

## **Walnut Creek Associate Master's Program**

### **Mental Health Training Program**

#### **MEET THE TEAM**

#### **Margot Green, PhD**

#### **Director of Training, Diablo Service Area**

Originally from the East Coast, I graduated from Smith College and then pursued my doctorate at Temple University, where there already was an integration of behavioral therapy and medicine. After an APA accredited internship, I moved to the Bay Area for wonderful training and mentorship and early career leadership opportunities at the Palo Alto VA Medical Center. I stayed for the rugged beauty and loved raising a family here, hiking and biking the mountains and bayside together and enjoying the East Bay community where we settled in.

Since joining KP in 2005, I've worked with thousands of diverse adults, primarily in the Department of Addiction Medicine & Recovery Services at Walnut Creek Medical Center.

Now I am increasingly devoted to providing rich training opportunities for the next generation of mental health professionals. Kaiser Permanente in Diablo is an ideal setting for innovative programming. We have passionate and talented providers to pilot and develop best practices. Our Post Masters Training at WCR with its personalized rotations is an excellent example! Thank you for your interest in our training program.

#### **Kathy Lynn Ray, LCSW**

#### **Child and Family Psychiatry**

Hello, I am Kathy Lynn Ray, I work as a Psychiatric Social Worker for the Child and Family Psychiatry team in Walnut Creek. I earned my MSW from Smith College School for Social Work in Northampton Mass. I have worked at Kaiser Permanente for 25 years and have supervised for close to 20 of those years. Many of my supervisees have gone on to work at

KP at various clinics throughout northern California! As a clinician in my department, I have been fortunate to help develop several groups for children and teens from CBT focused child and parent groups for depression and anxiety, ADHD and externalizers skill groups for parents and children, a teen depression/anxiety group, DBT groups for parents and teens, and in the past 3 years groups for trans teens and a separate one for their parents. I have a passion for working with families in my clinical work and was trained in family systems work and CBT and have gone on to add to my clinical skill base in the past several years training extensively in both DBT and ACT. I have a small private practice where I work with both kids and adults. I value collaboration and consultation within and across the teams in my department. My door is open to the student or colleague who is looking for clinical consultation or just hoping for an ear to listen as they talk about a case. I thoroughly enjoy working in this fast-paced environment. There is really no better place to learn and hone clinical skills!

**Aidan Lisker, ASW**  
**Child/Generalist**  
**PMF Liaison**

Hi! My name is Aidan Lisker (she/her) and I have been with Kaiser for almost 2 years. I first joined Kaiser in 2021 and served as a generalist on the child and adult teams as part of the Post Master's Fellowship Program. I currently serve as a generalist on our child and family team and am training to be one of our gender specialists. In the gender specialist role, I meet with children and teens who are interested in medically transitioning and offer gender-affirming medical information. Before joining Kaiser, I attended the Brown School of Social Work at Washington University in St. Louis where I specialized in mental health. While there, I completed practica in a perinatal and postpartum depression screening and early intervention program as well as a full fidelity outpatient DBT program offering services to children and adults. I am so excited to support the PMFs this year and look forward to meeting you all.

**Adriana Abril, LMFT**  
**Adult/Generalist**

I am a Licensed Marriage and Family Therapist with a Bachelor of Arts in Psychology from University of South Florida (USF) and a master's degree in Transpersonal Psychology from John F. Kennedy University.

After undergrad school I worked at the Alcohol and Substance Use Research Institute at USF as a research assistant. I also was part of the Industrial/Organizational Research lab.

I did my internship at a community-based organization that worked with the Special Victims Unit at Concord P.D.

I joined KP in 2016 and have been working as an adult/generalist therapist and facilitating groups in Walnut Creek since.

## **Caitlin Young, LMFT**

### **Walnut Creek Mental Health**

I am a Contra Costa County native but spent 10 years in Orange County before returning to Contra Costa County in 2018. I completed my undergraduate and graduate career in Orange County attending UC Irvine and The Chicago School of Professional Psychology. I was also certified as an addiction counselor prior to receiving my LMFT.

My career started in Orange County at residential dual diagnosis substance abuse programs and medical detox substance abuse facilities. I had various roles throughout those years from Case Manager and Therapist to Program Manager and Clinical Director. While in Orange County I also worked at a County based school program for “At Risk Youth” providing therapy.

Upon moving back to the Bay Area, I pursued a position as Clinical Director for a hospital level psychiatric health facility in Vallejo serving primarily homeless, schizophrenic, Medi-Cal patients. I continued on to a position as Clinical Director of a Crisis Residential Facility for county Medi-Cal patients stepping down from psychiatric hospitalization before taking a position at Kaiser. I joined Kaiser early in 2023 as a Child Team Manager over the IOP and Case Management team.

## **Dominic Gonzales, LMFT**

Dominic Gonzales is a Licensed Marriage and Family Therapist and case manager at Kaiser Walnut Creek Mental Health Clinic. He graduated from John F. Kennedy University with a Masters in Psychotherapy with a specialization in Integral Theory. For nearly a decade he has been weaving systems work, CBT, EFT, Motivational Interviewing, attachment-based interventions, and a variety of trauma focused modalities into client centered treatment. He has done this in a variety of settings, including client’s homes, client’s schools, client’s communities, and in the clinic.

Dominic joined Kaiser Permanente in 2020 and supported clients in navigating telehealth and the mental health crisis intensified by the COVID-19 pandemic. Dominic’s values of integrity

and collaboration lead him to connect with clients authentically and help them pursue their goals in a way that is uniquely tailored to them using evidence based and extensively researched modalities.

**Leslie Caron Bandle, LMFT**  
**Walnut Creek HBS pediatrics**  
**Eating Disorder Specialist**

I set out from a young age (13) to have multiple careers and life experiences. I traveled the world, became vice president of sales of an electronic company where our smallest customer was a place called Apple and then tried to decide which career to do next. It was between acting and therapy. I decided to do both. I then received my Master of Fine Arts from Rutgers University in theatre and became a professional actor in New York for 10 years and from there continued on to California to get my Masters in Transpersonal Psychology from John F. Kennedy University to become a therapist.

Supervision while gaining my hours for licensure was a key part of my training. You see, I had a lot of life experience, and I had a lot of training when I completed my Masters, but what I lacked was confidence. It was through supervision that I gained this. I was asked to trust that I had enough book learning and now it was time to trust my emotional, physical and spiritual instincts in the moment while sitting with a patient. This brought me into confidence and informs me today when supervising others.

After licensure, I pursued a career in eating disorder therapy where I have worked in all levels of care. I developed a residential eating disorder program and was the Clinical Director 4 years prior to coming to Kaiser Permanente. Kaiser has given me the opportunity to work directly with patients and parents on early intervention treatment at the inpatient level.

**Lacharonda Taylor, MBA, LCSW**  
**IOP team manager**

Lacharonda is a supervisor in our program who has trained and worked from Coast to Coast and has many years of leadership experience, as a manager, in addition to her social work background. Here at Walnut Creek, Lacharonda is a manager for the Intensive Outpatient Program (IOP) and welcomes our postmasters' fellows to major and minor rotations in the IOP. She enjoys teaching and training others and sees it as a natural part of her daily professional life. When she's not busy at work, Lacharonda enjoys traveling, trying new places to eat, being in the outdoors and spending time with family.