

**Meet My Team**

**San Leandro Mental Health Training Program Bio’s**

**South East Bay Consortium (Fremont, San Leandro & Union City)**

**Allison Burns-Pentecost, PsyD**

**South East Bay Consortium Director**

**San Leandro, Training Director**

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’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’s Hayward

facility. My role as supervisor will to 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 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 setting throughout my career and my supervision theoretical orientation is primarily a developmental approach with an emphasis on collaboration and strengths-based guidance.

**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’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 Chesnutt Hill College Consortium in Philadelphia, PA and a residency at Kaiser 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 stablish 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.

**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 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 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.