

Mental Health Services

The following therapists are available to meet with VTA employees who may be experiencing depression, anxiety, anger, grief, or are having difficulty communicating, focusing, or feeling stressed. These therapists are fully trained to deal with trauma. They can provide free, 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**
- **Post-Traumatic Stress Disorder (PTSD)**
- **Critical Incident Stress Debriefing (CISD)/ Trauma Response**
- **Anger Management**
- **Stress Management**
- **Depression**

Dr. Kevin Brock

Licensed Clinical Psychologist

Treatment of trauma and PTSD is a primary focus. He can work with individuals ages 14 and up.

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

Call to make an appointment: **(650) 948-1931**

Visit online at www.drkevinbrock.com

Lillian Goldbard

Licensed Clinical Social Worker

Has extensive experience working with trauma and loss through play therapy, trauma focused CBT, and other modalities for children and adults.

- Office visits at provider offices or facilities
- VTA locations
- Telehealth appointments

Call to make an appointment: **(408) 202-5479**

Martina Lee

EMDR Certified Therapist

Can provide professional help with PTSD, survivor's guilt, trauma, amongst many other areas.

- Telehealth/Teletherapy appointments

Call to make an appointment: **(415) 225-6290**

Nanci Kim

EMDR Certified Therapist

Uses EMDR, CBT, and DBT as well as other modalities to support clients. Has extensive experience with trauma/post-traumatic stress. Works with individuals as young as 5 years old.

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

Call to make an appointment: **(510) 366-8581**

Cristina Collada

Licensed Clinical Social Worker

Treatment of trauma and PTSD is a primary focus. Uses the FLASH technique which enables a person to rapidly and (nearly) painlessly reduce the distress level of an upsetting memory. Trained in EMDR and CBT as well.

- Scheduled VTA locations
- Telehealth/Teletherapy appointments

Call to make an appointment: **(408) 499-9533**

Saskia Stockbroekx-Pinto

Marriage & Family Therapist, MA, LMFT

Specializes in marital and premarital therapy, family conflict, anger management, and trauma. Has extensive experience in couples counseling, co-parenting, anger management, parenting and grief work.

- Office visits
- VTA locations
- Telehealth/Teletherapy appointments

Call to make an appointment: **(408) 645-0760**