

Meet My Team

Walnut Creek

Doctoral Practicum Program

Mental Health Training Program



Margot Green, PhD

Walnut Creek Practicum Training Director

DSA Training Manager

Originally from the East Coast, I graduated from Smith College and then pursued my doctorate at Temple University, where there already was a solid integration of behavioral therapy and medicine. After an APA accredited internship, I moved to the Bay Area for wonderful training and mentorship with 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 together with them in the mountains and bayside, and enjoying our East Bay community.

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. I am a supervisor for some of the rotations in this and other programs.

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 practicum at Walnut Creek with its unique experiences in intensive outpatient programming is an excellent example! Thank you for your interest in our training program.



Chelsea Vilinkas, PsyD, Pediatric Neuropsychologist, Continuing Education Liaison/ Wellness & Outreach Co-Liaison for NCAL Regional Training Supervisor

I earned my Clinical Psychology doctorate from Adler University in Chicago, with a degree emphasis in Primary Care Psychology and focused training in neuropsychology. Prior to my pre-doctoral internship, my neuropsychological assessment training involved both adult and child assessment through Northwestern University and Rush University Medical Center. Additionally, my pre-doctoral training included outpatient psycho-oncology, and working in inpatient mental health for over 4 years. My pre-doctoral internship was completed with Kaiser Permanente Walnut Creek, with training in chemical dependency, eating disorders, primary-care mental health integration, and neuropsychological assessment. I finished my two-year neuropsychology post-doctoral residency with Kaiser Walnut Creek and Kaiser San Francisco working with adults and pediatrics. I spent two and a half years working at KP in San Francisco as a licensed clinical neuropsychologist seeing pediatric patients in the general medical outpatient setting, as well as supervising psychology and neuropsychology residents.

Currently I work in the Diablo Service Area as a pediatric neuropsychologist and assessment/neuropsychology supervisor, as well as spending a significant amount of time working with the Regional Mental Health Training Department. As the Continuing Education Liaison for the Regional Mental Health Training Program, I am offered the opportunity to work with staff and trainees on a regional level in northern California coordinating educational opportunities and working on the online regional library. Additionally, I also work with the Wellness and Outreach team as a co-liaison to coordinate professional development and wellness opportunities across the NCAL region for all our trainees. Due to my assessment background, I also assist with assessment programming and resources for doctoral level trainees across the region. When I am not in the office I enjoy visiting as many National Parks as possible, spending time with my family, and cuddling with my Great Dane.



Ana Zdravkovic, PhD
Clinical Supervisor

It has been a pleasure working with the training program since 2014 and I am honored to be one of the assessment supervisors for the Practicum Training Program. After earning a doctoral degree at the University of North Carolina, I moved to the Bay Area to work with Kaiser Permanente as a postdoctoral resident. I have carried a caseload with the Child and Family Team and developed a specialty working with acute adolescents and patients who are on the Autism Spectrum. Currently, I am a Clinical Supervisor with the Mental Health Training Program, supporting trainings programs within the Diablo Service Area. I look forward to meeting interested applicants each year and guiding them through their year of training. Practicum students will be meeting with me for supervision of Adult Autism Assessments. I am available for ongoing consultation. My goal is to foster a supportive supervision environment that also offers the challenges necessary to shape their professional identity. I see the program as a collaborative effort between myself, supervisors, and trainees, so that we can all be proud of what we have accomplished during the year and the legacy that we leave.



Helen Kim PhD
Mental Health IOP Supervisor

I am a licensed counseling psychologist whose professional mission is to help make healing accessible specifically among people who are in crisis and coping with severe symptom distress or mental illness (SMI). Working in Kaiser Walnut Creek's Intensive Outpatient Program is deeply fulfilling towards that mission, and I am further privileged to get to support practicum externs as they hone and expand their efficacy within these specialties in the Intensive Mental Health Services Track. Within supervision, my approach is relational, strength-based, and directly communicative to support trainees' clinical and personal growth goals, skillset, and confidence in treating high risk populations, and professional identity and development. I stay evidence-based in my practice as a supervisor and therapist by producing scholarly publications, supervising, teaching, and mentoring. My research program has explored how forms of oppression, such as racism, sexism, and trauma relate to mental health in diverse populations via examination of the following constructs: body image, disordered eating, depression, trauma, self-esteem, private racial regard, family conflict, academic distress, and health disparities.

My approach to therapy is depth-oriented YET solution-focused, committed, and creative. I strive for the therapeutic relationship to be based in genuineness, hope, action, and insight, as we integrate Dialectical Behavioral Therapy (DBT), Internal Family Systems (IFS), and more approaches in short-term therapy emphasizing personal safety and rebuilding stability. I believe this integrative approach is effective because it puts equal emphasis on insight and coping skills. In the space of a safe and collaborative relationship, patients can explore the strategies they have adapted to survive pain, then work towards lasting growth.

Joanna Friedman, PhD
EDIOP Supervisor

I have enjoyed being part of the Walnut Creek mental health training program since 2016 and have worked with all levels of trainees including our practicum externs in the Intensive Mental Health services track. The largest influence on my approach to supervision was my experience at an APA accredited pre-doctoral internship at the San Bernardino Department of Mental Health in the early 2000s. In that challenging system, my supervisors created a supportive, appropriately challenging, and respectful training environment. I aim to hold this environment for the trainees at Kaiser Permanente.

Since 2006, I have worked as a psychologist in the Eating Disorder IOP on our multi-disciplinary team. In my clinical role, I use an integrated therapeutic style where the relationship with the patient is primary, and elements of DBT, ACT, and CBT, are used to help them manage eating disorder behaviors and urges. When relevant, I apply insight oriented and existential therapies to support patients with accessing the deeper layers of their struggle. In the context of this work, issues of diversity are explored; especially around the cultural bias toward the thin ideal.

Close to my heart is a keen awareness of the importance of diversity and its impact on interpersonal relationships. Alongside my professional career, I have pursued experiences such as participating in an international writing group where there is an exchange of writing with authors from around the world. This experience highlights for me the importance of having as much of the contextual and cultural information as possible, which we as psychologists need to gather, to truly appreciate another person's perspective. I hold my position as a psychologist and supervisor to the highest professional standards and work to support our trainees in becoming the psychologists they wish to be.

Zoltan Nabilek, PsyD.
Supervisor

Once upon a time, I came into existence in a country that was once under communist rule. The experiences I had with propaganda during that period had a profound impact on my work and my approach to understanding culture. The undeniable influence of culture on individuals' emotional well-being is something I deeply recognize and appreciate. This experience led me to the field of psychology. I am a licensed clinical psychologist with over 15 years of experience, specializing in eating disorders (IAEDP).

In my profession, working with both my patients and those I supervise, I place great importance on promoting awareness and embracing diversity. I am truly grateful for the opportunity to

support future clinicians by offering them a perspective from the patient's point of view, with a strong emphasis on diversity.

The approach I take is educational and instructional in nature, while also encouraging critical thinking, curiosity, and a thirst for knowledge. Within supervision, my aim is to assist with case consultations, increase understanding of eating disorders, provide a reflective space for emotional support, and offer guidance on a future colleague's professional development.

Words cannot adequately describe the pain and frustration that come alongside an eating disorder. The devastating effects an eating disorder can have on all aspects of one's life, in addition to the turmoil experienced by those wanting to support their loved ones but do not know how, are profound. I am passionate about this work and in both my personal life and professional endeavors, I have been taught and actively advocate for creating a space that is free from diet culture and fatphobia.



**Kendra Castillo,
Administrative Coordinator IV**

I am the program coordinator for this program, in addition to the Walnut Creek Internship in Clinical Psychology, East Bay Consortium for the Post-Doctoral Residency, and the Post Master's Fellowship Program. I have been working with the Mental Health Training programs since summer of 2018, and overall have been working with Kaiser Permanente since 2007 with my background in Human Resources. I obtained my degree in Industrial Psychology with emphasis in HR management, blending the intricacies of human behavior with the dynamics of organizational management. In addition, while in this current role, I earned my N.A.M.I. Family-to-Family Certification which has further enriched my understanding of Mental Health. I have always been interested in Psychology, so being a part of the training programs while working directly with all the great and knowledgeable directors, psychologists, recruitment, interns,

residents, post masters, practicum and regional staff has made a huge impact on me.

We all collaborate for continuous improvement and expansion of the programs, making the programs at KP very innovative and ever evolving. We are constantly finding ways to improve and expand our programs here at KP, which makes the work interesting and exciting. For that reason, this by far has been my favorite role at KP! Outside of work you will see me on a soccer field as I wear the hat of a dedicated soccer Mom.