



## **Meet My Team**

### **Redwood City**

### **Psychology Practicum Externship Program**

#### **Michael Sasiain, Psy.D. (He/Him)**

#### **Psychology Training Director**

Dr. Michael Sasiain serves as the Co-Director of the West Bay Consortium's Doctoral Internship program, Director of the West Bay Consortium's Postdoctoral Residency program, and the Director of Psychology Practicum, Predoctoral, and Postdoctoral training programs in the Psychiatry Department of Redwood City. He is an accreditation site visitor for the APA Commission on Accreditation (COA). He also serves as La Clínica's team lead in Redwood City, which is a culturally informed program for Latinx-identified patients and families.

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 predoctoral internship and postdoctoral residency in the Department of Psychiatry, Kaiser Permanente Fresno and Redwood City, respectively. He specializes in Latinx Psychology, Trauma, and OCD. He is certified in Psychedelic Facilitation through UC Berkeley's Center for the Science of Psychedelics.

#### **Nishita Berla, Psy.D. (She/Her)**

#### **Practicum Externship Program Manager**

Dr. Nishita Berla serves as the Training Program Manager for the Pre-Doctoral Practicum and Pre-Doctoral Internship Programs in the Department of Psychiatry at Kaiser Permanente Redwood City.

Dr. Berla earned her Bachelor's degree in Psychology and Peace & Conflict Studies from the University of California, Berkeley, and completed her PsyD through the PGSP-Stanford Psy.D. Consortium. She previously trained as a postdoctoral resident on the Child Team at Kaiser Redwood City and enjoyed the training experience and team so much that she was eager to remain as a staff psychologist when the opportunity arose.

Dr. Berla has experience working across a range of settings, including pediatric medical settings, community mental health, outpatient clinics, and schools. She is deeply passionate about clinical training and is committed to giving back to the field through supervision and by supporting the professional development and growth of future psychologists.

#### **Chelsey Richeson, Psy.D. (She/Her)**

#### **Primary Supervisor – Child Team**

My name is Chelsey Richeson, PsyD and I am one of the primary supervisors for the Child team practicum externship. I earned my bachelor's degree in psychology with a minor in Spanish at Pepperdine University and doctorate in clinical psychology at CSPP, Alliant University in San Francisco. I completed my postdoctoral

residency at kaiser in South Sacramento and had the opportunity to become a staff member here at kaiser Redwood City. I am a bilingual (Spanish) psychologist and participate in La Clinica, which is a program that provides Spanish-speaking individual and group therapy for adults, children, and families. I received training to become a certified PCIT therapist and have experience working in a variety of settings including pediatric settings, community mental health, outpatient clinics, and schools. I have had positive experiences in my own training years with supervisors and wish to provide a similar experience to residents in their own professional growth.

**Gilly Dosovitsky, Ph.D. (She/Her)**  
**Primary Supervisor – Child Team**

I joined Kaiser in 2022 as a Predoctoral Intern at the Santa Clara Medical Center. After this, I joined the Redwood City Medical Center for my Post Doctoral Fellowship where I was part of the child team. I was then able to stay on as a Staff Psychologist. I chose to practice at Kaiser Permanente because I enjoy working in a fast-paced medical environment with an interdisciplinary team. Having the ability to quickly consult not only with my own team but also a patient's medical providers allow for more consistent care that addresses the whole person. I am passionate about working with children and teens along with their families to improve mental health and overall functioning.