

## Meet My Team

### Napa/Solano Area (NSA) Mental Health Training Program Bios North Bay Consortium (Vallejo, Vacaville, Fairfield and Napa) Doctoral Practicum Externship



**Nicola Fiddes, Psy.D**  
**Training Director**  
**Individual and Assessment**  
**Supervisor, Behavioral Medicine**  
**Team**

**Nicola Fiddes, Psy.D.** (she/her) Training Director NSA Psychology Practicum Program, Doctoral Internship Individual and Assessment Supervisor, Behavioral Medicine Team

Dr. Fiddes received her B.S. in Psychology from Haverford College in Pennsylvania and her doctoral degree from the Wright Institute in Berkeley, California. She completed her pre-doctoral internship at University of Texas Health Science Center in San Antonio with training in crisis management, DBT, and inpatient care. She completed her postdoctoral training at Kaiser Permanente Napa Solano with her time split between the Behavioral Medicine and Psychiatry Departments.

Dr. Fiddes joined the Behavioral Medicine team upon completing her postdoctoral training in 2021, where she works in both the Napa and Vallejo medical centers. Her clinical experiences and interests have focused on providing integrated behavioral health care, but she has a wide array of graduate training experiences including crisis care, forensic psychology, community mental health, and the psychological evaluations for those seeking asylum. Dr. Fiddes is the Training Director for the Napa-Solano Psychology Practicum Extern Program and acts as an individual and assessment supervisor in the Doctoral Internship program. She is also currently an adjunct professor at the Wright Institute's Master of Counseling Program.



**Supria Gill, PhD**  
**Napa/Solano Training Manager**  
**Co-Training Director**  
**NSA Psychiatry Practicum and**  
**Postdoctoral Training Programs,**  
**Behavioral Medicine Team**

**Supria Gill, PhD** (she/her) Napa/Solano Training Manager, Co-Training Director NSA Psychiatry Practicum and Postdoctoral Training Programs, Behavioral Medicine Team

Dr. Gill received her Bachelor of Arts Degree at UC Davis, and her doctorate in Clinical Psychology from Palo Alto University. Dr. Gill completed her pre-doctoral internship in Health Psychology at the VA Portland Health Care System, and postdoctoral training with an emphasis in Behavioral Medicine at Kaiser Permanente Vallejo/Vacaville Residency Program. Dr. Gill specializes in psychological approaches to health promotion and behavior change in integrated care. Dr. Gill joined the Behavioral Medicine team in Vacaville as a staff psychologist in 2017 following completion of residency. Her clinical duties include brief consultation and follow-up in Primary Care. Clinical interests include brief evidence-based interventions, mind-body connection, and women's mental health.

Dr. Gill also serves as one of the Assistant Regional Managers for the Northern California Regional Mental Health Training Programs. Dr. Gill is adjunct faculty at Palo Alto University, where she teaches courses in the graduate training program. Dr. Gill has co-authored several papers related to utilization of healthcare services, novel depression interventions, as well as the effects of perceived stress on psychosocial functioning. Dr. Gill serves as an individual and group supervisor for the Health Psychology Residents and leads didactic training for postdoctoral residents.



**Janice Lehman, Psy.D**  
**Vacaville Adult and NSA Eating**  
**Disorder Teams**  
**Individual and Group Supervisor**  
**Co-Training Director NSA**  
**Postdoctoral Residency**  
**Program**

**Janice Lehman, Psy.D** (she/her) Vacaville Adult and NSA Eating Disorder Teams, Individual and Group Supervisor, Co-Director NSA Postdoctoral Residency Program

Dr. Lehman received her B.A. in Psychology from the University of California, Santa Cruz, in 2003. She earned her doctoral degree in Clinical Psychology at the California School of Professional Psychology/Alliant University, San Francisco, in 2007. She completed her doctoral training at California State University, Sacramento Counseling and Psychological Services. Dr. Lehman joined Kaiser Permanente in 2007 as a postdoctoral resident with the Kaiser, Oakland, Eating Disorder Treatment Program, where she worked with both children and adults struggling with eating disorders and concurrent psychiatric issues. Dr. Lehman then went on to join the Kaiser, Fremont Psychiatry Adult Team as an eating disorder specialist. Her research has focused on the treatment of eating disorders and body image concerns in Asian American populations. Dr. Lehman has co-authored a chapter in the "Handbook of Adult Psychopathology in Asians: Theory, Diagnosis, and Treatment," edited by Edward Chang (2012). Dr. Lehman began working in the Vacaville clinic in 2013. In September 2016, she became Site Training Co-Director for Vacaville/Vallejo Postdoctoral Residency programs and in 2019 became the Site Training Director for the Vacaville and Fairfield clinics.

Dr. Lehman is an active member APA as well as a member of the Kaiser Permanente Regional Eating Disorder Best Practices committee to keep abreast of the latest developments in treatment for eating disorders. Dr. Lehman coordinates the Napa/Solano Eating Disorder Multi-Disciplinary Consultation team. She also co-facilitates the DBT Skills Training Group, and the Eating Disorder Changes Group in the Vacaville Adult Psychiatry Clinic. In addition to her training director duties, she supervises individually in the Practicum Externship and Postdoctoral Residency programs as well as provides group supervision for residents.



**Joytika D Benutto, PsyD**  
**Adult Team Vacaville**  
**Individual and Group Supervisor**

**Joytika D Benutto, Psy.D** (she/her) Adult Team Vacaville,  
Individual and Group supervisor

Dr. Benutto received her B.A. in Psychology and Human Development from University of California at Davis in 2008, before attending the Wright Institute in Berkeley where she was awarded a doctorate degree in Clinical Psychology in 2015. While at the Wright Institute her research, interests included: Mothers with Perinatal Mood Disorders and developmental disabilities. Her dissertation topic was “Burnout, Quality of Life, Depression and Anxiety Among Parental Caregivers of Children with Cerebral Palsy.”

Dr. Benutto completed her doctoral training and postdoctoral residency at Wright Institute’s Integrated Health Psychology Training Program (IHPTP) through Contra Costa Regional Medical Center (CCRMC) in Martinez Ca. As a postdoc, she supervised two practicum students and provided site specific group supervision for two doctoral interns. While at CCRMC Dr. Benutto, along with family medicine and obstetrics providers, implemented strategic screening for expecting and postpartum mothers. She created and facilitated group treatment protocol for mothers at increased risk for developing perinatal mood disorders. In 2016 she worked briefly as a staff Health Psychologist and Co-Chaired the Diversity Committee at IHPTP before relocating to Vacaville with her family. Since then, she has transitioned into a diversity consultant role and teaches ongoing seminars geared towards IHPTP’s postdoctoral and practicum levels students.

Dr. Benutto joined Kaiser Permanente Vacaville in 2019, working primarily with adults. She has supervised postdoctoral residents and provided group supervision on Equity Inclusion Diversity to pre and post masters level students, as well as postdoctoral residents.



**Micaela Birt, PsyD**  
**Vacaville, Adult and Teen IOP**  
**Teams**  
**Individual and Group Supervisor**

**Micaela Birt, Psy.D.** (she/her) Vacaville, Adult and Teen IOP Teams, Individual and Group Supervisor

Dr. Birt received her B.A. from the University of Redlands and her Psy.D. from the PGSP-Stanford Psy.D. Consortium. She completed her doctoral internship at Sutter Center for Psychiatry in Sacramento, and her postdoctoral residency at Kaiser Permanente in Vacaville and Vallejo. She has worked on both the child and adult teams, and currently splits her clinical time between the Teen Intensive Outpatient (IOP) and Adult IOP programs.

Dr. Birt also serves as the Outreach and Wellness Liaison for the Kaiser Permanente Northern California Mental Health Training Programs and helps organize professional development and wellness events for all Northern CA trainees. Dr. Birt is currently a primary supervisor for a doctoral practicum extern but has historically supervised postdoctoral residents and facilitated an Equity, Inclusion, Diversity focused group supervision as well.



**Megan DaVania Clark, PsyD**  
**Napa/Vallejo Behavioral**  
**Medicine/Trauma Surgery**  
**Individual Supervisor**

**Megan DaVania Clark, PsyD** (she/her) Napa/Vallejo Behavioral Medicine/Trauma Surgery Individual Supervisor

Dr. DaVania Clark graduated from California School of Professional Psychology in 2006 and completed her postdoctoral residency at Kaiser, San Rafael, in the Addiction Medicine Department.

Upon completion of her postdoctoral internship Dr. DaVania Clark worked as an Eating Disorder specialist at Kaiser Permanente, Oakland for several years before moving to her current position in 2011 as a Psychologist on the Behavioral Medicine Team in Napa Solano. Dr. DaVania Clark is a delegated supervisor for the Behavioral Medicine post-doctoral residents.





**Aubyn Fulton, PhD**  
**Clinical Supervisor**  
**Mental Health Training Program**  
**Vallejo/Napa**

**Aubyn Fulton, PhD** (he/him) Clinical Supervisor, Psychologist, Mental Health Training Program Vallejo/Napa

Dr. Fulton received his B.A. from Pacific Union College in Psychology and Religion and his M.A. in Theology and PhD in clinical psychology from Fuller Theological Seminary. He completed his doctoral internship at the VA Medical Center in Martinez. He was a staff psychologist at Napa State Hospital for three years, and in part-time private practice, specializing in the treatment of mood and anxiety disorders in young adults and general psychological assessment for 25 years. For that same period, he was a professor of psychology at Pacific Union College in Napa Valley, chairing the Psychology and Social Work Department for ten years. He was sponsor of the Black Student Union and building on his dissertation research on the relationship of religiosity to both homophobia and tolerance, facilitated a support group for LGBTQ young adults in religious communities.

Currently Dr. Fulton supports the Mental Health Training Program by providing individual and group supervision, mentoring trainees with their program evaluation projects, serving as one of the program's Equity, Inclusion and Diversity Officers, and serving as the training director for the pre and post master's training programs in the Napa-Solano service area.



**Daniella Halperin, PhD**  
**Vallejo, Adult Team**  
**Individual and Group Supervisor**

**Daniella Halperin, PhD** (she/her) Vallejo, Adult Team, Individual and Group Supervisor

Dr. Halperin earned her doctorate degree from Northeastern University in 2016. Her doctoral research focused on non-suicidal self-injury among college students. While in graduate school, she acquired diverse clinic training in a variety of settings in the Boston area, including the Center for Anxiety and Related Disorders at Boston University, Boston VA National Center for PTSD, Massachusetts Mental Health Center, and UMass Lowell Counseling Center. She completed her predoctoral internship at the Columbus VA in Ohio prior to joining the Psychiatry Department at Kaiser in Vallejo as a postdoctoral resident.

Dr. Halperin has been trained in evidence-based treatments such as Dialectical Behavior Therapy (DBT), Cognitive Behavioral

Therapy (CBT), and Acceptance and Commitment Therapy (ACT). On the Adult Team in Vallejo Dr. Halperin has co-facilitated various groups, including DBT Essential Skills, Advanced DBT Skills, Social Anxiety, Happiness and Wellbeing, Depression, and the Mindful Way Through Grief. Dr. Halperin is currently program evaluation supervisor for the doctoral program along with Dr. Aubyn Fulton. She also serves as a primary supervisor in the practicum program.



**Lisa Nakata, PhD**  
**Vallejo Consult Liaison Services**  
**Manager**  
**Individual Supervisor**

**Lisa Nakata, PhD** (she/her) Vallejo Consult Liaison Services Manager, Individual Supervisor

Dr. Nakata received her B.S. from U.C. Berkeley in 1987, a Master's Degree in Clinical Psychology from San Francisco State University in 1989, and her PhD from Pacific Graduate School of Psychology in 2001. Dr. Nakata completed her pre- and postdoctoral training at Kaiser Vallejo Psychiatry Department. Serving as Director of Training from 2005 (for half of the training year) to 2009, Dr. Nakata is now a primary supervisor with the Postdoctoral Residency training in Vallejo Psychiatry Department.



**Matthew Holland, PsyD**  
**Regional Mental Health**  
**Training Program**  
**Clinical Supervisor**

**Matthew Holland, Psy.D. (he/him)** Regional Mental Health Training Program, Clinical Supervisor

Dr. Holland received his B.A. in Psychology from UC Berkeley in 2002 and his doctoral degree in Clinical Psychology from The Wright Institute in 2016. Dr. Holland completed his doctoral internship at the Integrated Health Psychology Training Program in Contra Costa County and his postdoctoral residency at Kaiser, San Rafael.

Dr. Holland joined the Vallejo Psychiatry Department in 2017 and, soon thereafter, served as the clinic's Adult Team representative on the Achieving Clinical Excellence committee for the Northern California region of Kaiser Permanente. In this clinic liaison role, he facilitated case consultation groups for Adult Team clinicians that emphasized Feedback Informed Care. In 2018, he had the pleasure of being a contributor on the Tridium Mental Health Advisory Council, a regional committee tasked with developing the implementation and clinic workflows of digital feedback tools designed to support clinical practice and improve patient outcomes. He also served on the Behavioral Medicine Faculty for the Family Medical Residency program for the 2020-2021 training

year. From 2020-2023, he was the Behavioral Health Manager for Adult Services in Vallejo Psychiatry. During his tenure in Vallejo Psychiatry, Dr. Holland was actively involved in the doctoral training programs with roles that included assessment supervision, individual supervision, and didactic training.

Currently, Dr. Holland enjoys working with the Regional Mental Health Training Program where he provides supervision to doctoral trainees in local medical centers and develops regional projects designed to support training programs across the Northern California region.

**Zahra Sattaur, PsyD  
Vacaville, NSA Psychology  
Practicum Group Assessment  
Supervisor**

**Zahra Sattaur, Psy.D.** (she/her) Vacaville, NSA Psychology  
Practicum Group Assessment Supervisor

Dr. Sattaur earned her B.S. from the University of Central Florida and her Psy.D. from Nova Southeastern University. She completed her doctoral internship at the Southern Oregon Rehabilitation Center & Clinics in White City, Oregon. Her postdoctoral residency in neuropsychology was completed at the VA Northern California Healthcare System in Sacramento with a rotation at UC Davis Department of Neurology. Throughout her training, she has worked with both child and adult populations. Clinical interests include neurodegenerative disorders and sports related connection.

Dr. Sattaur is trained as a neuropsychologist, with primary emphasis on adult/older adult populations. She currently completes Social Security Disability Evaluations for adults and children. Dr. Sattaur also serves as a Local Expert Advisor (LEAD) Central Rater for Cogstate, where she administers Clinical Dementia Rating Scales to study participants enrolled in a clinical trial. Dr. Sattaur is currently a group assessment supervisor for doctoral practicum externs at Kaiser's Napa-Solano Psychology Practicum Program. Additionally, she is an adjunct lecturer for the UC Berkeley Extension program.