

The Union City Doctoral Internship in Health Service Psychology Meet Our Supervisors

Allison B. Pentecost, PsyD
Doctoral Internship Training Director
Postdoctoral Residency Training Director
South East Bay Consortium Director
Clinical Psychologist, Adult Team, Union City

I have been a staff psychologist at Kaiser Permanente, Union City since 2014 and have been involved in the Mental Health Training Programs since 2017. I am currently the training director for the postdoctoral residency and our new doctoral internship program. I completed my doctorate in clinical psychology at the Philadelphia College of Osteopathic Medicine. I completed my postdoctoral residency in Union City in 2014 and have been a staff psychologist for the Adult team since that time. 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 have led 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 treating patients with a wide variety of clinical presentations in the clinic. We have an excellent training programs and I am happy to share more details with those who are interested.

Briana Carr, PsyD
Child & Family Psychiatry, Union City

I am a licensed clinical psychologist and began working in the Child and Family Psychiatry Department at Kaiser Union City in 2013. Prior to that, starting in 2006, I worked in the Adult Psychiatry Department. I also have a small private practice. In 2005, I earned my doctorate in Clinical Psychology at CSPP/Alliant International University and completed my doctoral internship at UCSF/San Francisco General Hospital Psychosocial Medicine Clinic. In 2006, I completed my postdoctoral residency at Kaiser Union City, working in both the Child/Family and Adult Psychiatry Departments. In my role as a staff psychologist, I provide individual, family, and group therapy to our members, as well supervision for our mental health trainees. I have also worked in the Kaiser Pediatrics Department as a Psychiatric Liaison for our Pediatricians. My orientation is integrative, primarily informed by DBT and CBT principles. My specialties include incorporating mindfulness/DBT skills in the treatment of mood disorders, supporting parents, and helping patients improve their relationships with others.

My role as supervisor for psychologists in training is one of my favorite aspects of my job. Having been a Kaiser mental health trainee myself, I can relate to the challenges of professional growth, as well as to the rewards of the post-doctoral year. My approach to supervision is to provide the intern with a supportive environment where we can dialogue and reflect about clinical, legal, ethical, professional and diversity issues that arise in our work. The supervision process is a dynamic experience where we can both learn and grow as clinicians and I look forward to the opportunity to share this with you.

Robert H. Lim, PhD

Clinical Psychologist, Adult Team Union City

I have been a staff psychologist at Kaiser Permanente, Union City, since 2016. I work primarily in the Adult Psychiatry Department. I completed my doctorate in counseling psychology from the University of Maryland, College Park, my masters in psychological counseling from Teachers College, Columbia University, and my bachelors from University of California, Berkeley. I completed my doctoral internship from the Ohio State University, and my postdoctoral fellowship from the University of California, San Diego. I also have a small private practice.

In my role as a staff psychologist, I provide individual and group therapy to Kaiser plan members. I also provide ADHD assessments, and may soon provide ASD assessments as well. My special interests include working with young adults, trauma, and cultural identity concerns. My approach to therapy is integrative, primarily informed by psychodynamic theory and CBT. I see supervision as a collaborative process, in which I can help interns meet their learning goals and develop confidence to become independent practitioners.

Nithya Narayan, PsyD

Clinical Psychologist, Adult Team Union City

I am a licensed staff psychologist and have worked in the Adult Outpatient Psychiatry Department at Kaiser Union City since 2017. Prior to joining the team here at Kaiser, I completed my doctoral internship and postdoctoral fellowship at a community mental health organization. I completed my undergraduate and graduate studies in clinical psychology in India and immigrated to the USA to pursue my doctorate at CSPP-San Francisco. As a staff psychologist, I provide plan members with individual psychotherapy services, primarily informed by CBT, trauma focused interventions, compassion focused grief interventions and ACT techniques. I enjoy supervising trainees and in addition to offering didactics that are focused on cultural competency and the integration of cultural and faith-based practices into mainstream mental health.

Christina T Shiue, PsyD

Clinical Psychologist, Child & Family Team Union City

I am a licensed clinical psychologist and have been part of the Child and Family Psychiatry team at Union City since 2019. I also have a small private practice. I earned my doctorate from Palo Alto University and completed my doctoral internship at the Community Health Awareness Council in 2017. My postdoctoral residency was completed at Kaiser Santa Clara, in the Child and Family Psychiatry department in 2018. Here at Union City, I utilize an integrative approach in treatment. My clinical conceptualizations are informed by systems, humanistic and attachment-oriented approaches with a

strong consideration for cultural and diversity issues. I frequently utilize CBT, mindfulness, solutions-focused, and somatic therapy interventions to help clients attain their therapeutic goals. In my previous training and work, I have facilitated a variety of groups including social skills groups, teen anxiety and depression groups, parenting groups, coping skills groups, and DBT informed groups. I am currently facilitating the parenting group for parents of adolescents and am a part of the ADHD evaluation team. I am excited to supervise our doctoral interns as I highly valued the support and instruction that mentors and supervisors provided me throughout my training years. My approach to supervision is supportive and collaborative. I will work with you to target experiences that support your clinical, professional, and personal growth. I believe clinicians' self-care and self-reflection practices are essential to promoting competence and compassion in their work and I will strive to help you find a healthy balance between your personal and professional life.

Helaine Thau, PhD

Clinical Neuropsychologist Adult Psychiatry, Union City

I am currently practicing as a neuropsychologist at Kaiser Department of Adult Psychiatry in Union City, after having worked for Southern California Kaiser (Panorama City and Woodland Hills) in that capacity since 2009. I also run an ADHD group through Union City and serve on the Mental Health and Wellness Committee at Union City as well as a Multiple Sclerosis Committee through the Regional Neuropsychological Peer Group. My neuropsychological training and work cover the lifespan, ~~with~~ and my postdoctoral fellowships include the Neuropsychiatric Institute at UCLA, and the Child/Adolescent Psychoeducational Training at the Reiss Davis Child Study Center in Los Angeles. I completed my bachelor's degree at UC Berkeley in Philosophy and English, and my doctoral degree in Health Psychology at California School of Professional Psychology in Los Angeles. While working at Panorama City, I also worked on a multidisciplinary eating disorder team, as a therapist and case manager for our eating disorder population. As such, I value collaboration in care, and emphasize this as a strong feature unique to medical centers such as Kaiser. My focus as a supervisor is to support each intern in sharpening his/her approach to assessment and to facilitate their personal and professional growth.