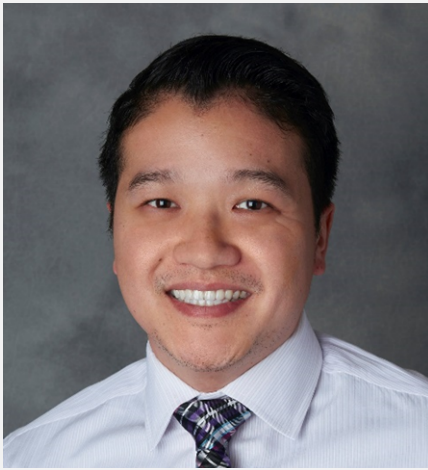


**Meet My Team****Kaiser Permanente Counseling Center****Pre-Masters Mental Health Internship and Psychology Practicum Externship****Mental Health Training Program**

**Aaron Trinh, PsyD**  
**Kaiser Permanente Counseling Center**  
**Director**

Dr. Trinh received his B.A. from U.C. San Diego in Psychology and Japanese Studies and received his Psy.D. from Azusa Pacific University in Clinical Psychology/Family Psychology. He completed his predoctoral internship at Gouverneur Healthcare Services/NYU School of Medicine in the Lower East Side of New York City. He was also a postdoctoral resident at Kaiser Permanente Vallejo and Vacaville Psychiatry Departments.

He was a staff psychologist at Kaiser Permanente Vallejo from 2014 until 2017, when he became the Manager of the Psychiatry Consultation-Liaison Services in Napa-Solano. He then moved to the South San Francisco Psychiatry Department in 2019 as the Adult Service Manager.

Dr. Trinh has been involved with the Mental Health Training Program since 2014, serving various roles as Seminar Presenter, Assessment Supervisor, Primary and Secondary Supervisor, Curriculum Liaison for the Regional MHTP, and currently is the West Bay Consortium Training Director and Director of KP Counseling Center. Dr. Trinh enjoys working with trainees as they develop their interests and career in mental health.



**Mandeep Tumber-Bhela, PhD**  
**Kaiser Permanente Counseling Center**  
**Behavioral Health Manager**

Dr. Mandeep Tumber-Bhela (she/her/hers) joined the Permanente Medical Group, Inc. in 2013 as a Pre-doctoral Intern within the NCAL Mental Health Training Programs.

Within this position, she completed rotations as a behavioral medicine provider in rural and city settings, led groups, and provided individual services within the intensive outpatient program, and completed a year-long psychological testing rotation under the supervision of a neuropsychologist.

She moved forward with her Kaiser Permanente career as a Postdoctoral Resident within Adult Psychiatry. Within her role, she researched and established the North Valley's Adult ADHD Assessment Program with licensed psychologists and psychiatrists, as well as North Valley leadership until 2021.

Dr. Tumber-Bhela moved into her supervisory career immediately after licensure as a clinical supervisor for Postdoctoral residents (2015-2021), later developed the Practicum Training Program as Training Director for the North Valley (2017-2021), transitioned into a Consortium Director role within the Sacramento Valley Postdoctoral Program (2020-2021) and developed the JEDI programming for NCAL Mental Health Training Programs as an Equity, Inclusion and Diversity Officer (2016-2023). Dr. Tumber-Bhela is a recipient of the 2022 Kaiser Permanente R.J. Erikson Award (Group) from Kaiser Permanente's National Equity, Inclusion and Diversity Program.

Remaining consistent with her commitment to training, recruitment and retention practices, Dr. Tumber-Bhela transitioned into a full-time Clinical Supervisor role in 2021 being the inaugural staff for the Kaiser Permanente Counseling Center. She has supported in creating evidence based, developmentally appropriate and culturally responsive supervision practices for Master's and

Doctoral candidates within KPCC. In 2022, Dr. Tumber-Bhela transitioned into a Behavioral Health Manager 1 position within KPCC and expanded her duties to not only supporting trainees, but also supervisory staff.

Dr. Tumber-Bhela is a graduate of the University of Washington, Tacoma in Tacoma, WA (Major: Psychology; Minor: Human Rights). She received her graduate degree (PhD) from Palo Alto University with an emphasis in Health Psychology. Dr. Tumber-Bhela has been trained at various training sites including community mental health clinics, community mental health hospitals, Veteran's hospitals, and private hospitals (in-patient and out-patient).

She is able to provide clinical services in Punjabi (QBS 2 Certified) and English. Dr. Tumber-Bhela enjoys collaborating with organizations outside of her primary position.

She continues to hold a Finance Officer position with the Asian American Psychological Association's Division on South Asian Americans and previously held positions with the Sacramento Valley Psychological Association (Diversity Officer), as well as the California Board of Psychology (Subject Matter Expert). Outside of her work, she enjoys being outdoors, trying new foods and spending time with loved ones.



**Natalie Vides Boelke, LCSW**  
**Kaiser Permanente Counseling Center**  
**Behavioral Health Manager**

Natalie Vides Boelke, LCSW is one of the managers plus supervisors of KPCC. She received her Bachelor of Science from University of Davis and Master of Social Work from Sacramento State University. She is still very proud of her grades in Organic Chemistry, even after many years later.

Natalie started at Kaiser Permanente as a Pre-Masters Intern back in 2003. That year taught her a lot about herself and how to be a therapist. She was then hired on as a full-time staff in 2004.

She spent years learning and being an adult therapist facilitating groups, teaching coping skills to members, and doing individual treatment. One of her passions has been leading year-long and short term DBT skills group.

She became the Co-Training Director at South Sacramento for the pre-master and post master fellowship program in 2020. Natalie then transitioned to the counseling center in 2022, when the counseling center had been open for six months. She loves to bring her passion, desire to teach others, and work to the counseling center.