-Pentecost, PsyD
Consortium Director and Union City Program Director
Adult Psychiatry

I am the consortium director for the SEBC and the program director at Kaiser’s Department of Adult Psychiatry in Union City. I completed my doctorate in clinical psychology from the Philadelphia College of Osteopathic Medicine. I completed my postdoctoral residency here in Union City and have been a staff psychologist for the adult team since. My graduate training emphasized CBT, health psychology and psychology in medicine. I also have become a qualified Mindfulness Based Stress Reduction (MBSR) teacher and lead that program for our health education department. In addition to MBSR, I have facilitated groups in Couples Communication and Anxiety Management. My approach to therapy is integrative, primarily informed by CBT and Mindfulness approaches. I enjoy being a generalist and treat a wide variety of clinical presentations in the clinic. We have an excellent residency training program and I’m happy to share more details with those who are interested.

Ben Campbell, PhD

I am a licensed clinical psychologist in the Department of Psychiatry, Child and Family Team in Union City, California. I joined the Union City team in 2015 after completing my own post-doc in Kaiser’s Department of Psychiatry in Santa Rosa, California. Prior to that I completed a pre-doctoral internship at Children’s Hospital, Oakland (now UCSF Benioff Children’s Hospital) and received my doctorate in clinical psychology at the California School of Professional Psychology in San Francisco. I have made my home in the Bay Area for over 15 years, having moved here from my childhood home of Atlanta, Georgia.

As a member of the Child and Family team I provide individual and family therapy in addition to facilitating various groups and classes. I primarily implement a CBT approach to psychotherapy although I frequently integrate DBT, ACT, and family systems interventions into my work. In addition to other duties within the Department of Psychiatry, one day a week I provide psychiatric consultations as a liaison for the Department of Pediatrics in Kaiser’s Hayward facility.

My role as supervisor will to be in understanding your needs, solidifying goals for the year, fine-tuning your clinical skills, and preparing you for licensure. My goal is to make this a personable
experience that you will enjoy, challenging you while also providing a supportive and caring space.

**Briana Carr, PsyD**

I am a licensed psychologist and post-doctoral resident supervisor in the Child and Family Psychiatry Dept. I received my doctorate in Clinical Psychology at CSPP/Alliant International University in 2005. I completed my pre-doctoral internship at UCSF/San Francisco General Hospital Psychosocial Medicine Clinic and my post-doctoral residency at Kaiser Union City working in both Child/Family and Adult Psychiatry Departments. I have been working as a staff psychologist in Child Psychiatry since 2013 and prior to that worked in Adult Psychiatry beginning in 2006. I provide individual and family therapy as well as facilitating our Teen DBT group. I have also worked in the Kaiser Pediatrics Department as a Psychiatric Liaison to our Pediatricians who refer their patients for on-site evaluation/treatment.

My orientation is integrative, primarily informed by DBT and CBT principles. My specialties include mindfulness/DBT skills for mood disorders and helping patients improve their relationships with others.

I have been both an individual and group supervisor and I very much enjoy the opportunity to facilitate training for our post-doctoral residents. I was a post-doctoral resident myself in this clinic in 2006 and I can relate to the experiences of professional growth, challenges and rewards of the post-doctoral year. My approach to supervision is to provide a supportive environment where we can dialogue and reflect about clinical, legal, ethical, professional and diversity issues that arise in our work. The supervision process is a dynamic and fun experience where we can all learn and grow as clinicians and I look forward to the opportunity to share this with you.

**Michelle M. Doan, PsyD, DRPH**

I am a psychologist with dual doctoral training in clinical psychology and public health - preventive care specialty. My training and experience have included psychotherapy in primary care settings, consultation and triage, bedside assessment of medically ill patients, and psychological evaluation for organ transplant candidacy. Being in the various medical settings has allowed me to appreciate the complexities and challenges in treating individuals with psychological and medical disorders. I am fascinated by the mind-body interactions that result in illness and maintaining factors that affect prognosis. I approach treatment in an integrative manner, using the Bio-Psychosocial Model and incorporating Motivational Interviewing techniques to promote psychological and behavioral change. In clinical supervision, I will collaborate with you in honing your skillset and help facilitate your professional growth as an emerging clinician.
Adam Eigner, PhD

I am a licensed psychologist in the Adult Psychiatry Department at Union City with a private practice in San Francisco and Emeryville, CA. I received a Bachelor’s degree in psychology from University of Michigan in 1987 where I also focused on Spanish language, and a Ph.D. in clinical psychology from California School of Professional Psychology, Alameda, in 1995. I completed my postdoctoral residency at Kaiser Psychiatry in Oakland in 1996. After joining the Union City Adult team in 1998, My work as a bilingual Spanish-speaking provider has included individual, group and crisis services as a generalist, and a specialty in addressing relational and sexual issues. I served for on the Regional Best Practices Committee on Intimate Partner Abuse and continue to serve on the local domestic violence committee. I am certified in Emotionally Focused Therapy and maintain a couples and sex therapy oriented private practice. My work with clients is attachment-oriented, while being flexible, eclectic and collaborative. As a supervisor, my focus is to provide support to residents continued development of their therapeutic style, technique, cultural competence and work-life balance.

Tecsia Evans, PhD

I am a licensed psychologist and service manager in the Adult Psychiatry Department at Union City. I received a bachelor’s degree in dance and psychology from University of California, Berkeley and a Ph.D. in clinical psychology from California School of Professional Psychology, San Francisco. I completed my postdoctoral residency on the adult and child team at Kaiser’s Psychiatry in Vallejo. My work in this department encompasses co-leading the Dialectical Behavior Therapy program, leading the psychological assessment team, chairing the Disability Committee, providing supervision and treating adult clients. My clinical specialties include relationship counseling, Christian therapy, family counseling with adult clients and working with minorities. My goal as a therapist is to work collaboratively with my clients using an insight oriented/CBT approach so they can be successful in reaching their goals. As a supervisor, my focus is to support each resident in sharpening his/her approach to therapy while facilitating personal and professional growth.

Teresa Matazzoni, PsyD

I am a licensed clinical psychologist on the Adult Team where I see individual clients, facilitate several groups, and am a member of the Quality Assurance committee. I earned my graduate degree at the Wright Institute. My pre-doctoral internship was completed at the University of California, Santa Barbara counseling center. My postdoctoral residency training was through the Department of Psychiatry, Adult Services at Kaiser Permanente in Richmond. Before joining the Department of Psychiatry at Kaiser in Union City, I was a clinician at the City and County of San Francisco working with people diagnosed with severe mental health issues.
Throughout my career I have been dedicated to empowering clients to take care of themselves and proving the tools to assist in this process. My clinical practice is primarily informed by social justice theory, family systems, dialectical behavioral therapy (DBT), and cognitive behavioral therapy (CBT). I have been a supervisor in several different setting throughout my career and my supervision theoretical orientation is primarily a developmental approach with an emphasis on collaboration and strengths-based guidance.

Joe Racklin, PhD

My name is Joe Racklin, and I’m a psychologist and resident supervisor at Kaiser’s Department of Psychiatry in Union City. I have been a primary clinical supervisor for the past three years and have been with Kaiser since 1998. While my graduate training was primarily psychodynamic in nature, my clinical experiences since graduate school have allowed me to expand my clinical approach to include CBT in my generally eclectic approach to psychotherapy. Most recently, I have been integrating Acceptance and Commitment Therapy (ACT). At Kaiser, I am involved in the Regional Best Practice Committee for Anxiety Disorders and run several anxiety groups at our clinic including OCD, GAD, Panic, and Social Anxiety Group. As a supervisor, my main focus is helping each resident to refine their own style of therapy and to have a meaningful training experience. I do not stress any particular orientation with residents but do share my perspectives and ask questions in the service of finding effective clinical strategies that are consistent with each resident’s individual style.

Michael Schmidt, PhD

I am a licensed psychologist and post-doctoral resident assessment supervisor in the Child and Family Psychiatry Department in Union City. I have had a wonderful experience at Kaiser as a trainee and licensed provider. I completed practicum, as well my pre and post-doctoral experiences at Kaiser Permanente (Fresno and Union City). Being a psychologist at Kaiser allows for a lot of flexibility in my work and can open the door to all kinds of different opportunities clinically. Union City makes flexibility a priority, along with a team-oriented approach. I also like that Kaiser has given a lot of freedom to practice psychological assessment. A little about me, I received my Ph.D. in Clinical Psychology at Palo Alto University in 2015. I have enjoyed experiences in both the Child/Family and Adult Psychiatry Departments.

Helaine Thau, PhD

Hello! I am currently practicing as a neuropsychologist on the team at Kaiser Department of Adult Psychiatry in Union City, after having worked for Southern California Kaiser (Panorama City and Woodland Hills) in that capacity for 9 years. My neuropsychological training and work
is across the lifespan, with postdoctoral fellowships including the Neuropsychiatric Institute at UCLA, and child/adolescent Psychoeducational Training at the Reiss Davis Child Study Center in Los Angeles. I completed my bachelor’s degree at UC Berkeley in Philosophy and English, and my doctoral degree in Health Psychology at California School of Professional Psychology in Los Angeles.

While working at Panorama City, I also worked on a multidisciplinary eating disorder team, as a therapist and case manager for our eating disorder population. As such, I value collaboration in care, and emphasize this as a strong feature unique to medical centers such as Kaiser. As a supervisor, my focus is to support each resident in sharpening his/her approach to assessment while facilitating personal and professional growth.

Mark Warner, PsyD

Hello, my name is Mark Warner and I’ve been a clinical supervisor for our residency program for the past 9 years. My theoretical approach to supervision is grounded in my training from a psychodynamic perspective, and truly I enjoy formulating cases from this vantage point. However, the current “real world” environment of short-term treatment and focus on evidence-based interventions frequently requires a broader view. This means that even as I formulate many cases in dynamic terms, how I choose to intervene with a client is often much more wide-ranging. I work quite a bit from a CBT approach, especially with issues such as depression and anxiety, and am happy to work from this viewpoint in supervision if there is an interest. In recent years I have developed a strong interest in mindfulness and started our mindfulness group. This would be another potential perspective that could be integrated into supervision for supervisees who are interested.

As far as my approach to the supervision process itself, I try to maintain flexibility. All supervisees are different, so one single approach seems no more appropriate than taking only one approach with all of our patients. This flexibility is needed in both the supervisor and the supervisee. Open-mindedness of the supervisee and ability to respond non-defensively to constructive feedback are important. Each supervisee has different strengths that they can build on and areas they may be interested in shoring up. Some newer providers may be relatively independent in some respects but may need extra support or feedback in other areas. Supervision can be a safe place to learn new skills, try out new strategies or techniques, a sounding board, and a place to deal with and normalize unavoidable anxieties related to being a new practitioner. Of course, there are basic skills that need to be in place, but otherwise the direction of supervision can (and I believe should) be directed by the needs/interests of the supervisee. I am more interested in helping to develop the professional identity of the supervisee, rather than commandeering that identity.
Matthew Wilhelm, PsyD

My name is Matt Wilhelm, and I’m a psychologist and resident supervisor at Kaiser’s Department of Psychiatry in Union City. My career in the helping profession began in 2001 as a school psychologist for Santa Clara Unified School District. Although I enjoyed psychoeducational assessment and working with children, ultimately, I felt the best way to improve a child’s life was through the parent. As such, my focus shifted from child to adult work. I received my doctorate in Clinical Psychology from the PGSP-Stanford Psy.D. Consortium in 2009. I completed my pre-doctoral internship at the University of Maryland School of Medicine, Department of Psychiatry with a primary focus on Serious Mental Illness (SMI). My postdoctoral fellowship was through the VA Palo Alto Healthcare System with a primary focus on Posttraumatic Stress Disorder (PTSD). My orientation is integrative drawing from psychodynamic, cognitive behavioral and developmental theories.

Currently, I lead two groups in the clinic utilizing a CBT approach for panic disorder and Psychosis. Additionally, my other duties consist of assisting in our triage department, conducting ADHD and Autism Spectrum Disorder (ASD) assessments and now as a secondary supervisor for post-doctoral residents. I have prior experience supervising psychiatry residents, interns and post-doctoral fellows. As a supervisor, my main focus is to help you achieve your goals as a “soon-to-be licensed” psychologist in addition to creating a lasting, worthwhile learning experience.