

Behavioral Health Education Team



Sarah Kohansal (M.Ed., MPH, PhD) manages the Behavioral Health Education program for the Kaiser Permanente San Francisco Medical Center, Health Education Department since 2018. Sarah earned her Master's degree in Educational Administration and Policy from Boston University. She also earned her Master's of Public Health and a PhD in Education from the University of California Berkeley. She has extensive experience in the areas of instruction, training, and curriculum development, as well as healthcare strategic management and program development. Sarah has years of experience teaching at various educational settings and managing programs in higher education. Providing the highest quality of educational services to the diverse community of San Francisco is her passion and driving force. Sarah feels accomplished when members who are receiving the educational services, feel empowered by the information. Impacting people's lives and well-being in a positive way is Sarah's ultimate professional goal!



Alicia Caldwell (LCSW, SEP) is certified in MBSR and has worked as a Behavioral Health Education Instructor for Kaiser since 2007. Her passion is customizing strategies for bringing well-being into each person's unique life, regardless of how challenging or optimal the circumstances appear, knowing that insight and freedom are always possible. Alicia teaches Mindfulness-Based Stress Reduction, as well as Daylong and Oncology Mindfulness classes. She has practiced meditation extensively in the United States and overseas. In addition to Buddhist pilgrimages in India, Myanmar, and Nepal, she has ordained as a Buddhist nun under Sayadaw U Tejaniya at Shwe Oo Min and under Sayadaw U Revada at Pa Auk. Alicia spent over a year in silent meditation practice through retreats at Spirit Rock and IMS. She has also completed the 1-year "A Year to Live" meditation study/practice program, which focuses on death and living fully. Additionally, she has completed the 3-year Somatic Experiencing training and the 1-year Touch Skills Training for Trauma Therapists. Alicia is based in Redwood City KP Facility.



Chantal Dubuisson-Myllymaki (B.A., M.A., Ed. D.) has both Bachelor of Arts and Master of Arts degrees in Clinical Psychology, and a Doctorate Degree in Higher and Post-Secondary Education with a dissertation focused on raising awareness to the co-parenting issues of single African American fathers. She is a counselor and a certified Parent Educator who has served the Bayview Hunters Point and Alameda County communities for more than 30 years. Chantal has also served as a Volunteer Coordinator, Parent Support Counselor Supervisor on a parenting crisis hotline. Chantal currently teaches behavioral health courses at Kaiser Permanente designed to build emotional and physical resilience for managing patient symptoms. Specific classes she instructs include: Couples Communication, Understanding Anxiety, Managing Depression, Managing Anger, Assertiveness & Self-Esteem, Pathways to Emotional Wellness, Mind-Body and Job Stress.



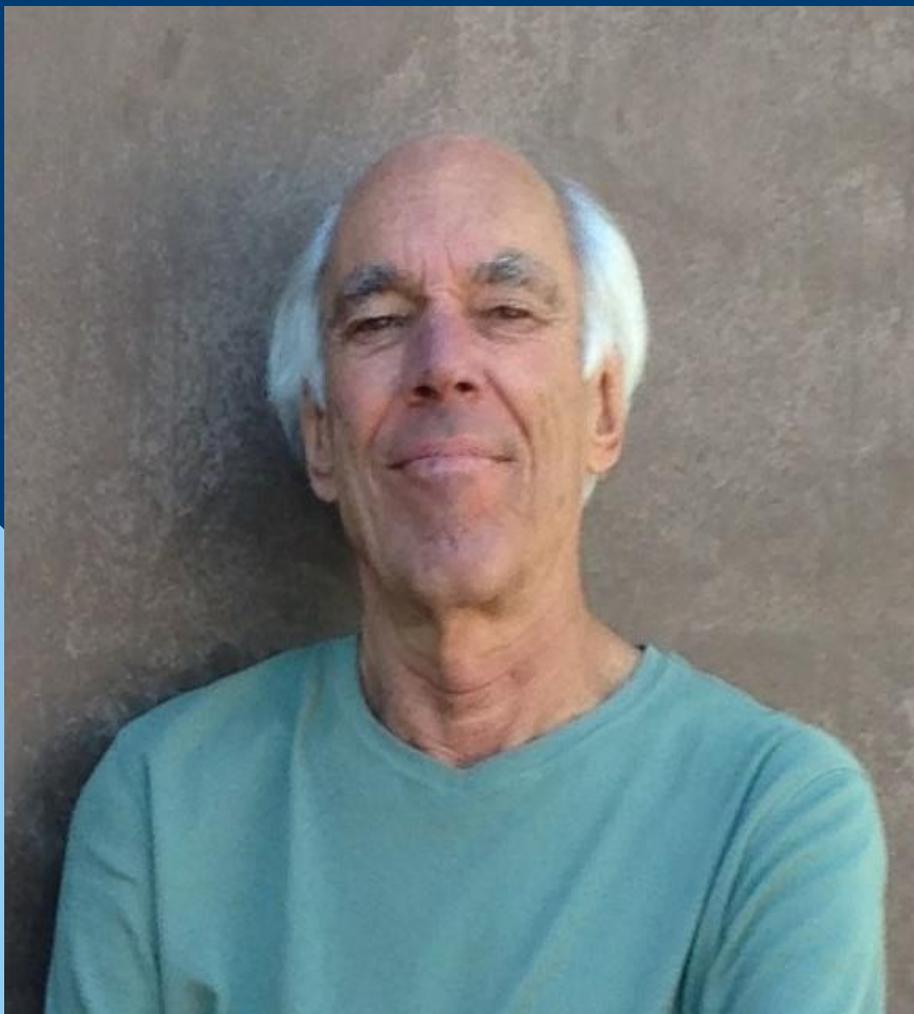
Lori Furbush is a Certified teacher of Mindfulness-Based Stress Reduction (MBSR) through the University of California at San Diego School of Medicine, and a certified teacher of mindful movement, specializing in Yin Yoga and Qigong. She has been leading group classes, private sessions, trainings, workshops, and retreats around the world since 2001. Lori has been a Health Education Instructor at Kaiser Permanente since 2011 based in Santa Rosa, California, teaching MBSR, Managing Your Stress, and Tai Chi for Health and Wellness. She served two 2-year terms as Chairperson and two 3-year terms on the Board of Directors for the National Qigong Association. Lori enjoys adapting mindful movement, stillness, and stress reduction practices for the mainstream public, as well as for special populations, teaching in health care settings, health clubs, cancer groups, and psychiatric programs. She is the creator of *Red Dragonfly Tai Chi Qigong* and has written two books: “Be Powerfully Present: With Just One Word” and “Elemental Moves: Simple Yoga and Qigong Practices Inspired by Nature”.



Shanice Smith (MSW, LCSW) is an LCSW from Atlanta, Georgia but has been residing in Northern California since 2015. She earned her undergraduate degree in psychology from Kennesaw State University and received her Masters' of Social Work degree from Clark Atlanta University. She has been working in the mental health field for over 6 years and has experience working in medical settings, community work, and mental health facilities. Shanice enjoys working in the community providing behavioral health services to underserved populations and advocating for equity in healthcare for black and brown communities. Shanice has been a health education instructor III for Kaiser for 1.5 years and has taught: Pathways to Emotional Wellness, Improving Sleep, Managing Stress, Understanding Anxiety, Managing Depression, Assertiveness, and Managing Anger. Shanice hopes that Kaiser members that participate in her class leave with increased, self-awareness, tools that improve their daily functions, and feeling of hope as they continue their journey of self-healing.



Sophia Schoenberg (B.Sc., PhD Candidate) has been working in the mental health field specializing in neurodevelopmental trauma for the last eight years. She earned a Bachelor of Science in Psychology and Social Action from Palo Alto University in 2016. Currently Sophia is working towards earning a PhD. Her professional background includes clinical, research and teaching experience at Stanford Children's Hospital and Stanford's School of Medicine. In these roles, Sophia acquired years of field work and various research experiences that led to outcomes such as manual development and creation of a subspecialty trauma clinic. She co-authored two posters presented at the International Society for Traumatic Stress. Since 2019, she's been working as a health instructor III for Kaiser Permanente developing an expertise in stress, anxiety and depression management. Ultimately, she hopes to empower clients through providing psychoeducation and skills designed to promote positive health outcomes in diverse communities.



Harrison Voigt (PhD) earned his PhD in Clinical Psychology at Ohio University. His extensive and diverse background in professional work settings includes inpatient and outpatient mental health; academic administration, clinical supervision, and teaching at several universities; private practice; and facilitating small groups for personal and organizational development in varied settings. As Professor of Psychology at the California Institute of Integral Studies in San Francisco, Harrison was the founding chairperson of the clinical psychology doctoral program. He has published fifteen articles in professional and scientific psychology journals and serves on two editorial boards. As a Licensed Clinical Psychologist, Harrison specializes in consultation and psychotherapy with couples. Bringing a wealth of professional experience to his teaching at Kaiser Permanente's Health Education Department, Harrison has taught psychoeducational classes in Couples Communication for twenty years.