

Meet Our Team

South San Francisco Internship in Health Service Psychology West Bay Doctoral Internship Consortium

Thalia De Herrera, PhD (she/her)

**West Bay Consortium Co-Director & Site Training Director
Primary Supervisor – Child Team**

Dr. De Herrera is a psychologist and manager in the South San Francisco Child and Adolescent Mental Health Services Department. Dr. De Herrera completed her Ph.D. in Clinical Psychology from Alliant International University, Los Angeles. She completed her internship at Andrus Children's Center in New York and was a postdoctoral resident at Kaiser Permanente South San Francisco. After completing her residency, she stayed on as a bilingual psychologist (English/Spanish) on the Child and Adolescent Team. She is passionate about working with diverse youth and families to improve their relationships, building on their strengths, addressing issues of language, culture, inter-generational conflict, and empowering families to make positive change. As a bilingual psychologist in English and Spanish, she is passionate about providing culturally appropriate care and draws from cognitive behavioral therapy, dialectical behavior therapy, family systems, and client-centered approaches. As part of the Child and Adolescent team at KP South San Francisco, Dr. De Herrera provides group and individual psychotherapy and manages the Intensive Outpatient Program (IOP), which provides care to adolescents and families in acute crisis. Dr. De Herrera is also the Co-Director of the West Bay Doctoral Internship Consortium, director of the South San Francisco Internship Program, and a supervising psychologist for practicum students.

Michael Sasiain, PsyD (he/him)

West Bay Consortium Co-Director

Dr. Sasiain currently serves as the Co-Director of the West Bay Doctoral Internship Consortium, Director of the West Bay Consortium's Postdoctoral Residency program, and the site director of doctoral and postdoctoral training in Redwood City's Psychiatry Department. Additionally, he serves as *La Clinica's* team lead, which is a program that provides Spanish-speaking individual and group therapy for adults, children, and families. Dr. Sasiain also helps transition new staff members into their clinical roles and has served on the Adult Team's interview committee for staff positions. Clearly, he enjoys inhabiting different roles and mentoring colleagues irrespective of their years in the field.

Dr. Sasiain earned a B.A. in Philosophy and Psychology from the University of California, Santa Cruz and a Doctorate in Clinical Psychology (with a focus in Latinx Psychology) from Pacific University, Oregon. He completed his doctoral internship and postdoctoral residency in the Psychiatry Departments of Kaiser Permanente in Fresno and Redwood City, respectively. He primarily works with mono-lingual, Spanish-speaking individuals and patients who identify as Latinx. Moreover, Dr. Sasiain facilitates therapy groups that treat trauma-related disorders and OCD. And last, he is specializing in psychedelic-assisted therapy (ketamine, psilocybin, and MDMA) and is certified in *Psychedelic Facilitation* through UC Berkeley's Center for the Science of Psychedelics (BCSP) certificate program.

SUPERVISORS

Eddie Edelson, PsyD (he/him)

Delegated Supervisor – Adult Team

Dr. Edelson is a licensed psychologist and manager in the South San Francisco Adult Mental Health Services department. He received his B.A. in Religious Studies from the University of California, Santa Barbara and his Psy.D. from Alliant International University in San Francisco. He completed his doctoral internship at the University of Wisconsin, Madison working in the counseling center, and completed his postdoctoral residency in the Kaiser Permanente Psychiatry department in Vallejo, California. Dr. Edelson began working in the South San Francisco Psychiatry Department in September 2018 and began his role as an Adult Team Manager in 2022. Dr. Edelson has held multiple training program supervisory roles including as a primary and delegated supervisor for practicum externs, doctoral interns, and postdoctoral residents.

Dr. Edelson continues to provide individual therapy and oversees multiple tracks and programs including ADHD and ASD assessments and Postpartum Depression and Trauma Tracks. He also oversees external referrals, depression response monitoring, and feedback informed care practices. Dr. Edelson's personal interests include working with men's issues, young adults, and patients experiencing life transitions. He utilizes an integrative/relational model with his care, pulling from solution-focused, CBT, ACT, and TLDP theories.

Daniel Friedman, PsyD (he/him)

Delegated Supervisor – BMS Team

Dr. Friedman is a licensed psychologist and manager of Behavioral Medicine Services (BMS) at Kaiser Permanente South San Francisco, Adult Family Medicine Department. Dr. Friedman is originally from New York City and received his B.A. in Film from Vassar College and his Psy.D. from the PGSP-Stanford Psy.D. Consortium. He worked for several years as a documentary film editor before switching careers to psychology. His doctoral internship was at the University of Texas Health Science Center at Tyler, where he worked as a consultant-liaison across all hospital services and as a therapist in state inpatient units and conducted dementia and health assessments. He came back to the Bay Area for his postdoctoral residency at Kaiser Permanente Redwood City Psychiatry Department, on the Child Team, piloting a skills group for parents of teens with depression.

After his postdoctoral residency, Dr. Friedman stayed on as a staff member at Kaiser Permanente Redwood City on the Child Team, where he worked as a consultant-liaison for the Pediatrics Department in San Mateo and specialized in parent management training. He joined Kaiser Permanente South San Francisco in 2023 to focus on behavioral medicine and working with adults. He generally conceptualizes cases through an attachment-focused psychodynamic lens, but his interventions are cognitive-behavioral and mindfulness-based.

Danielle Hall, PsyD (she/her)

Delegated Supervisor – Child Team

Dr. Hall is a senior psychologist in the South San Francisco Child and Adolescent Mental Health Services Department. She earned her doctorate from Argosy University in Honolulu. Her expertise is in eating disorders, trauma, depression, and anxiety. She uses an interpersonal, compassion-focused approach to therapy and conceptualizes with a psychodynamic and family systems lens. Dr. Hall is passionate about empowering youth to know themselves and to create compassion and balance in their interactions with themselves and others. At Kaiser Permanente, she is the behavioral medicine liaison between Pediatrics and Child Psychiatry and psychologist in an interdisciplinary clinic treating pediatric eating disorders. Dr. Hall is also the director of the practicum training program and a supervising psychologist for postdoctoral residents and practicum students. It is a highlight in her career to work collaboratively with trainees as they continue to grow as professionals.

Nickie Himuro-Fitzgerald, PsyD (she/her)

Primary Supervisor – Adult Team

Dr. Himuro-Fitzgerald is a psychologist and manager in the South San Francisco Adult Mental Health Services Department. She completed her B.A. in Psychology from the University of San Francisco and her Psy.D. from Alliant International University – California School of Professional Psychology (CSPP). Dr. Himuro-Fitzgerald completed her doctoral internship at the Sacramento Veteran Affairs Medical Center in Mather, California, working in various roles including the PTSD Team, Primary Care Integrated Mental Health (PCMHI), and General Mental Health (GMH), during which she received training and consultation to be a certified cognitive processing therapy (CPT) provider. She then completed her postdoctoral residency in the Kaiser Permanente Psychiatry Department in Santa Rosa, California.

Following residency, Dr. Himuro-Fitzgerald transferred to the South San Francisco Psychiatry Department in 2020 and has since moved into management as of late-2023. She continues to provide individual therapy, as well as overseeing the therapists on the hospital liaison team providing psychiatric evaluations for both Emergency Department and inpatient settings; facilitating and managing grand rounds presentations for the psychiatry department; as well as supporting the Asian American Pacific Islander (AAPI) workgroup. Dr. Himuro-Fitzgerald's personal interests include working with OCD and PTSD, specifically trauma following sexual assault. She utilizes a collaborative and integrative model with patients, with specific interests in cognitive behavior therapy (CBT) and acceptance and commitment therapy (ACT).

Arlena Krolczek, PsyD (she/her)

Assessment & Delegated Supervisor

Dr. Krolczek joined the Psychiatry Department at Kaiser Permanente South San Francisco in 2018. She received her doctorate from Adler University, Chicago, IL and completed her doctoral internship at the Regional Mental Health Center, Merrillville, IN. Dr. Krolczek completed her postdoctoral residency in Addiction Medicine at Kaiser Permanente South San Francisco before joining the Adult Psychiatry staff. She provides individual therapy and group therapy and has supported the residency training program as an individual and assessment supervisor. She has extensive training and experience working with adults that struggle with relationship issues, difficult family dynamics, conflict at work, stress management, anxiety, depression, unwanted coping behaviors, self-care strategies, substance use, and trauma recovery work. Her approaches consist of evidence and mindfulness-based practices, cognitive-behavioral techniques, acceptance and commitment therapy, and dialectical behavioral therapy. She is passionate about empowering patients in making intentional choices to improve overall wellness and has a flexible and integrative approach, which aims to develop insight and understanding while also fostering change.

Naveen K. Sharma, PsyD (she/her)

Primary Supervisor – AMRS Team

Dr. Sharma is a licensed psychologist in the Kaiser Permanente South San Francisco Addiction Medicine & Recovery Services. She earned her B.A. in English and B.S. in Psychology from Santa Clara University, a master's in social welfare from the University of California at Berkeley, and a M.S. and Psy.D. in Clinical Psychology from Alliant International University at San Francisco. She completed an APA-accredited doctoral internship with Kaiser Permanente Mental Health/Addiction Medicine in Walnut Creek, California in 2015 and an APA-accredited postdoctoral residency from the Kaiser Permanente Addiction Medicine & Recovery Services in San Bruno, California in 2016. Following her training, she joined the San South Francisco Kaiser Permanente Addiction Medicine & Recovery Services Department.

Over the years Dr. Sharma has engaged in a variety of roles, including intake assessments, individual therapy, triage, and facilitating support groups, wellness groups, skill-based classes, and psychoeducation classes. She has provided supervision to practicum students, a doctoral intern, postdoctoral residents, and a psychological associate, as well as supervisory support to pre-master's interns. She has been a member of various committees, including Quality Assurance, Equity Inclusion and Diversity Community, Linkage, and Physician Wellbeing Committee. Dr. Sharma's theoretical orientation integrates the recovery model, CBT, ACT, motivational interviewing, family systems, psychodynamic theory, and attachment theory. She is an EMDR-trained clinician and integrates somatic, cross-cultural, and spiritual practices, as clinically appropriate. Among her treatment interest areas are addiction recovery, trauma recovery, grief, adjustment to life changes and stages, codependency recovery, women's health, attachment, and development of healthy lifestyle practices.

Roshani Vanmali, PsyD (she/her)
Group Supervisor

Dr. Vanmali is a licensed clinical psychologist in the Kaiser Permanente South San Francisco Adult Mental Health Services Department. She earned her B.A. in Psychology and Human Development & Family Studies with a research and counseling focus from the University of Connecticut. Prior to graduate training, Dr. Vanmali completed research assistantships as part of large-scale federally funded projects at Warren Alpert Medical School of Brown University and University of Massachusetts Medical School. She has a strong background in evidence-based care. Dr. Vanmali went on to earn her Psy.D. from La Salle University in Philadelphia, PA, where she completed several practica working with a range of populations. She has a primary focus in exposure and response prevention for OCD and has experience in applying exposure-based interventions for GAD, panic disorder, social anxiety, PTSD, and specific phobias. She is experienced in comorbid conditions, including depression and other mood symptoms. She completed her doctoral internship at the Kaiser Permanente Santa Rosa Psychiatry Department.

Dr. Vanmali joined the Adult Team at Kaiser Permanente South San Francisco as a postdoctoral resident in 2022. She furthered her training in eating disorder treatment and ADHD assessment. Dr. Vanmali is oriented in cognitive behavioral therapy and third-wave treatments; she provides individual therapy, facilitates an OCD process group, and teaches classes in mindful eating and anxiety management skills. She also provides ADHD screening, assessment, and training. Dr. Vanmali believes in providing developmentally and culturally responsive care with a collaborative spirit. As a group supervisor, Dr. Vanmali implements a similar cognitive-behavioral approach to training with consideration to developmentally appropriate supervision.

Brooke Williams, PhD (she/her)
Primary Supervisor – BMS Team

Dr. Williams is a licensed psychologist working on the Behavioral Medicine Services (BMS) team at Kaiser Permanente South San Francisco. She received her Ph.D. in Counseling Psychology from the University of Houston. She completed her doctoral internship and postdoctoral residency in women's mental health at California Pacific Medical Center. Dr. Williams is a Behavioral Medicine Consultant for the Adult and Family Medicine Department, working in both OB-GYN and adult primary care. She joined Kaiser Permanente in 2021. Her prior clinical experience includes work in university, medical, and hospital settings. Additionally, she has considerable experience working in a variety of settings as a psychological consultant.

Dr. Williams specializes in perinatal health but is drawn to any area that focuses on the intersection between physical and mental health. Her passion for her work comes from having the opportunity to help individuals identify their existing strengths and use them to navigate various challenges to create meaningful life change. She is also committed to acknowledging and addressing disparities in healthcare for underprivileged and underserved populations as it relates to improving quality of experience and quality of life. In her clinical work,

she utilizes an integrative model drawing on techniques from cognitive-behavioral and interpersonal processing theories. Dr. Williams' supervisory style is grounded in the developmental model of supervision, focusing first on supervisees' identified strengths and desired areas of growth and then providing scaffolding throughout the training year to support their continued progress.