

Meet My Team

Redwood City Psychology Practicum Extern Training Program Bio's

Salena Schapp, Ph.D.

Co-Training Director and Group Supervisor

I am Salena Schapp, PsyD, the co-training director and group supervisor for the child practicum program here in Redwood City. I earned my doctoral degree from PGSP-Stanford Consortium and completed my postdoctoral residency at Kaiser in Redwood City. I was then hired to help develop the outpatient eating disorder program for both adolescents and adults and continue my work with children, adolescents, and families on the child team. Prior to my work at Kaiser, I worked in various settings including community mental health, medical centers, outpatient clinics, and hospitals. I enjoy working on a multidisciplinary team to provide comprehensive care to patients. I use evidenced-based approaches to therapy, while individualizing treatment to match each patient's needs, including cognitive behavioral therapy, family-based therapy, acceptance and commitment therapy, and dialectical behavioral therapy. I also work from a weight-neutral, Health at Every Size® approach with all patients. I feel lucky to have had excellent training and supervision throughout my graduate education, which sparked my interest in giving back to the field. I have been a supervisor for our postdoctoral residents since 2018, and appreciate teaching, learning, and training. I enjoy the opportunity to help future psychologists grow into competent independent clinicians!

Nishita Berla, Psy.D.

Co-Training Director and Primary Supervisor

My name is Nishita Berla, PsyD and I am the co-training director and primary supervisor of the Redwood City child practicum program. I earned my Bachelor's degree in Psychology and Peace & Conflict Studies at UC Berkeley and then went on to complete my PsyD through the PGSP Stanford Psy.D. Consortium. I had the pleasure of being a postdoctoral resident here on the child team at Kaiser Redwood City. I loved my training year and the team so much that I was enthusiastic to stay on as a staff member when the opportunity arose. I have experience working in a variety of settings through my training years including pediatric settings, community mental health, outpatient clinics, and schools. I am very passionate about training

and about giving back to the field by supervising and contributing to the development and growth of future psychologists.

Dan Friedman, Psy.D.
Primary Supervisor

Hi, I'm Dan Friedman, PsyD, a supervisor on our Child and Adolescent team. I earned my doctoral degree from the PGSP-Stanford PsyD Consortium. I completed my postdoc here at Kaiser Redwood City and my predoctoral internship at the University of Texas Health Science Center at Tyler. I'm originally from New York City and participated in attachment-focused research at the New York State Psychiatric Institute before moving to California. I maintain a strong interest in an integrated approach that primarily utilizes cognitive-behavioral and mindfulness-based techniques through an attachment-focused, psychodynamic lens. I'm excited to be a part of the training for our practicum students as they learn to find their own therapeutic style and grow as emerging clinicians!