

Meet My Team

Union City & San Leandro Mental Health Training Program Bio's South East Bay Consortium

Allison B. Pentecost, PsyD

Adult Psychiatry, Union City

Consortium Director South East Bay Consortium

Training Director Union City & San Leandro

I am the consortium director for the South East Bay Consortium (Fremont, Union City & San Leandro) and the Training Director for both Union City and San Leandro. I completed my doctorate in clinical psychology from the Philadelphia College of Osteopathic Medicine. I completed my postdoctoral residency in Union City and have been a staff psychologist for the adult team since. I also have a small private practice. My graduate training emphasized CBT, health psychology and psychology in medicine. I am also 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

Child & Family Psychiatry, San Leandro

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 Permanente's Department of Psychiatry in Santa Rosa, California. Prior to that I completed a predoctoral 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 Permanente's Hayward facility. My role as supervisor will be in understanding your needs, solidifying goals for the year, finetuning 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.

Bethany Friedman, PsyD

Child & Family, San Leandro

I am a licensed psychologist and post-doctoral resident supervisor in the Child and Family Psychiatry Department. I earned my doctorate from the California School of Professional Psychology at Alliant International University in San Francisco. I completed my predoctoral internship at Lincoln Medical and Mental Health Center in New York City and then went on to complete a postdoctoral fellowship at the Karen Horney Clinic in New York City.

After moving back to California, I joined the Child and Family Team in 2015. On our team, I specialize in working with patients who have eating disorders and their families and am working towards my Certification in Eating Disorders (CEDs) credentialing through the International Association of Eating Disorders Professionals (IAEDP). I also co-run the Teen Intensive Outpatient Program to provide individual, family, and group therapy for high-risk teens and their families.

As a supervisor, my goal is to provide a supportive environment that allows residents to build confidence and deepen their understanding of themselves as psychologists.

Teresa Matazzoni, PsyD

Adult Psychiatry, San Leandro

I am a licensed clinical psychologist on the San Leandro Adult Team where I see individual clients, facilitate several groups, and lead group supervision for the SEB consortium. I earned my PsyD 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 in 2009-2010. Before joining the Department of Psychiatry at Kaiser Permanente in Union City in 2013, I was a clinician at the City and County of San Francisco working with clients diagnosed with severe mental health issues. I joined the San Leandro team when the clinic opened in 2019. 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 settings 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

Adult Psychiatry, Union City

My name is Joe Racklin, and I'm a psychologist and resident supervisor at Kaiser Permanente's Department of Psychiatry in Union City. I have been a clinical supervisor in the Residency Program since 2006 and have worked at Kaiser Permanente since 1998. I also maintain a private practice. 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 Permanente, I run several anxiety groups at our clinic including OCD and Hoarding Groups. As a supervisor, my 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.

Suyapa Sarmiento, PsyD

Adult Psychiatry, San Leandro

Hola! Hello! My name is Suyapa Sarmiento. I'm a bilingual psychologist (Spanish and English) on the Adult Team at Kaiser Permanente's Department of Psychiatry in San Leandro, Ca since 2015. I completed my doctorate in Clinical Psychology from the Carlos Albizu University in San Juan, Puerto Rico. I completed a predoctoral internship at Chesnut Hill College Consortium in Philadelphia, PA and a residency at Kaiser Permanente Adult Psychiatry in Elk Grove, CA.

My graduate training emphasized CBT, Health Psychology and social diversity issues. Through background, training and past career, I have an expertise working with the Latino Population and religious values from the Christian perspective. As a practitioner, I work from an integrative approach that highlights a Person-Centered/Humanistic-Existential approach with attention to the context (family, community, culture, spirituality etc.). As a supervisor, my goal is to establish a relationship that fosters open discussion, exploration, and shared goals for training. I envision supervision as a safe and calm space to reflect on stories embedded in sociocultural factors with the goal to promote self-awareness, inclusion and equity. As appropriate, I value humor and laughter as tools to strengthen the supervisory relationship and lighten the challenges of the training year.

Michael Schmidt, PhD

Child & Family Psychiatry, Union City

I am a licensed psychologist here on our Child and Family Psychiatry team. Specifically, I am the post-doctoral resident assessment supervisor and a secondary supervisor for the child resident. I have had a wonderful experience at Kaiser Permanente 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 Permanente 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 Permanente 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 can see myself being here in Union City for a long time!

Christina Shiue, PsyD

Child & Family Psychiatry, Union City

I am a licensed clinical psychologist on the Union City Child and Family Psychiatry team since 2019 and have a small private practice. I earned my doctorate from Palo Alto University and completed my pre-doctoral internship at the Community Health Awareness Council in 2017. My post-doctoral residency was completed at Kaiser Permanente Santa Clara in the child and Family Psychiatry department in 2018. Here at Union City, I utilize an integrative approach in treatment. My clinical conceptualizations are informed by systems, humanistic and attachment-oriented approaches with a strong consideration for cultural and diversity issues. I frequently utilize CBT, mindfulness, solutions-focused, and somatic therapy interventions to help clients attain their therapeutic goals. In my previous training and work, I have facilitated a variety of groups including social skills groups, teen anxiety and depression groups, parenting groups, coping skills groups, and DBT informed groups. I am currently a therapist in the Intensive Outpatient Program, working with our clinic's higher risk teens and families. I'm excited to supervise our postdoctoral resident as I highly valued the support and instruction that mentors and supervisors provided me throughout my training years. My approach to supervision is supportive and collaborative. I will work with you to target experiences that support your clinical, professional, and personal growth. I believe self-care and self-reflection are essential to being a competent and compassionate clinician and will strive to help you find a healthy balance between your personal and professional life.

Helaine Thau, PhD

Adult Psychiatry, Union City

I am currently practicing as a neuropsychologist at Kaiser Permanente Department of Adult Psychiatry in Union City, after having worked for Southern California Kaiser Permanente (Panorama City and Woodland Hills) in that capacity since 2009. I also run an ADHD group through Union City and serve on the Mental Health and Wellness Committee at Union City as well as a Multiple Sclerosis Committee through the Regional Neuropsychological Peer Group. My neuropsychological training and work are 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 Permanente. 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

Adult Psychiatry, San Leandro

Hello, my name is Mark Warner and I've been a clinical supervisor for our residency program for the past 12 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 require 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 be 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

Adult Psychiatry, Union City

My name is Matt Wilhelm, and I'm a psychologist and resident supervisor at Kaiser Permanente'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.