

Meet My Team
Associate Postmaster Mental Health Fellowship
Oakland Training Team
Mental Health Training Program Bio's

Patrizia Meunier, LMFT, PhD
(Physics): Training Director
Clinical Supervisor

I am a Licensed Marriage Family Therapist, graduate of 2005 from JFK University in California, East Bay with a master's in counseling psychology. I have been working in the mental health field since 2003 providing outpatient mental health services. Having joined Kaiser Permanente Medical Center in 2014, I started a new Specialty track in Spanish language in 2016 and I have been directing and supervising the Bilingual Program since.

Counseling is for me the second career I developed; my background in academia has helped me organizing the didactic aspects of this program. I am also an EMDR therapist, and I have experience treating a variety of mental health problems; my interest is especially in providing high quality services for the Hispanic population (directly in Spanish, when possible) and in trauma informed therapy approaches. Training new clinicians is a passion of mine that I take very seriously and with heart; my commitment in the Bilingual (Spanish) training program combines many interests of mine and I am grateful, humbled, and honored everyday by this opportunity to direct the Program.

**Veronica Ochoa, LCSW
Clinical Supervisor**

I am a Licensed Clinical Social Worker, graduate of 2009 from California State University, East Bay with a master's in social work. I have been working in the mental health field since June 2006 providing outpatient mental health services. Having joined Kaiser Permanente Medical Center in August of 2017, I feel very honored to have the opportunity to serve our community through this great organization. I chose to work here because Kaiser Permanente Medical Center is committed to providing quality services to their members, and I want to help with fulfilling this mission. The Mental Health field has especially intrigued me, and it has been my chosen profession. This is because in life we all face difficult experiences that impact our lives and at times cause overwhelming stress; however, I believe that those experiences could also be opportunities to discover our inner-strength and to develop strategies to effectively cope with life's challenges.

In my practice I am able to serve many as I am fluent in English and Spanish, and I draw from a variety of modalities in my approach to treatment. Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Strength Based, Problem Solving Techniques, Self-Compassion approaches, and Mindfulness practices are the evidence-based therapeutic approaches I implement and teach my patients. I hold a certification in DBT and currently in the process of obtaining my certification as an EMDR clinician.

I have experience treating a variety of mental health problems including depression, anxiety, interpersonal problems, adjustment disorders, personality disorder, and symptoms that are trauma related. It is truly special seeing someone regain their ability to cope with life after experiencing stressful events in their life or debilitating mental health problems.

My background spans two countries. I was born and raised in the beautiful country of Mexico. I came to California during my early 20's and have since fallen in love with the magnificent scenery of the Bay Area. I truly enjoy the outdoors, for it is around nature that I feel alive. I enjoy spending time taking hikes, visiting the National Parks, exploring places I have never been, and working on my garden which often has delicious fruits and beautiful flowers to share with me.

**Alice Chen, LCSW
Training Director**

I received my MSW degree from Smith College School for Social work. I then completed 2 years of post-degree training at Kaiser, Oakland, Department of Psychiatry. I have now worked at Kaiser for over 20 years because of its dedicated multidisciplinary team and its commitment to provide evidence-based treatment in this diverse community, making a real difference in the lives of individuals and families.

As an immigrant and bilingual Mandarin therapist, I embrace the ample of opportunities to provide culturally relevant treatment to our Chinese speaking families. I also served as an interim clinical supervisor at Asian Pacific Psychological Services from 2001-2002 while working for Kaiser. I feel blessed to be the training director for our Child Psychiatry team in part because of the diverse and devoted team of supervisors and training programs they've helped created.