

Meet My Team

South Sacramento Pre Masters Mental Health Training Program Bio's

Janet Gaborek, LCSW

Co-Training Director

Behavioral Health Manager II, Adult Outpatient

Clinical Supervisor

Hello and thank you for considering Kaiser Permanente for your next clinical experience. My name is Janet Gaborek and I am an LCSW and one of the Behavioral Health Managers in Adult Psychiatry. I was raised in South Sacramento and am very fortunate to be able to work and provide services in my community. I did my undergraduate and graduate work at Sacramento State, and I have been licensed since 1990. I began working for Kaiser Permanente in 1994. I have worked in Psychiatry, Behavioral Medicine and Occupational Medicine here at Kaiser Permanente. Prior to Kaiser Permanente, I worked in inpatient settings in a state and private hospital, a state prison and in community mental health. I have also done some private practice and I enjoy volunteering in the community.

My current practice is working with transgender/non-binary/gender diverse patients, helping them to access gender affirming medically related services and providing gender affirming therapy. I've been a primary supervisor here at Kaiser Permanente since we started our program. I really enjoy working with new professionals and value what you bring to the table. I learn a lot from you too. In my personal life I enjoy spending time with my family and friends and hanging out with my 3 dogs. I also love to travel and spend a lot of time fantasizing about retiring in Hawaii.

Thanks for reading and good luck in your search.

Natalie Vides Boelke, LCSW

Co-Training Director

Behavioral Manager I, Adult Outpatient

My name is Natalie Vides Boelke. I am the co-training director of the Pre-Master's Internship and Post Master's Mental Health fellowship. I started here at Kaiser Permanente as a Pre-Masters Intern back in 2003. This year taught me so much about myself and how to be a therapist. I was hired on as a full-time staff in 2004. I spent time learning how to facilitate groups, teach coping skills, and do individual treatment. I became the co-training director in 2020. I am so excited to bring my passion, desire to teach others, and work to the Mental Health Training Program.