

**Joanna Friedman, PhD**

**Training Director EDIOP Primary 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, Training Director, and supervisor to the highest professional standards and work to support our trainees in becoming the psychologists they wish to be.

**Margot Green, PhD**  
**DSA Training Director & 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 by the Bay, 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 training 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 internship at Walnut Creek, with its unique experiences in a range of dynamic track settings is an excellent example! Thank you for your interest in our training program.

Hello! My name is **Alana Stark**, and I am a Neuropsychologist and one of the assessment supervisors for our Interns and Residents. I am originally from Canada, where I completed my undergraduate degree in Psychology from the University of Western Ontario. After moving to the California Bay Area in 2007, I completed my doctorate degree from the Wright Institute in Berkeley, specializing in Neuropsychology and completing a 2-year residency at the VA in Martinez. I started working at Kaiser in 2016 and prior to that, worked at John Muir Hospital in Walnut Creek, doing mostly inpatient neuropsychological evaluations on their trauma, step-down, general medical, and rehabilitation units. In my current role here at Kaiser in Walnut Creek, I have the opportunity of completing outpatient neuropsychological evaluations, facilitating a cognitive rehabilitation group (CogSMART), and supervising our Psychology interns and residents. I find my work incredibly rewarding and it is truly an honor to be part of our training program here!

**Chelsea Vilinskas, PsyD**, Pediatric Neuropsychologist, Continuing Education Liaison/  
Wellness & Outreach Co-Liaison for NCAL Regional Training  
Assessment 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 Collective, 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.

**Dr. Courtenay Cummings** is a clinical psychologist in the Addiction Medicine department. Dr. Cummings received her PhD in 2017 from Palo Alto University, with an emphasis in forensic psychology and completed her APA internship at KP Walnut Creek Addiction Medicine in 2017. Dr. Cummings works primarily as the transplant case manager in the Addiction department as well as facilitating both harm reduction groups.

**Dr. Hannah Alia Joharchi** (she/her) is a Health Psychologist in Pediatrics and OBGYN. Dr. Joharchi provides early intervention and prevention, parent management, and enjoys helping people feel okay as they are in the world with all their thoughts and feelings. She feels most joyful when she is with her family (which includes friends, nature and dogs), dancing, or eating.

**Dr. Staci DiGioia** is licensed Clinical Psychologist working as a Behavioral Health Manager over the Intensive Services Departments for the Diablo Service Area with Kaiser Permanente Mental Health. Dr. DiGioia started her Kaiser career as a Post-Doctoral Resident with the Antioch Adult Intensive Outpatient Program in September 2015. Within the year she was hired as clinician for the IOP/CCM team as a clinical case manager providing treatment to the clinic's most severe, intense, and at-risk population of patients. Over the past few years, her passion for teaching and experience with the Severe and Persistent Mental Illness population lead her into returning to the Training Department as a primary supervisor as well as taking on leadership roles for the Intensive Services Department at both the Antioch clinic and the greater Diablo Service Area.

Dr. DiGioia is originally from Southern California where she grew up, attended undergraduate and graduate schools. Although her first love was working with animals, she soon became fascinated with the mind and felt a strong pull to help those with severe mental illness. Her clinical work over the past 15 years has been focused on serving adults with Severe and Persistent Mental Illness as well as Personality Disorders. She has provided services to these special populations in a variety of settings including outpatient clinics, residential facilities, day programs, as well as a specialized field-service team for Harbor UCLA Medical Center. She has completed several training courses specifically focusing on Schizophrenia Spectrum and Other Psychotic Disorders, Borderline Personality Disorder, DBT, DBT for Psychosis and CBT for Psychosis, which has helped to expand her expertise in working with this challenging population while providing individual and group therapy in a variety of clinical settings.

Hello, my name is **Heather Gorman**, PsyD and I am one of the supervisors in the Eating Disorder Intensive Outpatient Program (EDIOP) rotation. I completed my doctorate degree at Alliant International University-San Francisco in 2012 and my undergraduate degree in Psychology at the University of Hawaii at Manoa in 2008. I started working for Kaiser Permanente as a Post-Doctoral resident in San Rafael in 2012 and began working in EDIOP in Walnut Creek in 2013. I have always been passionate about working with children and families, focusing on specialty training in trauma. Then I found my place in working with teens and families as an eating disorder specialist using Family Based Therapy for Eating Disorders (FBT). I use Acceptance and Commitment Therapy (ACT) and provide in-depth

ACT training during your training year. I enjoy working on a multidisciplinary team as well as having the opportunity to work intensively with my patients in EDIOP. I have always felt a calling to teach and supervise, and feel very fortunate to be a part of the pre-doctoral training program. I find great enjoyment in being able to pay it forward as a supervisor as I would not be the Psychologist I am today without the many supervisors who supported me and taught me along the way. I love the energy and excitement that our interns bring to the clinic and appreciate you having me as a part of your journey towards becoming a Psychologist.

**Joanna Mendoza, PsyD.** is a clinical psychologist and manager at Antioch Mental Health Department. She manages both the Child & Family Team and the Adolescent Intensive Outpatient Program (IOP). She completed her undergraduate degree at Santa Clara University and doctoral degree in Berkeley, California and was a post doc resident herself at KP in Antioch. She enjoys giving back to the community she grew up in and is very familiar with the East Bay Area including Antioch and surrounding cities. Dr. Mendoza is a bilingual clinician and supervisor, providing services and supervision in Spanish as well. Having been a post-doctoral resident at Antioch, Dr. Mendoza enjoys working with interns and residents in their final training years as they hone their clinical skills and get ready to be independent practitioners. Dr. Mendoza has training in integrated pediatrics, as well as in health psychology. Outside of work, she likes to travel, be outdoors, and spend time with her family.

**Dr. Karlene Alves, PsyD** is a licensed clinical psychologist who began her career with Kaiser Permanente as a Post-Doctoral Resident in September 2018 in the Antioch Department of Mental Health and Addiction Medicine & Recovery Services, splitting her time working with the child and adult populations. Dr. Alves was then hired as staff on the child service line within the same department in September 2019. In August 2022, Dr Alves transitioned to the role of Behavioral Health Manager I with the Antioch Mental Health child service line. As of March of 2025, Dr. Alves serves as the Manager over the Behavioral Medicine Consultants in the DSA. She comes with a wealth of experience in leadership, program development as well as clinical practice and is excited about the opportunity to bring these skills into her work as a supervisor.

**Lindsey Osterman, PsyD** is a Clinical Psychologist on the adult IAC Team and supervisor at Kaiser Antioch. Dr. Osterman graduated from the American School of Professional Psychology at Argosy University, Alameda, CA in 2013. Dr. Osterman completed her Post-Doctoral Fellowship in 2014 at Anka Behavioral Health where she served as the clinical administrator for a dual diagnosis residential treatment facility. She went on to supervise practicum trainees, pre-doctoral psychology interns and post-doctoral residents while directing an outpatient clinic for moderate to severe mental illness in addition to managing a crisis residential facility. Dr. Osterman joined the Kaiser adult IAC team in 2020 and has been on the supervisor team for the past 3 years. She has an extensive background working with clients with severe and persistent mental illness, substance abuse, PTSD and personality disorders. Outside of work Dr. Osterman enjoys cooking, reading, traveling and being a Disney fan.

**Kendra Castillo,  
Administrative Coordinator IV**



I am the program coordinator for this program, in addition to the Walnut Creek Practicum, East Bay Consortium for Post-Doctoral Residencies, and the Post Master's Fellowships. 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, 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 with my Disney loving family.

**Hello, my name is Dr. Anna Koper, PsyD.,** and I am a clinical psychologist and supervisor in the Maternal Infant Resilience Program (MIR) under the Health Psychology Service (HPS) here in KP's Diablo Service Area. With a long-lived role in MIR and HPS, I serve as a liaison to the training program for both the doctoral internship and the postdoctoral residency. I graduated with my PsyD in Clinical Psychology from Pacific University in Oregon and completed my pre-doctoral internship in 2020 at Boston University School of Medicine Center for Multicultural Training in Psychology. I completed my postdoctoral internship here in the MIR program during its inaugural year and have been a part of its growth and development ever since!

In my role as mental health consultant to the OBGYN departments I am passionate about supporting patients during the transition to parenthood from preconception planning, fertility support, pregnancy, grief support surrounding loss and adjusting to postpartum life. I work closely within multidisciplinary medical teams to support patients from an integrated perspective focusing on both physical and mental wellness. I love the work that I do and it is an honor to support my patients.

When I am not working, I am probably chasing after my daughter or planning my next travel adventure with my partner or family. I come from an international family living across the world and love to find ways to stay connected across far geographical distances. I also love riding my motorcycle, long walks on the beach with my dogs, and hiking in California nature



**Dr. Meredith Porter** is a clinical psychologist in Addiction Medicine. Dr. Porter has specialized in chemical dependency at Kaiser for over 10 years. Dr. Porter has a MA and PsyD in Clinical Psychology from The Wright Institute. Prior to coming to Kaiser, Dr. Porter worked in residential treatment facilities and community mental health.

**Mary Anne Beach, Ph.D.,** is a clinical psychologist and supervisor on the Child Team at the mental health department in Antioch. Dr. Beach graduated from the California School of Professional Psychology and has been working at Kaiser Permanente since 1999. Upon joining our staff, Dr. Beach felt she had lucked into the best position possible and has loved working as our Adolescent Intensive Outpatient Program Coordinator. She joined the training team in 2003 as a primary supervisor for the Child and Adolescent IOP resident position. Our clinic was the first to offer residents the opportunity to be trained in working with this very acute, yet very rewarding population and now we extend this training opportunity to doctoral interns. Dr. Beach enjoys working with psychology trainees and sees it as an opportunity to help them embrace their strengths as clinicians and to become competent and capable in any high-risk clinical situation. In her spare time, she enjoys watching her kids play basketball, playing bocce, reading, cooking and watching baking shows with her daughter.

**Paul Yoe Moon, PsyD, MA** is a clinical psychologist and manager at the Department of Mental Health/ Psychiatry at Pleasanton Medical Offices. He manages the adult services line and the Intake Assessment Coordinators (IAC) and previously managed the Crisis Response Team (CRT) in Pleasanton. He received his Doctoral degree in Clinical Forensic Psychology with a concentration in Forensic Victimology at the Alliant International University in Sacramento. Dr. Moon joined the Mental Health Training Program (MHTP) in 2025 as a clinical supervisor and joined Kaiser in 2021 as a member of the Crisis Response Team (CRT) at Oakland and Richmond. Prior to his appointment with Kaiser, Dr. Moon was employed by the California department of corrections and rehabilitation (CDCR), participating in the assessment and treatment of those within the criminal justice system, with extended specialization in crisis intervention/ de-escalation, suicide prevention, proper use-of-force by peace officers, and management of serious mental illness. Dr. Moon is a bilingual psychotherapist and remains enthusiastic in the growth and training in future generations of culture-informed and ethical Psychologists. Outside of work, he enjoys playing golf, surfing, being outdoors, and rooting for bay area sports teams.

My name is **Roujin Jabbari** and I am a clinical psychologist (PsyD) who completed my doctoral training at Alliant International University and much of my clinical training at Kaiser Walnut Creek. Over the years, I have had the unique experience of growing within the Kaiser system—as a practicum student, intern, postdoctoral resident, and now a staff psychologist. I have also been part of our training program as a supervisor since 2022, which has been one of the most rewarding aspects of my professional development.

My training included a primary focus on addiction and recovery work, along with broad generalist experience through rotations in eating disorders, psychological assessment, and integrated behavioral health. Currently, I am part of our Day Treatment Program, facilitate Positive Changes groups, and the Trauma Skills Group.

My clinical interests include group psychotherapy, dual-diagnosis treatment, trauma and PTSD care, and harm-reduction approaches. I am committed to providing culturally responsive services and integrating multicultural frameworks into evidence-based treatment. I work primarily from an ACT (Acceptance and Commitment Therapy) approach and value collaborative, strengths-based care that helps patients make meaningful, sustainable change. I am also passionate about program development, interdisciplinary teamwork, and expanding equitable access to mental health services.

### **Ryan Adams, PsyD**

Dr. Adams is a native of San Francisco, CA and a licensed clinical psychologist specializing in child, adolescent, and family mental health. He earned his doctorate in Clinical Psychology from Regent University in Virginia Beach, where he served two consecutive terms as President of the Association of Black Psychologists (ABPsi) Student Circle.

Dr. Adams completed both his predoctoral internship and postdoctoral residency at West Coast Children's Clinic in Oakland, CA. There, he provided crisis intervention and long-term psychotherapy to youth and families with complex trauma histories and was trained in Dr. Stephen Finn's Therapeutic Collaborative Assessment model—conducting assessments that are collaborative, client-centered, and intervention-focused.

In 2015, Dr. Adams joined Kaiser Permanente's Department of Psychiatry, working as a generalist clinician serving children, adolescents, and families. Over his 11-year tenure, he has co-facilitated Chemical Dependency Early Intervention groups, co-led process

groups for high school students, and served as a member of the local LPPC team. In addition, he has provided training and supervision as a clinical and assessment supervisor of postdoctoral residents and doctoral interns. Dr. Adams currently serves as an IAC Coordinator for the Child Team in Pleasanton and as an Assessment Supervisor for the training program.

Dr. Adams is also the founder and Clinical Director of Adams Psychotherapy & Assessment Services Inc., a private practice in Berkeley, CA specializing in comprehensive psychological evaluations and treatment.

He is proudly supported by his wife of 15 years, and together they enjoy life with their three wonderful children and their French bulldog, Mamb

**Sara Dunnigan, PsyD (Clinical Psychologist)**

Born and raised in the Bay area, I have been with Kaiser Permanente for almost 10 years as I started my internship right here at KP Walnut Creek in 2016. Since then, I have completed a variety of clinical roles. For the first 7 years I spent my time as a psychologist in child psychiatry specializing in high-risk teens, ADHD, LGBTQ+ youth, IOP and crisis. Three years ago, I took a leap, and I switched over to work with adults in the Health Psychology Department (HPS) in OBGYN working in our Maternal Infant Resiliency program. Now I provide care and support for pregnant and postpartum patients. My focus for my clinical skills is on problem solving/brief therapy solutions, ACT and CBT. I focus my care on patients utilizing our multidisciplinary medical team for support around treatment options, medication management and acknowledging a holistic perspective of the entire body and mind that is often co-affected during the pericardium experience. When I am not working, I am often chasing around my two small children, taking dance classes and working on perfecting my latte skills.

**Shelby Smith, PsyD** is a clinical psychologist in the Addiction Medicine and Recovery Services (AMRS) department in Walnut Creek. Shelby received her doctoral degree from the PGSP-Stanford PsyD Consortium and completed internship at the Sepulveda VA in Los Angeles. She started her Kaiser Permanente career in 2014 as a postdoctoral resident in AMRS and Mental Health and became full-time staff in AMRS in 2016. Shelby currently works in Day Treatment, the most intensive level of outpatient-based care for individuals seeking support in recovery from addiction. Shelby has also been involved in the training

program since 2016 and has enjoyed her experience as a group and primary supervisor throughout the years.

**Rana Tanios, PsyD****Health Psychology- Pediatrics Supervisor**

I am a licensed clinical psychologist who has worked with Kaiser Permanente since 2021, completing my internship in the Fresno Child and Adolescent Psychiatry Department before transferring to the Walnut Creek and Antioch Health Psychology Service as an embedded psychologist in their Pediatrics Department. Clinically, I have always found my passion in integrated care settings—working in the “in-between”—where I can collaborate with and provide consultation to medical professionals to ensure our patients receive the most holistic care possible. I am also deeply committed to increasing access to mental health services, particularly for patients who may not otherwise consider care or have the privilege to access it; this is why primary care and hospital settings are such a prime example of “meeting patients where they are at.”

I have extensive clinical experience in both primary care and specialty care settings, and I am energized daily by the opportunity to offer children, adolescents, and their families small but meaningful steps that help them move forward and thrive. Early intervention, health psychology, parenting support, and the intersection of physical and mental health are the areas I am most passionate about and hope to continue contributing to through training while also deepening my own expertise. When I am not working, I am still finding ways to connect with family and friends, whether that’s exploring yet another coastline or tracking down the best taco I can find!

**Kaitlin Tully, PhD**

It is my privilege to be a part of the internship faculty at Walnut Creek. I am originally from Massachusetts but have been living in California since college. I have my PhD in clinical psychology from the California School of Profession Psychology and completed my post-doctoral residency with KP in Pleasanton. After that I was hired on as a child generalist in WCR in 2013. I currently am the ADHD specialist for both child and adult services in addition to carrying a caseload and run several groups for the child team. My role on the



## **Mental Health Training Program** Northern California

faculty is supervision of adult ADHD assessment. Other than supervising my favorite part of working as a psychologist at KP is assessment. The internship program offers a wide range of assessment rotations to meet trainees' goals for psychological testing and to practice as a psychologist. My approach to supervision is developmental and enjoy supporting interns and residents as they tailor their specialty areas and tune their clinical skills. I look forward to working with you and helping to achieve all your training goals.