

MENTAL HEALTH TRAINING PROGRAM
NEWSLETTER

August 2021

On behalf of Kathryn Wetzler, PsyD

THANKS TO OUR 2020-2021 TRAINEES



As the 2020-2021 training year comes to a close, the Mental Health Training Program regional team would like to extend a heartfelt thanks to all of our trainees who've been with us through

this memorable training year. Despite the unique challenges we continue to face, we are proud of the incredible work you've done and your many contributions to our programs. Thank you for being part of our programs and wishing you all good luck in your future endeavors!

FOCUS ON EID

We would like to thank all of the mentors for your participation in the 2020-2021 NCAL Kaiser Permanente Regional Mental Health Training Programs Mentorship Program. We really appreciate you and the time you put into helping our future clinicians!



As we approach the 2021-2022 training year, The Equity, Inclusion, & Diversity Liaisons for the Northern California Mental Health Training Programs are pleased

to continue our annual Mentorship Program for the 2021-2022 training year. We would like to invite licensed staff members to mentor incoming trainees and have an opportunity to give back to their discipline. Please watch your email for more details as well! If interested, please visit this link to learn more and to sign up:

<https://www.surveymonkey.com/r/2021-2022mentor>

Last but not least, we would like to express a heartfelt thank you to Dr. Anna Koper and Dr. Catherine Wallace for their work with the training program this year. We wish them the best on their new job placements!

UPCOMING WELLNESS EVENTS

The Regional Training Program would like to thank our Wellness Liaisons Micaela Birt and Nishita Berla for their hard work in bringing some outstanding programming to our trainees this year pertaining to wellness and professional development. This new facet of our program was created in an effort to provide a space for our trainees to focus on their own well-being and to gain additional support around professional development. We are pleased to say that these monthly events have been a big hit and will continue into the next training year!



UPCOMING LIVE SEMINARS

Thursday, September 9, 2021
Thursday, September 23, 2021

Dialectical Behavior Therapy Groups for Youth & Adults with ASD? YES! Parts 1 & 2

Doreen Samelson EDD, MSCP; Lindsey Sneed MS, BSBA, LBA; Erin Shurtlef LCSW, BHM

10:30 AM-12:30 PM

Tuesday, October 19th
Supervision for Mental Health Providers
(This seminar is for licensed staff only)

Ken Hardy, PhD.

9:00 AM to 4:00 PM
(Save the Date: Registration Open Soon)

Tuesday, October 26th
Law & Ethics for Mental Health Supervision for Mental Health Providers
(Required for Trainees)

Dan Taube, PhD

9:00 AM to 4:00 PM
(Save the Date: Registration Open Soon)

To register visit the Seminar Registration page on our website at
www.mentalhealthtraining-ncal.kp.org



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BRIGHT SPOTS



We have some wonderful highlights from the West Bay that we're excited to share with you in this newsletter:

Dr. Erin Hoolihan passed the EPPP and accepted staff position with Children's Health Council in Palo Alto. Dr. Erin Hoolihan, along with Dr. Ghazal Karimpour and Mr. Lawrence Leung, also completed an engaging community project with Larkin Street Youth. Finally, Dr. Erin Hoolihan presented Grand Rounds on "Working with the Flipinx American Community" for her research project.

Dr. Ghazal Karimpour accepted a staff position with the Kaiser Oakland Child Mental Health team. Dr. Karimpour, along with Dr. Hoolihan and Mr. Leung, completed an engaging community project with Larkin Street Youth. Finally, Dr. Karimpour adapted Acceptance and Commitment Therapy (ACT) for teens for program development.

Dr. Alina Liu passed the EPPP and accepted a staff position with Kaiser San Francisco Adult Mental Health team. Dr. Liu presented to 826 Valencia, a non-profit organization, on mental health and wellness to the community. Finally, Dr. Liu conducted her program development project on focused virtual therapy.

Dr. Mariafé Panizo has grown the La Clinica program at Kaiser South San Francisco, created a monolingual Spanish speaking group for women, and completed her community project with the UCSF's Health and Human Rights Initiative. Finally, Dr. Panizo interviewed Spanish speaking Latinx patients about their experiences of remote mental health care for her program development research project.

Dr. Taylor Stearns passed the EPPP and accepted a position with the Behavioral Medicine Service team at Kaiser South San Francisco. Dr. Stearns successfully evaluated the Behavioral Medicine Service referral process for program development. For community project, Dr. Stearns offered mindfulness to second graders at Garfield Elementary School in SF. In addition to completing his research and community projects, Dr. Stearns successfully completed the pilot bariatric rotation at SSF.

