



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
- Martha Thorson, EMDR Certified Therapist (408) 420-7895

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

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 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

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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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VTA Mental Health Services



Martha Thorson, EMDR Certified Therapist

In this confidential, supportive context, we can explore your concerns and build on your strengths.

My primary focus and extensive training is in the area of trauma recovery, working primarily through EMDR (Eye Movement Desensitization and Reprocessing). My experience includes more than 15 years of providing therapy. At this time, I'm only working directly with adults, but I'm experienced and happy to work with you on parenting children of any age. If thorny spiritual issues add to your challenges, I also have experience and extensive training integrating spirituality with the realities of life.

Individual Therapy Expertise

Top Specialty Areas

Trauma Recovery
Experience & Extensive Training
Integrating Spirituality with Challenges of Life

Top Therapy Modalities

Eye Movement Desensitization and
Reprocessing (EMDR)

Location of Services:

- Telehealth/Teletherapy appointments

To make an appointment please call: 408.420.7895

Personal Interests:

When I am not working, I enjoy family, friends, gardening, hiking and dancing.

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