



## Trauma Counseling Services

To service the needs of VTA employees who may have been impacted by the Light Rail tragedy and who may be experiencing depression, anxiety, anger, grief, or are having difficulty communicating, focusing, or feeling stressed, VTA is offering the services of seven specialized therapists to provide trauma counseling services. These therapists are fully trained to deal with trauma. They can provide confidential counseling sessions for VTA employees and their families in a private setting.

Individual, family, or group counseling session(s) which may include, but not limited to:

- Grief and loss
- Anger Management
- Post-Traumatic Stress Disorder (PTSD)
- Stress Management
- Depression
- Critical Incident Stress Debriefing (CISD)/Trauma Response

When calling these therapists for services, employees should indicate they are a VTA employee or a family member of a VTA employee.

If you wish to speak to one of these therapists, please call to make an appointment. Their services are paid by VTA.

- Dr. Kevin Brock , Licensed Clinical Psychologist (650) 948-1931
- Dr. Tammy McCoy-Arballo, Clinical Forensic Psychologist (760) 885-6952
- Lilian Goldbard, Licensed Clinical Social Worker (408) 202.5479
- Nanci Kim, EMDR Certified Therapist (510) 366.8581
- Martina Lee, EMDR Certified Therapist (415) 225.6290
- Cristina Collada, Licensed Clinical Social Worker (408) 499.9533

## VTA Mental Health Services



### **Dr. Kevin Brock** **Licensed Clinical Psychologist**

With over 10-years of licensed experience, Dr. Brock has worked with a variety of populations doing individual, couples, and group psychotherapy as well as psychological testing. He has worked primarily with adults in community, hospital settings and forensic settings. He treats distress resulting from trauma, as well as developing problem-solving strategies and helping people build and maintain healthy relationships.

### **Individual Therapy Expertise**

#### **Top Specialty Areas**

Distress Resulting from Trauma  
Depression  
Anxiety  
Obsessive Compulsive Disorder  
Substance Abuse  
Grief and Loss

#### **Top Therapy Modalities**

Eye Movement Desensitization  
Reprocessing (EMDR)  
Dialectical Behavioral Therapy (DBT)

#### **Location of Services:**

- Telehealth/Teletherapy appointments
- Office visits at provider offices or facilities

To make an appointment please call 650.948.1931

Website: [www.Drkevinbrock.com](http://www.Drkevinbrock.com)

Counselors are legally bound to hold all communications confidential and will not and cannot share details of any communication with VTA management.

## VTA Mental Health Services



### **Dr. Tammy McCoy-Arballo Clinical Forensic Psychologist**

Dr. McCoy-Arballo has responded to numerous disasters and mass shooting incidents during her career including the Gilroy Garlic Festival shooting in 2019; the 2018 Pathway Homes shooting in Yountville, CA; the Route 91 Harvest Festival attack in Las Vegas in 2017 and the December 2, 2015, terrorist attack in San Bernardino, CA. In 2018, she provided services over several days to sworn and civilian employees involved in the government response to the Camp Fire, the largest fire in California history.

### **Individual Therapy Expertise**

#### **Top Specialty Areas**

Trauma  
Vicarious Trauma  
Compassion fatigue

#### **Top Therapy Modalities**

Eye Movement Desensitization  
Reprocessing (EMDR)  
Diplomate in Police Psychology from the  
Society for Police and Criminal Psychology  
Licensed Clinical Forensic Psychologist

#### **Location of Services:**

- Office located in Bldg. A, Guadalupe Yard
- Available for appointments Monday-Thursday
- Can meet at any of VTA locations
- Telehealth appointments

To make an appointment please call: 760.885.6952

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## VTA Mental Health Services



### **Lillian Goldbard, Licensed Clinical Social Worker**

I recently retired from the Santa Clara County Behavioral Health Department. In my tenure there, I worked with clients of all ages, from babies and toddlers with their caretakers, to children, youth and their families, and adults with a variety of mental health concerns.

It is my hope that I can offer a safe environment and a caring relationship that might allow you to explore your thoughts, feelings, and experiences to better understand and expand on your choices for action. I want to offer help and support to regain balance and overcome the obstacles there are to gain a fulfilled life.

### **Individual Therapy Expertise**

#### **Top Specialty Areas**

Trauma and Loss  
Works with children of all ages and adults

#### **Top Therapy Modalities**

Trauma Focused CBT  
Child Parents Psychotherapy (CPP)  
Play Therapy

#### **Languages spoken:**

English/Spanish

#### **Location of Services:**

- Telehealth/Teletherapy appointments
- Office visits at provider offices or facilities
- VTA Locations

To make an appointment please call 408.202.5479

#### **Personal Interests:**

Include traveling, reading, hiking, and spending time with my grandchildren.

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## VTA Mental Health Services



### **Nanci Kim, EMDR Certified Therapist**

My present and past clients' concerns include addiction, anxiety, depression, codependency, grief, past abuse, PTSD, relationship concerns, stress and trauma. I have worked with individuals of all ages from a variety of cultural and socioeconomic backgrounds who strive to overcome their concerns and move forward. As each individual is unique, I use interventions that are appropriate for clients' specific needs.

### **Individual Therapy Expertise**

#### **Top Specialty Areas**

Mood disorders (anxiety, depression)  
Grief Stress  
Immigration Stress  
Trauma/Post-Traumatic Stress

#### **Top Therapy Modalities**

Eye Movement Desensitization  
Reprocessing (EMDR)  
Cognitive Behavioral Therapy (CBT)  
Dialectical Behavioral Therapy (DBT)  
Brainspotting

#### **Location of Services:**

- Telehealth/Teletherapy appointments
- Office visits at provider offices or facilities
- VTA Locations

To make an appointment email [nanci@nancikimmft.com](mailto:nanci@nancikimmft.com) or call 510.366.8581

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## VTA Mental Health Services



### Martina Lee, EMDR Certified Therapist

I utilize Eye Movement Desensitization and Reprocessing (EMDR). I have found this type of trauma therapy to be helpful in treating PTSD, depression, anxiety, and past painful experiences that have resulted in negative thoughts and beliefs about ourselves. My goal is to help you look at yourself and your pain differently, in a way that will create hope for you and help you to reach your goals.

### Individual Therapy Expertise

#### Top Specialty Areas

PTSD  
Anxiety  
Depression  
Anger Management  
Grief and Loss  
Combat Trauma

#### Languages Spoken:

English/German

#### Location of Services:

- Telehealth/Teletherapy appointments

To make an appointment please call: 415.225.6290

#### Personal Interests:

Music, film, and writing

#### Top Therapy Modalities

Eye Movement Desensitization  
Reprocessing (EMDR)  
Cognitive Behavioral Therapy (CBT) for  
PTSD

Website: [www.martinaleetherapy.com](http://www.martinaleetherapy.com)

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## VTA Mental Health Services



### **Cristina Collada, Licensed Clinical Social Worker**

Christina worked in the Santa Clara County Behavioral Health Department for over 20 years. Her approach to therapy focuses on exploring the root causes of the presenting problems as a way of healing trauma and developing new, healthy ways of relating to yourself and others as well as focusing on developing coping and stress management skills.

### **Individual Therapy Expertise**

#### **Top Specialty Areas**

Depression  
Anxiety  
PTSD  
Bipolar Disorder  
Psychotic Disorder  
Addiction  
Grief  
Relationship issues  
Anger and Stress Management

#### **Top Therapy Modalities**

Eye Movement Desensitization and Reprocessing (EMDR)  
Cognitive Behavioral Therapy

#### **Location of Services:**

- Scheduled VTA locations
- Telehealth/Teletherapy appointments

Call to make an appointment: 408.499.9533

#### **Personal Interests:**

Cristina enjoys painting, being in nature, reading, yoga, meditating, and spending time with friends and family.

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