

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

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 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. He engages in various roles at the South San Francisco clinic, including providing individual therapy, running two groups (Men's Process Group and Panic/Phobia Group), ADHD assessments, and triage. He is also the clinic's ACE lead and MOOD metric champion. 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 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 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)

Primary & 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 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)

Delegated 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 Kroliczek, PsyD (she/her)

Primary & Delegated Supervisor – Adult Team

Dr. Kroliczek 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. Kroliczek completed her postdoctoral residency in Addiction Medicine at KP 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.

Elisa Miyake, PhD

Program Evaluation & Delegated Supervisor – Adult Team

Dr. Miyake received her doctorate from Arizona State University in Counseling Psychology in 2018. She received training in a variety of mental health settings, including community mental health centers, children's hospitals, and VAs. She completed her doctoral internship at the Tibor Rubin VA Medical Center (Long Beach VA), with a focus on women's mental health and trauma-related disorders. She completed her postdoctoral residency at Kaiser Permanente Redwood City, splitting her time between the Eating Disorder Intensive Outpatient Program (EDIOP) and the Adult Team. She utilizes an integrative approach, with specific interests in cognitive behavioral therapy, mindfulness, and dialectical behavioral therapy. She is currently a generalist and eating disorder specialist on the Adult Team. Dr. Miyake is also a part of the Nourish Clinic, which is an interdisciplinary team that provides more intensive eating disorder services. Her research interests include racial/ethnic minority mental health and women's mental health, particularly via an intersectionality lens.

Naveen K. Sharma, PsyD (she/her)

Primary & Delegated Supervisor – AMRS Team

Dr. Sharma is a licensed psychologist in the Addiction Medicine and Recovery Services (AMRS) of Kaiser Permanente South San Francisco. Her calling to be a psychologist emerged in childhood when she began to witness the resiliency of the human spirit to heal and flourish through suffering. She has trained and worked in a variety of settings and is committed to supporting individuals on their journey to health and well-being.

Dr. Sharma's career with Kaiser Permanente began in 2014. She trained as a doctoral intern with AMRS Level 3 in Walnut Creek, continued as a postdoctoral resident with AMRS Level 1 in Daly City, and has stayed on as a dedicated permanent staff member. She provides individual and group treatment to adults seeking help with alcohol/drug problems, co-occurring conditions, and/or coping with the addiction of a family member. Her clinical interest areas include substance use and recovery, codependency, trauma and complex trauma, and bereavement. Additional foci of treatment that interest her include life stage transitions, acculturation, identity development, sexuality, parenting, and developing healthy relationships.

Dr. Sharma's dedication extends into the Kaiser Permanente South San Francisco Training Program, where she is a delegated supervisor for the AMRS postdoctoral residents. She offers support to build competency in treating co-occurring conditions; conceptualizing clinical presentations; developing professional identity; and preparing for licensure and employment. She is enthusiastic about helping doctoral trainees navigate complex treatment issues, such as professional boundaries, uses of self-disclosure, transference and countertransference, as well as develop assertiveness, confidence, and self-care.

Much like her approach to treatment, Dr. Sharma's supervisory approach is grounded in fostering a caring human-to-human connection that recognizes strengths. Her orientation integrates biopsychosocial-spiritual, psychodynamic, cognitive-behavioral, trauma-informed, humanistic, and feminist perspectives, along with a mindfulness acceptance commitment therapy approach toward striving for a values-driven life. In her personal time, she enjoys spending time with family and friends, fitness, attending comedy and music events, being in nature, and reading.

April Vogensen, PsyD (she/her)

Primary & Delegated Supervisor – Child Team

Dr. Vogensen is a clinical psychologist and supervisor at the Department of Child and Adolescent Psychiatry at Kaiser Permanente South San Francisco. She received her doctorate from The Wright Institute, Berkeley, CA. Dr. Vogensen completed her doctoral internship in the McAuley Behavioral Health Services at St. Mary's Medical Center, with a rotation on the Adolescent Inpatient Unit and Adolescent Day Treatment. She completed her residency at Kaiser Permanente Oakland's Child and Family Psychiatry Department in 2004. She has a background in pediatric neuropsychological assessment and previously supervised postdoctoral residents in psychological testing. Her passion includes helping adolescents and children in crisis, treating obsessive-compulsive disorder (OCD), helping families with bereavement, treating depression and eating disorders, and providing parenting support. Dr. Vogensen participated in KP's Best Practices Committee for Teen Depression and Anxiety, helping KP to remain a leader in innovative and effective treatment.

Brooke Williams, PhD (she/her)

Delegated 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.