

## **Meet My Team**

### **Vallejo and Vacaville Mental Health**

### **Training Program Bio's**

### **Postdoctoral and Practicum Staff**



#### **Jonah Paquette, PsyD**

#### **North Bay Consortium Director; Vallejo Co-Training Director; Vallejo Adult Team**

Received his B.A. from Columbia University in 2004 and his PsyD from the PGSP-Stanford PsyD Consortium in 2010. Dr. Paquette completed his doctoral internship at the Loma Linda VA Medical Center and was a postdoctoral resident at Kaiser San Rafael's Outpatient Mental Health Clinic with an emphasis in chemical dependency recovery. He has been a staff psychologist at Kaiser Vallejo since 2012, initially with the Intensive Outpatient Program before transitioning to the Adult Team in 2015.

Since 2013 Dr. Paquette has been a member of the postdoctoral residency program as a primary supervisor. In 2015, he became Training Director for the Vallejo/Vacaville program as well as North Bay Consortium Director. Dr. Paquette regularly presents at the weekly didactic seminars and provides group supervision to residents. His clinical duties include providing individual psychotherapy, crisis intervention and facilitating groups, including the PTSD group, the Coping with Depression Group, and the Happiness & Well-Being Group. Dr. Paquette is the author of two research-based self-help books, "Real Happiness: Proven Paths for Contentment, Peace, and Well-Being," and "The Happiness Toolbox: 56 Practices to Find Happiness, Purpose & Productivity in Love, Work and Life." In addition to his work at Kaiser, Dr. Paquette delivers trainings for mental health professionals across the country and internationally on topics related to Positive Psychology and Happiness and frequently contributes to media outlets on these topics.

#### **Supria Gill, PhD**

#### **Co-director of Practicum and Postdoctoral Health Psychology Training**

Received her Bachelor of Arts Degree at UC Davis, and her doctorate in Clinical Psychology from Palo Alto University. Dr. Gill completed her pre-doctoral internship in Health Psychology at the VA Portland Health Care System, and postdoctoral training with an emphasis in Behavioral Medicine at Kaiser Permanente Vallejo/Vacaville Residency Program. Dr. Gill specializes in psychological approaches to health promotion and behavior change in integrated care. Dr. Gill joined the Behavioral Medicine team in Vacaville as a staff psychologist in 2017 following completion of residency. Dr. Gill also serves as the Health Psychology Liaison for the Northern California Regional Mental Health Training Programs.

Dr. Gill is adjunct faculty at Palo Alto University, where she teaches courses in the graduate training program. Dr. Gill has co-authored several papers related to utilization of healthcare

services, novel depression interventions, as well as the effects of perceived stress on psychosocial functioning. Dr. Gill serves as a group supervisor for the Health Psychology Residents, as well as primary supervisor for the BMS rotation.

**Patricia F. Eaton, PsyD (Vallejo, Adult Team)** received her B.S. in Geography and Social Studies from the University of Sao Paulo in Brazil in 1997 and Master's in Behavioral Science from Cameron University in Oklahoma in 2004; and later Master's and Doctoral in Clinical Psychology from Alliant University, California School of Professional Psychology in 2011 and 2013, respectively. Dr. Eaton is fluent in both Brazilian Portuguese and Spanish, has extensive experience working with addiction, homelessness and chronically mentally ill populations in outpatient settings. She also serves a good portion of Latino patients and is familiar with the language and cultural intricacies of Latino treatment. She is also interested in themes of self-esteem, body image and women's issues. Currently at the Vallejo Psychiatry Department, Dr. Eaton conducts a Women Empowerment Group aimed at discussing issues that affect the mental health of women such as gender roles, body image, relationships, parenting, boundaries and assertiveness. She also co-facilitates the Happiness and Well-Being group, presenting patients with skills that will help increase their quality of life and overall sense of well-being. On a regular basis, Dr. Eaton sees patients at the Department of Psychiatry outpatient clinic for individual psychotherapy. Dr. Eaton is part of the faculty that provides supervision and didactic training to postdoctoral fellows.

**Daniella Halperin, PhD (Vallejo, Adult Team)** received a Master's degree from Boston University in 2008 and earned her doctorate degree from Northeastern University in 2016. Her doctoral research focused on non-suicidal self-injury among college students. She acquired doctoral training at the following sites in the Boston area: Center for Anxiety and Related Disorders, National Center for PTSD at the Boston VA, Massachusetts Mental Health Center Partial Hospital Program, and the University of Massachusetts, Lowell Counseling Center. She completed her doctoral internship at the Columbus VA in Ohio prior to joining the Psychiatry Department at Kaiser in Vallejo as a postdoctoral resident. On the Adult Team in Vallejo, Dr. Halperin co-facilitates the DBT Skills Group, Social Anxiety Group and Grief Group at the clinic. Dr. Halperin is currently Program Evaluation Supervisor for the North Bay Consortium along with Dr. Aubyn Fulton.

**Janice Lehman, Psy.D. (Vacaville Adult Team)** Dr. Lehman received her B.A. in Psychology from the University of California, Santa Cruz, in 2003. She earned her doctoral degree in Clinical Psychology at the California School of Professional Psychology/Alliant University, San Francisco, in 2007. She completed her doctoral training at California State University, Sacramento Counseling and Psychological Services. Dr. Lehman joined Kaiser Permanente in 2007 as a postdoctoral resident with the Kaiser, Oakland, Eating Disorder Treatment Program, where she worked with both children and adults struggling with eating

disorders and concurrent psychiatric issues. Dr. Lehman then went on to join the Kaiser, Fremont Psychiatry Adult Team as an eating disorder specialist. Her research has focused on the treatment of eating disorders and body image concerns in Asian American populations. Dr. Lehman has co-authored a chapter in the “Handbook of Adult Psychopathology in Asians: Theory, Diagnosis, and Treatment,” edited by Edward Chang (2012). She has also presented a poster based on her dissertation research at the 2007 APA convention in San Francisco. Dr. Lehman began working in the Vacaville clinic in 2013. In September 2016, she became Site Training Co-Director for Vacaville/Vallejo Postdoctoral Residency programs and starting in 2019 will be the Training Director for the Vacaville and newly opened Fairfield clinics. Dr. Lehman is an active member APA as well as a member of the Kaiser Permanente Regional Eating Disorder Best Practices committee to keep abreast of the latest developments in treatment for eating disorders. Dr. Lehman coordinates the Napa/Solano Eating Disorder Multi-Disciplinary Consultation team. She also co-facilitates the DBT Skills Training Group, New Mom’s group, and Eating Disorders Group in the Vacaville Adult Psychiatry Clinic.

**Julia Rosholt, PsyD (Vallejo, Adult Team)** received her B.A. from California State University, San Marcos, and her Master’s from Argosy University. She received her PsyD from CSPP at Alliant, San Francisco. Dr. Rosholt completed her doctoral internship at the VA in Loma Linda and her postdoctoral residency at Kaiser, Santa Rosa. Dr. Rosholt is an Assessment Supervisor in the residency program.

**Veronica Sanchez Varela, PhD** is a California and Massachusetts licensed Clinical Psychologist. Dr. Sanchez Varela received her Bachelor of Arts degree at Boston College in 2001, and her Doctorate in Clinical Psychology at Suffolk University in 2008. Dr. Sanchez Varela completed her pre-doctoral internship at the Center for Multicultural Training in Psychology (CMTP)/Boston Medical Center, and her post-doctoral fellowship at the Dana-Farber Cancer Institute/Harvard Cancer Center with an emphasis on psycho-oncology research development. Dr. Sanchez Varela has extensive training in providing psychological services to individuals who experience chronic physical illnesses. Dr. Sanchez Varela has been a staff member at Kaiser Permanente since November of 2017. Prior to working at Kaiser, Dr. Sanchez Varela worked as a staff psychologist for the California Department of State Hospitals at the California Medical Facility. Dr. Sanchez Varela held an Assistant Professor appointment at Rush University Medical Center in Chicago, where she served as the psychologist for the Bone Marrow Transplantation and Stem Cell Research Team. Dr. Sanchez Varela has co-authored several papers and book chapters relevant to emotional health outcomes in cancer patients and survivors. Dr. Sanchez Varela practices in English and Spanish.

**Cecilia Ochoa, Psy.D. (Vacaville, Adult Team)** earned her doctoral degree in Clinical Psychology from Baylor University in 2003 after a predoctoral internship at Napa State Hospital and postdoctoral residency at Kaiser, Pleasant Hill. Dr Ochoa has worked as a supervisor for the postdoctoral program and the practicum program. Dr Ochoa was first trained in Argentina (her native country) in psychodynamic therapy but expanded to other treatment modalities once she arrived in the US in 1995. Dr Ochoa's clinical interests include the assessment and treatment of Mood Disorders, treating Dually Diagnosed patients, helping women with pregnancy loss and infertility issues, and serving the Hispanic population. She currently leads the Anxiety/Panic and Job Stress groups at the Vacaville clinic.