

Meet My Team

Redwood City Training Team Bio's

Psychology Practicum Externship Mental Health Training Program



Nishita Berla, Psy.D.
Co-Training Program Manager
Primary Supervisor

Nishita Berla, Psy.D.

My name is Nishita Berla, PsyD and I am the co-training director and primary supervisor of the Redwood City child practicum program. I earned my Bachelor's degree in Psychology and Peace & Conflict Studies at UC Berkeley and then went on to complete my PsyD through the PGSP Stanford Psy.D. Consortium. I had the pleasure of being a postdoctoral resident here on the child team at Kaiser Redwood City. I loved my training year and the team so much that I was enthusiastic to stay on as a staff member when the opportunity arose. I have experience working in a variety of settings through my training years including pediatric settings, community mental health, outpatient clinics, and schools. I am very passionate about training and about giving back to the field by supervising and contributing to the development and growth of future psychologists.



Dan Friedman, Psy.D.
Co-Training Program Manager
Primary Supervisor

Dan Friedman, Psy.D.

Hi, I'm Dan Friedman, PsyD, a supervisor on our Child and Adolescent team. I earned my doctoral degree from the PGSP-Stanford PsyD Consortium. I completed my postdoc here at Kaiser Redwood City and my predoctoral internship at the University of Texas Health Science Center at Tyler. I'm originally from New York City and participated in attachment-focused research at the New York State Psychiatric Institute before moving to California. I maintain a strong interest in an integrated approach that primarily utilizes cognitive-behavioral and mindfulness-based techniques through an attachment-focused, psychodynamic lens. I'm excited to be a part of the training for our practicum students as they learn to find their own therapeutic style and grow as emerging clinicians!