

# Post Masters Mental Health Training Program

San Jose

Adult Psychiatry



**Mental Health Training Program**  
Northern California



**Janet Lopez, LMFT**  
Program Manager, Training Director and Primary Supervisor  
San Jose Medical Center

I am a bilingual and bicultural LMFT with a master's degree in Counseling Psychology (Emphasis in Latino Counseling) from Santa Clara University. I have over 10 years of clinical experience working with children, teenagers, families, individual adults, and groups. I am currently adjunct Faculty at SCU's Counseling Psychology Program where I mentor, supervise, and provide specialized training to new clinicians on how to deliver effective group psychotherapy techniques.

In the Adult Psychiatry Department, I am the Training Director for the Post-Masters Mental Health Training Program and Clinical Supervisor for incoming trainees. I am also the Behavioral Health Education Program Manager for Kaiser San Jose, Gilroy, and Santa Cruz County locations. I organize and supervise the delivery of in-person and online emotional wellness classes for Kaiser patients across the Greater San Jose Region. For the past 3 years, I have been the Co-chair for the Diversity Committee in Psychiatry where I collaborate with colleagues and provide consultation on issues related to culturally responsive care. I look forward to continuing to support the evolution of our mental health services here at Kaiser.



**Pantea Bozorgfar, LMFT**  
Adult Psychiatry, Primary Supervisor  
San Jose Medical Center

I chose to practice at Kaiser Permanente because I wanted to be a part of an organization that strives to provide integrative care to its members and whose providers believe in enhancing the mind-body connection. In my role as a licensed psychotherapist, I work with my patients to understand their struggles, hopes, and intentions, and I will do my best to support them, along with our highly skilled and talented team at Adult Psychiatry. I will teach evidence-based skills and strategies to help patients be more successful in managing symptoms and life stressors. In addition, as part of our treatment plan, we utilize the Kaiser Permanente Classes and Groups and various other useful resources. I have a

great deal of experience in working in the areas of trauma, grief and loss, family dynamics, multi-cultural identity, codependency, and relationships. It is my fundamental belief that we are all doing our best to get through this experience of life, and I hope to be a support to those in need of care and growth. I have an integrated approach to treatment that recognizes the complex interactions between a patient's biology, beliefs, experiences, and environment. I believe that recovery comes from commitment to one's well-being, while following a strong program. I encourage anyone struggling with emotional pain to feel free to inquire more about the services.



Lisa Silver, LCSW  
Adult Psychiatry, Group Supervisor  
San Jose Medical Center

I have been licensed for 8 years. I have experience in hospice, a chronic pain clinic and an inpatient psychiatric hospital. I have been with Kaiser for over five years and in the San Jose Psychiatry department for 2 ½ and have varied experience in the psychiatry department including providing Focus Therapy to patients with short term needs, co facilitating the DBT group, working on the CIT team and providing ACSW Supervision. I use various treatment modalities including Positive Psychology and Strength Based, Solutions Focused Therapy, CBT, DBT and a little bit of ACT. My strengths as a therapist, team member, group leader and supervisor include being goal oriented and dynamic, providing education, as well as being very open to discussing challenges and brainstorming solutions. In my spare time I enjoys visiting with family and friends, traveling, reading, walking and hiking, camping, quilting, and doing yoga.

# Post Masters Mental Health Training Program

San Jose

Child Psychiatry



**Victoria Marvin, LMFT**  
**Training Director**

I obtained my bachelor's degree in 1990 and master's degree in 1993 in clinical psychology from San Jose State University. My clinical internships were with Adult and Child Guidance Center in San Jose and Eastfield Ming Qoung in Campbell. I have been licensed since 1997. Before coming to Kaiser Permanente, I worked with children and adolescents in residential treatment and crisis intervention programs at Eastfield Ming Qoung from 1990-1998. I have also worked in Intensive Outpatient Programs for Community Family Guidance Center and Kaiser Permanente in the Los Angeles area from 1998-2001. I have been working at the Kaiser Permanente San Jose Medical Center in the Division of Child and Adolescent Psychiatry since 2001.

My clinical interests include family therapy, anxiety disorders, and eating disorders. I am also a certified Parent Project facilitator. I have been a clinical supervisor at Kaiser since 2007 and Training Director since 2016.



**Santiago Alvarez, LCSW**  
**Primary Supervisor**

I am a licensed clinical social worker and earned a bachelor's degree with a double major in social work and psychology at CSU Sacramento, and a master of social work degree from USC. I have worked in several outpatient mental health, medical, and community-based settings serving children, youth and adults in the greater Los Angeles and Bay Area. My expertise includes working with youth who are experiencing grief and loss, bicultural and/or bilingual Spanish speaking youth and families who are experiencing cultural challenges, and youth within the LGBTQ+ spectrum. I am a gender therapist working with transgender, non binary, and gender non conforming youth and their families who seek support and medical services through Kaiser Permanente, and facilitate transgender support groups for teens and parents. I am also skilled in working with youth who are struggling with depression, anxiety, trauma, and family transitions such as divorce, blended families, and relocation, as well as youth in families impacted by substance abuse. In addition, I am experienced in providing EMDR for trauma and anxiety issues.

In our clinic, my main responsibilities are providing individual, family, and group psychotherapy, primary and secondary supervision to fellows and other trainees, and providing support to colleagues who are developing gender and EMDR clinical skills.



**Leticia Elias, LCSW**  
**Primary Supervisor**

I obtained my Masters in Social Work from San Jose State University specializing in mental health. My first internship was at a non-profit agency providing culturally sensitive services to low income monolingual Spanish speaking families. My next internship allowed me the opportunity to focus on clinical work with children at a county mental health agency. I returned to the non-profit sector upon graduation and gained experience working with a wide range of populations to include children in foster care, adolescents involved in the juvenile justice system, women suffering dual diagnosis, and early child mental health. Through this experience I was promoted to leadership positions within the agency. I later returned to work for the county in an institutional setting for adolescents involved in the juvenile justice system. I chose to work at Kaiser because it allowed me opportunities to treat children and their families. I enjoy working with parents through parent education classes, family therapy, and direct practice with children. My goal is to promote healthy parent/child relationships and restore family harmony. I continue to mentor and supervise master's level interns who are coming into the exciting field of mental health.

My clinical interests include anxiety, depression, and strengthening parent/child relationships. My skill set includes play & sand tray therapy with children, cognitive behavioral therapy, strategic family therapy, and group therapy.