



Roseville Adult Masters Training Team

Meet My Team

Roseville Mental Health Training Program

Pre & Post Masters Mental Health Fellowship Bios

Henry Collier, LCSW

Sarah Woods, LCSW

Gabriela Gutierrez, PhD, LMFT



Dr. Gabriela Gutierrez is a Licensed Marriage and Family Therapist in the Department of Mental Health and Wellness, Roseville for Adult Psychiatry. Dr. Gutierrez completed her Master's degree at San Diego State University in Marriage and Family Therapy, and continued on to complete her Ph.D. at Loma Linda University in Families, Systems, and Couples with sub-specializations in Medical Family Therapy and Oncosexology (sex therapy for those and their loved ones, living with cancer). Dr. Gutierrez worked as an integrated team member at LLUMC's Center's Cancer Center for 6 years, where she developed her passion and expertise in holistic and collaborative care. While there, she started a sex therapy program for individuals and couples with chronic illness, as well as co-founded a biopsychosocial breast clinic alongside a breast cancer surgeon.

Further, Dr. Gutierrez has a passion for lifelong learning and supervision. She enjoys helping budding therapists develop their preferred therapist identities through a Narrative and developmental lens. Dr. Gutierrez began supervising in 2016, and became accredited by AAMFT in 2019. Currently, Dr. Gutierrez is transitioning into her new role as Kaiser Roseville's couple's therapist.



Maleeha Iqbal-Hofmeister, LCSW

Maleeha is a Licensed Clinical Social Worker at the Roseville Adult Psychiatry Clinic, where she has been working as an Intake Assessment Clinician since 2019. Maleeha completed her Master's in Social Work degree from the University of Illinois at Urbana-Champaign. After graduating, Maleeha worked with domestic violence survivors, and in recent years has worked in programs throughout the Sacramento area, such as Turning Point Community Programs. This included a full-system partnership program serving severely mentally ill adults, and a collaborative program housed in Dignity Health Hospitals that connected those with acute mental health and substance use struggles to necessary community resources. She's passionate about advocating for marginalized populations and supporting survivors of violence. She additionally has extensive experience in crisis intervention in outpatient and hospital settings. Maleeha currently appreciates providing a trauma-informed lens to the fast-paced, clinical diversity that intake assessments offer.

Reflecting on the vast benefits having a good clinical supervisor had on her, Maleeha looks forward to helping new clinicians develop their own professional identity and interests. She facilitates weekly group supervision for pre-/post-Masters trainees, where she aims to hold space for growth and communal support.

Outside of work, Maleeha enjoys spending time with her husband, playing board games, trying new foods, traveling, and hiking.

Lisa Uribe, LMFT

I am a Licensed Marriage and Family Therapist since June 2013. I work for Roseville Outpatient Adult Psychiatry Department and have been with the clinic since 2017. My previous experience includes being Program Supervisor for Substance Use Services, AB109 working in collaboration with Probation and the courts and Ongoing Adult Team (2015-2017). I worked for Turning Point Community Programs from 2009-2015 ending my time as a Program Director for MHSA funded Coloma Center- a full-service partnership program serving severely mentally ill adults in the Placer region. I graduated from Biola University- BA Psychology in 2007 and Alliant International University- MA in Marriage and Family Therapy in 2009.

I currently enjoy teaching DBT weekly and the introductory trauma/ BPD coping skills class. Outside of work I enjoy spending time with my family- two kids and husband. I also enjoy being outdoors and being active in biking and walking.

Mia Shepherd, LCSW

Hello, I am Mia Shepherd, a Licensed Clinical Social Worker in the Department of Mental Health and Wellness at the Sacramento downtown office. I completed my undergraduate and graduate degrees in Social Work at California State University Sacramento, completing my MSW in 2010. I started working at Kaiser Roseville during my pre-master's internship. After completing my internship I was hired as a full-time general practitioner for adults, treating everything that walked through Kaiser's doors. I was initially hired to provide group therapy for adults diagnosed with schizophrenia or other thought disorders and well as a codependency support group. I eventually became involved with the anxiety treatment team and provided classes for this program for many years. My joy and passion over the years has been my training and treatment of patients struggling with developmental trauma and PTSD. I have education and practice in numerous modalities including ACT, Somatic Experiencing, Mindfulness Based Stress Reduction, and EFT.

I enjoy providing supervision, sharing what I have learned over my years and helping trainees to find their own style. It's a privilege to do this work and I look forward to working with you.

Adryan Caron, LMFT



Adryan Caron (she/her) is a Licensed Marriage and Family Therapist providing clinical supervision for the Kaiser Permanente Roseville Psychiatry Team in addition to didactic development and training for the Northern California Mental Health Training Program (MHTP).

Adryan received her bachelor's degree in both Sociology and Religious Studies from UC Santa Barbara in 2007, then spent +2 years in Botswana, Africa with the Peace Corps prior to earning her master's in Psychology from Cal Poly State University, San Luis Obispo in 2012.

Adryan joined Kaiser South Sacramento's Adult Psychiatry Department in March 2020, with a unique role of 'floating' to various positions to provide short-term clinical coverage. It allowed her to train and provide direct services in myriad roles, including the Addiction Medicine and Recovery (AMRS) team, Intensive Outpatient Program (IOP), Psychiatry Triage, Adult Outpatient, and Emergency Room consultations. Adryan was also selected as the Feedback Informed Care (FIC) Adult Team Lead in July 2020 and held that role until September 2023.

Additionally, Adryan's passion for LGBTQ+ issues led her to provide services in the Multi-Specialty Transitions Team, and she has been conducting supportive counseling and linkage to gender-affirming care for our transgender and gender-diverse members since Winter of 2020.

Adryan joined the Northern California Mental Health Training Program in November 2023 and is excited to provide clinical supervision to master's-level trainees. She has also developed the Gender Health Competency Training (GHCT), ensuring those trainees passionate about gender care have the knowledge and tools they need to serve this population with the highest standards of care available.