

Meet Our Team

South Sacramento Psychology Internship Program

Training Director:



Jarrett Takayama, PsyD
Training Director

Hello and welcome! My name is Jarrett Takayama, PsyD, and I'm honored to be the training director of this amazing program.

I graduated from Pacific University Oregon (APA-accredited) in 2013 and completed my doctoral internship at Casa Pacifica: Centers for Children and Families (APA-accredited).

My career at Kaiser Permanente started in 2013 as a postdoctoral resident in the department of child and adolescent psychiatry. I'm grateful for the exceptional training and clinical opportunities in health psychology and integrated primary care psychology early in my career. I am passionate about providing excellent patient care, program development, and decreasing barriers to mental health services. My clinical interests include concussion, ADHD, and pediatric elimination disorders.

I joined the training team in 2016 as a delegated clinical supervisor for the pediatric primary care psychology rotation. I found this work exciting and extremely meaningful: supporting early career psychologists in their professional development. I have been the training director of the South Sacramento postdoctoral residency program since 2018, and I'm excited to expand our program to include doctoral internship. I'm excited to work with a stellar group of supervising psychologists in the training program, many of whom are former residents and are equally invested in the success of our trainees.

Supervisors:



Marc Becker, PsyD

My name is Marc Becker, PsyD, and I am a psychologist in Adult Psychiatry at Kaiser Permanente Elk Grove. I was born and raised in California, and I am proud to be working and living in the Sacramento area.

I did my undergraduate work at U.C. San Diego and completed my doctorate at CSPP/Alliant University in Alameda, California. I began working for Kaiser Permanente in 2002 in Martinez while completing my postdoctoral residency. I joined the team at South Sacramento Medical Center in 2003 and spent time working in the Departments of Occupational Health and Behavioral Medicine before settling into my current full-time position in the Department of Psychiatry.

I feel fortunate to work with such a great team of staff and providers here in Elk Grove. Additionally, I feel privileged to hear the stories of the members that visit me and to support them through difficult times. As a practitioner of Narrative Therapy, I believe that the stories we tell about ourselves change (typically in a negative way) during times of stress, anxiety, and depression. I feel that my job is to help people counter those negative narratives and tap into the stories of hope, survival, and strength that tend to get muted in times of difficulty. I also pull from other therapeutic modalities including Solution Focused, CBT, MI, and ACT, and I use a lot of mindfulness in my practice.

I've been a primary supervisor within our postdoctoral training program since 2008. It has been a highlight of my career to work with the outstanding professionals involved in this program including the many postdoctoral trainees I've had the privilege to work with over the last decade. I value what each candidate brings to the table and collaboratively work with them to shape our supervision to fit their needs and goals. A sense of humor and irreverence are important to me in my work as they help me keep a positive work-life balance. I believe change and growth are more likely to come from lightness than they will from being overly serious or self-critical; this goes for clients as well as providers. As a result, I believe supervision can be fun as well as productive. In my personal life, I enjoy fantasy football, hiking, camping, gardening, reading, live music, and hacking away at my guitar.

Thanks for reading and good luck in your search.

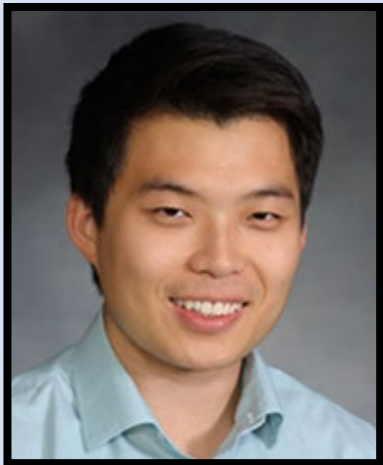


Alonzo Lamas, PsyD

Hi there! My name is Alonzo Lamas, PsyD. I was born and raised in San Jose, California in a large immigrant family. I identify as a first generation Mexican American, cisgender male and highly value diversity. Multiculturalism and identity formation became particular interests during my undergraduate studies at UC Davis, where I earned degrees in psychology and sociology. I completed my doctorate in clinical psychology at the Wright Institute in 2019 and focused my dissertation on colorism impacting college students.

I completed my postdoctoral residency at Kaiser Permanente in South Sacramento/Elk Grove in 2020. I was privileged to be a part of such a compassionate, inclusive, and versatile training program which helped me develop further as a psychologist. As an adult outpatient provider, I've been fortunate enough to be a member of our amazing training team, supervising residents with comprehensive psychological assessments since 2022. Prior to Kaiser Permanente, my clinical experience was primarily in university counseling and conducting psychological evaluations for the California Department of Rehabilitation.

I strongly believe in mentorship and giving back to our field/community. My supervision style is collaborative and relational, with a goal to foster self-confidence and professional development. This approach mirrors my therapeutic feedback process with clients to help them feel more deeply understood and respected. I look forward to working with you!



Xiaolong Li, PsyD

Hi, I'm Xiaolong Li, PsyD! I'm an outpatient psychologist at Kaiser Permanente South Sacramento/Elk Grove. Although I have made California my home, I am originally from the Midwest. I graduated from the PGSP-Stanford Psy.D. Consortium in 2017 and have been working at Kaiser Permanente since my Internship year. I was a former resident at this very program and am proud to represent it as a supervisor in Adult Psychiatry.

The reason why I chose to train at South Sacramento/Elk Grove and the reason I joined the training team years later is how collaborative, dynamic, and genuinely enjoyable everyone is. While I work as an integrated therapist, I primarily conceptualize my patients through ACT – a theoretical orientation I am always trying to learn professionally and personally.

My supervisory style is collaborative in nature, and I try my best to make it racially sensitive. As a "1.5th generation" Chinese immigrant, I am aware of the inherent power differentials that manifest in the various contexts of our lives. I hope to continually discuss how power and privilege affects our work as clinicians while maintaining a supervisory framework supportive of diversity, equity, and inclusion with my supervisees. Outside of work, I enjoy watching sports, cooking, playing games, and spending time with my wife, son, and two cats.



**M Charis Geevarughese
Morris, PhD**

Hi! My name is Charis Morris, PhD, and I am a psychologist at the Kaiser Permanente South Sacramento Adult Outpatient Psychiatry department.

I graduated from Rosemead School of Psychology at Biola University in Southern California. I was born and raised in Malaysia and have lived in the US for a total of more than 10 years. After graduating from Rosemead, I had the privilege of working in Malaysia as a psychologist for about 2 years. I returned to the US and started as a postdoctoral resident here at South Sacramento in 2017. I have since stayed on at Kaiser Permanente as an adult outpatient psychologist.

I thoroughly enjoy the colleagues I get to work with here in the department. I work collaboratively with patients and utilize modalities such as EFT and CBT. When I am not working, I enjoy time with my family, hiking, and baking.



Becca Smith, PsyD

Hello! My name is Becca Smith, PsyD, and I'm a psychologist in Adult Psychiatry at Kaiser Permanente South Sacramento/Elk Grove. I was born and raised in Elk Grove but spread my wings to the East Coast after high school and attended a small, liberal arts college in Virginia by the name of Roanoke College. There, I earned my bachelor's degree in psychology with a minor in sociology. I then moved to Illinois where I attended The Chicago School of Professional Psychology and earned my doctorate in clinical psychology.

I returned to the Bay Area in 2021 and completed my postdoctoral residency at Kaiser Permanente Pleasanton. Although I loved my team and the Pleasanton area, Elk Grove has always been home for me, so I was very excited to begin my career as a psychologist with the South Sacramento/Elk Grove team in 2024. It has been a joy to collaborate with and learn from so many wonderful, experienced colleagues! I have been able to experience so many new opportunities since joining this team, including becoming part of the training team as a psychological assessment supervisor! Much like my therapeutic style, my supervision style is collaborative in nature. As a supervisor, I aim to create a warm, compassionate, and welcoming environment in which my supervisee can grow and become more confident in their professional skills.

When I'm not working, I enjoy all things Disney, listening to Taylor Swift, spending time with my family and pets, kayaking, and baking! Welcome and I look forward to working with you!