

MENTAL HEALTH TRAINING PROGRAM  
NEWSLETTER

JANUARY 2021

On behalf of Kathryn Wetzler, PsyD

HAPPY NEW YEAR FROM THE  
MENTAL HEALTH TRAINING  
PROGRAM

As the calendar turns to 2021, the Mental Health Training Program would like to wish you a very happy new year. We're truly thankful to all of you for your hard work, especially given the very challenging circumstances we find ourselves in. As vaccines continue to be rolled out, we are hopeful that 2021 will see a gradual return to normalcy – in the meantime please remain safe and healthy and take care of yourselves during these difficult times.

## REGIONAL SEMINAR UPDATES

Last week, we were delighted to host best-selling author, Stanford psychologist, and renowned speaker Dr. Kelly McGonigal for a seminar focused on the benefits of exercise and movement for mental health. Dr. McGonigal's TED talk has received over 25 million views, and we were honored to host such a well-known and outstanding presenter for our regional seminar. Due to February being such a busy month with many trainees participating in interviews, we will not be holding a regional seminar next month. Our next regional seminar will take place in March, when we'll be joined by Dr. Dan Siegel, whose pioneering work in the field of interpersonal neurobiology has shed new light on how to incorporate our understanding of the brain in treatment. The author of numerous best-selling books, Dr. Siegel is also a professor of psychiatry at UCLA and the director of the Mindsight Institute. These trainings will be presented remotely, with CE's available to staff who register and who attend the live event.

<https://mentalhealthtraining-ncal.kp.org>MENTAL HEALTH TRAINING  
PROGRAM CONTINUING  
EDUCATION PROGRAM

The Mental Health Training Program is excited to share that we are now an approved continuing education sponsor for both live and remote trainings. In the coming weeks, we'll be able to provide continuing education credits for our licensed providers free of charge through our library of recorded didactics. We'll be sharing more details soon about this, which will offer our supervisors and providers a convenient way to meet their CE requirements. And a special shout-out to Dr. Chelsea Vilinskas, our Continuing Education Liaison, whose incredible work has helped make this possible.



## BRIGHT SPOTS



From Dr. Thu Pham, Training Director in San Rafael: "In San Rafael, one of our postdocs, Arthur Kleinberg, completed part of his community benefit project by presenting to Dominican University on 11/24 to PA students on "Coping with Stress - school, health, life in 2020". The presentation was well received, and he was invited back later in the year to give similar presentation to a different class. With all the challenges of the pandemic and doing things virtually, I see Arthur's ability to gather the material and present so early in the training year as quite an accomplishment." Great job, Arthur!

## UPCOMING LIVE SEMINARS

Thursday, March 11th

**Interpersonal Neurobiology: The Social  
Brain and the Embodied Relational Mind**

Dan Siegel, PhD

1:00-5:00 PM: Mental health trainees

Tuesday, April 20th

**Focused Acceptance & Commitment  
Therapy (fACT)**

Patricia Robinson, PhD

1:00 AM to 5:00 PM

Registration open on the Mental Health Training  
Program Website (Seminars/Conferences):

<https://mentalhealthtraining-ncal.kaiserpermanente.org/seminars-and-conferences/>



To submit announcements for the MHTP  
Newsletter, email [Jonah.X.Paquette@kp.org](mailto:Jonah.X.Paquette@kp.org)