



KATIE POLSKY, Ph.D.
Licensed Clinical Psychologist, PSY 23342
Owner/Director



Dr. Katie Polsky is a Licensed Clinical Psychologist who specializes in the treatment of Eating Disorders, Obsessive Compulsive Spectrum Disorders, Anxiety Disorders, and LGBTQIA+ communities. She has an integrative approach, in that she is well-versed in several treatment modalities. One of her passions is teaching and training doctoral students and interns. She developed Vantage Point's California accredited training program (CAPIC) and enjoys supervising.

Dr. Polsky graduated with honors from the University of California, Los Angeles. She completed her Doctor of Philosophy from the California School of Professional Psychology, Los Angeles, acclaimed for its focus on clinical training. Dr. Polsky completed her pre-doctoral internships at the California Institute of Technology Counseling Center and the Maple Counseling Center in Beverly Hills where she received extensive training in psychodynamic psychotherapy with individuals, couples, families, and groups and participated in outreach services to college students. Her Postdoctoral residency was at APA accredited Humboldt State University Counseling Center where she received specialized training on the Eating Disorder Assessment Team, and with survivors of sexual assault.

Dr. Polsky's clinical work began in 2001 at two eating disorder treatment centers; Center for Discovery and Adolescent Change and Oceanaire Residential Eating Disorder Facility. In 2007, Dr. Polsky joined Summit Eating Disorder and Outreach Program in their Intensive Outpatient Program (IOP) as a clinician. In 2010, she became the Clinical Director of New Dawn Eating Disorder Program in Sausalito in charge of IOP, Partial Hospitalization, and re-opened the Residential Treatment Program in San Francisco. Eager to expand her knowledge about Anxiety and OCD, especially knowing the overlap between Anxiety and Eating Disorders, she joined the Anxiety Treatment Center in Sacramento and obtained specialized training in Exposure and Response Prevention (ERP) and Cognitive Behavioral Therapy (CBT) for OCD and Anxiety Disorders.

Dr. Polsky started Vantage Point Center for Psychotherapy in 2012 with a desire to bring comprehensive, specialized, and integrative treatment to individuals that suffer from Eating Disorders, Obsessive-Compulsive Disorders, Trauma, and Anxiety Disorders. She brings a non-judgmental, client-centered, and empowering approach to therapy and as such, is a strong supporter of diverse communities. She continues to enrich her knowledge by attending monthly consultation groups. Dr. Polsky is dedicated to mentoring the next generation of therapists in Sacramento and trains local professionals and presents at national conferences. She is a board member of the Sacramento Valley Psychological Association, and member of California Psychological Association, International Obsessive Compulsive Disorder Foundation (IOCDF.org), and the Academy of Eating Disorders (aedweb.org). Furthermore, she is involved in political advocacy for mental health therapists and on behalf of clients on important issues such as parity, insurance, and inclusion.



SHELLEY TIRSBECK, MA
Licensed Marriage & Family Therapist #85396
Director of Operations



Shelley is a Licensed Marriage and Family Therapist who primarily specializes in anxiety disorders and obsessive-compulsive disorders. She also oversees the business operations for Vantage Point.

Shelley works with individuals, couples, and children and is qualified to treat a broad range of presenting problems including: anxiety, OCD, trauma, depression, grief/loss, LGBTQI issues, and relationship difficulties.

She works well with clients from diverse backgrounds and has experience working with clients who are dealing with oppression and/or discrimination. Shelley's goal as a therapist is to help people improve their lives and to build loving, supportive, and fulfilling relationships.

Shelley's approach to therapy is integrative and client centered, drawing on Psychodynamic, Relational, Cognitive-Behavioral, Exposure and Response Prevention (ERP), Acceptance and Commitment Therapy (ACT) and Emotionally Focused Therapy (EFT). Shelley earned her Master's Degree in Clinical Psychology from the Wright Institute in Berkeley, CA, an American Psychological Association accredited program. She completed her clinical trainings at the Effort, a community mental health center, St. John's Shelter for Women and Children, and Sage Psychotherapy an Intensive Outpatient Program for Anxiety. Additionally, Shelley has specialized training in Acceptance and Commitment Therapy (ACT) and Exposure and Response Prevention (ERP).

She co-facilitates a weekly Obsessive Compulsive Disorder Process Group with Dr. Katie Polsky.

Shelley is a member of the California Association of Marriage and Family Therapists (CAMFT), the International Obsessive Compulsive Disorder Foundation (IOCDF), and the American Group Psychotherapy Association (AGPA).



CHELSEA "BAGIAS" MACKEY, Psy.D.
Licensed Clinical Psychologist, PSY 25471

Dr. Chelsea Bagias is a licensed psychologist who specializes in working with people experiencing psychosis, schizophrenia, voice hearing, bipolar, depression, anxiety, low self-esteem, and relationship issues. She helps clients, family, and friends to understand their loved ones in a new way. She combines psychodynamic psychotherapy, humanistic approaches, attachment based treatment, positive psychology, and Acceptance and Commitment Therapy styles into her work with individuals. She has a long history of helping clients find what is lovely about themselves, and in so doing, rejuvenating the person to seek out the life they want. She firmly believes all people can recover from even debilitating issues and through the sharing of successful research and outcome studies, helps instill belief in ones own recovery.



Chelsea completed her undergraduate degree in psychology at University of CA Irvine, her masters program in clinical psychology at the University of Indianapolis Athens Greece campus, and her doctorate at the California School of Professional Psychology. She completed internships at Turning Point Community Programs, Yolo County Mental Health, and several private practices. Chelsea's post-doctoral training occurred at two locations: C.O.R.E Medical Clinic where she specialized in dual diagnosis with mental health and addiction, and also a local private practice where she was able to strengthen her foundation of deep individual therapy. For 3 years after licensing, Chelsea co-owned and was clinical director of a group practice and post-doctoral training site. Recently Chelsea worked for 2 and a half years at Kaiser Permanente where she was involved in helping to grow the Thought Disorder Program within the Outpatient Psychiatry Department. While there she worked on an integrated treatment team that provided psychotherapy, medication management, group therapy, recreational therapy, family support classes, and crisis management for psychosis on an outpatient basis. Chelsea is excited to bring her years of experience to the excellent clinicians of the Vantage Point Psychotherapy team.

A love of learning and a dedication to providing new information to her clients, continues to inspire Chelsea to grow as a therapist. She is a long-standing member of the International Society for Psychological and Social Approaches to Psychosis (ISPS-US). Chelsea has also presented on voice hearing, extreme experiences, and psychosis at several national and international professional conferences over the past 3 years.



GRETCHEN BLAKE, LCSW
Licensed Clinical Social Worker #18602



Gretchen Blake is a Licensed Clinical Social Worker with over 25 years of direct clinical experience providing behavioral health care for diverse populations. She has worked with children, adolescents, adults, families, and groups in psychiatric and medical outpatient, inpatient, and crisis settings for a large health care organization. Gretchen has worked extensively assessing and treating anxiety, depression, mood disorders, substance use, and co-occurring disorders. She has helped clients cope with situational problems, parenting, school problems, post partum issues, work stress, life changes, divorce, grief, loss, illness and end of life issues. She has worked in a palliative care program helping patients and their families cope with advanced illnesses. She is trained in a variety of treatment approaches including Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), Dialectical Behavior Therapy (DBT), Motivational Interviewing (MI), and psychodynamic psychotherapeutic approaches. Gretchen uses strengths based, developmentally appropriate, and culturally sensitive approaches to her practice. She works closely with her clients to determine meaningful and attainable goals of care, and implements interventions based upon current best practices and evidenced based standards of care.

Gretchen is committed to providing a safe and accepting environment to her clients. She seeks to understand her clients in terms of their lifestyle and experiences. She focuses on helping clients build self compassion and understanding of how lived experiences, loss, grief, and relationships have effected them. Gretchen is dedicated to improving the quality of life for all her clients.

Gretchen has a Bachelor of Arts in Psychology from San Francisco State University, and a Master's of Social Work, with a clinical concentration, from Sacramento State University. She completed a post-Master's clinical training fellowship at Yale University School of Medicine, Child Study Center, sponsored by the National Institute of Mental Health. Gretchen is committed to improving the health and wellness of the community, has served on local non-profit community boards. In addition to her clinical practice, Gretchen is a faculty member at Sacramento State University, Division of Social Work where she teaches Advanced Behavioral Health Practice and serves as a Field Liaison.



TRICIA BRANDES, MA
Licensed Marriage & Family Therapist #50128

Tricia is a licensed Marriage and Family Therapist who has worked with a broad spectrum of clients for twelve years. Tricia has experience working with a range of presentations in age and struggle. She has worked with children, teens, young adults, adults, couples and older adults facing a variety of challenges including depression, anxiety, OCD, grief and loss, co-parenting, eating disorders, relationship issues and life transitions. Tricia has facilitated group therapy for children, teens and adults with an array of struggles. Tricia's early work included a year of internship working in both a university counseling center and an agency focused on therapeutic support for individuals and families navigating grief and loss. Tricia went on to gain experience working for community counseling centers doing individual and couple therapy as well as crisis assessments and teaching co-parenting classes. Tricia has worked in a private practice setting and most recently spent seven years specializing in the treatment of eating disorders at the intensive outpatient level. She has worked collaboratively with medical and therapeutic teams at all levels of care. Tricia's practice is currently focused on treating young adults, adults and couples.



Tricia's clinical approach is influenced by Attachment Theory, Psychodynamic psychotherapy and Relational psychotherapy. Tricia also uses elements of Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT) and Mindfulness as they fit with each unique presentation. Tricia believes the therapeutic relationship is key in providing a solid foundation for individual learning and growth. Tricia aspires to create a safe place for each individual to forge a path of healing and move toward a more vibrant life.



KAREN A. MILLER, Ph.D.
Licensed Clinical Psychologist, PSY 32141
Training Director



Dr. Karen Miller is a licensed psychologist who specializes in working with people experiencing anxiety, depression, eating disorders, life transitions, career issues, grief/bereavement, gains and losses, self-esteem and body image issues, and trauma. She works collaboratively in order to empower clients to be their best selves. She uses a client-centered approach to counsel and address clients' unique challenges from developmental, cultural, and psychological viewpoints.

She strives to create a safe space for clients to explore the roadblocks that get in the way of living a healthy, balanced life, and to identify strengths that they can build upon. She helps clients to see what is in their control to change and where it may help to practice acceptance.

Dr. Miller integrates different approaches to therapy and has experience in using DBT (Dialectical Behavioral Therapy), ACT (Acceptance Commitment Therapy), mindfulness, interpersonal approaches, attachment, and family systems theories. She believes that some of the biggest shifts begin within the therapeutic relationship and then extend out into daily life. Therefore, much of the work centers on what is happening in the room. All clients have the ability to make changes in their lives and she uses the therapeutic relationship to encourage that change.

Karen completed her undergraduate degree in theater arts with a minor in psychology from California State University, Monterey Bay. She gained experience with youth and teens in group home and continuation school settings. Karen went on to gain her master's in counseling with an emphasis in college student services from Saint Mary's College of California. She worked with a variety of college students, including first-generation students and veteran students, on transition issues, anxiety, depression, and family struggles. Karen continued her education at Purdue University in Indiana and earned her PhD in Counseling Psychology in 2019. She's worked in a variety of settings including partial hospitalization programs and college counseling centers. Karen is excited to join Vantage Point Psychotherapy and bring to the team her experience and her passion for supporting the growth of clients.



DEBORAH MILLER-FROH, MA, RYT, CMT
Licensed Marriage & Family Therapist #85597

Deborah is a Licensed Marriage and Family Therapist specializing in Anxiety Disorders, Trauma/PTSD, and Dissociative Disorders.

Deborah's clinical approaches are influenced by Attachment, Psychodynamic, Relational, Somatic theories, and Mindfulness. She uses evidence-based treatment methods such as Eye Movement Desensitization and Reprocessing (EMDR),



Exposure and Response Prevention (ERP), Cognitive Behavioral Therapy (CBT), and Acceptance and Commitment Therapy (ACT). Deborah has specialized training in Sensorimotor Psychotherapy, an approach that works to unlock the intelligence of the body and resolve the effects of trauma and PTSD. When appropriate, she also utilizes clinical hypnosis.

Deborah earned her undergraduate degree from the University of Michigan in Ann Arbor, attended the California Institute of Integral Studies in San Francisco, and went on to earn her Masters Degree in Counseling Psychology from John F. Kennedy University in the Bay Area. She is also a yoga instructor with an interest in helping those with anxiety and trauma inhabit their bodies in safe and nurturing ways. Deborah has clinical experience working at HOPE Counseling Center, a non-profit counseling center in Sacramento as well as Sage Anxiety Treatment Program, an Intensive Outpatient Program for anxiety disorders and OCD where she conducted both individual and group psychotherapy. She has taught at Sonoma State University and Sacramento State University.

Deborah is a member of the California Association of Marriage and Family Therapists and the International Society for the Study of Trauma and Dissociation.



CHERYL SAMUELSON, MS
Licensed Marriage & Family Therapist #91168



Cheryl is a licensed Marriage and Family Therapist. Her experience consists of working with diverse populations from a broad range of socio-cultural backgrounds including first-generation and underserved populations. Cheryl is comfortable working with a wide range of issues and considers herself a generalist. She has a strong interest in providing support for survivors of child abuse, complex trauma, domestic violence, and sexual assault. Additional areas of interest are working with building self-love, relational issues, depression, and anxiety. Providing a safe place for individuals, couples and families to heal and grow is an honor that fuels her work and passion for the field. She views her line of work to be a privilege to be present with others as they share their innermost thoughts and feelings, their experiences, culture, and views on life.

Working in middle schools has brought a fondness for teens and the ability to provide disability assessments to support accommodation in school if needed. Working with young adults at Sac State has been particularly fun and allowed Cheryl to remain up to date with current trends and media. Working with survivors of sexual assault, domestic violence and perpetrators of violence has been challenging but meaningful work.

Cheryl believes in the importance of being authentic and genuine, culturally sensitive, nonjudgmental and responsive to her clients. Her approaches in treatment are informed by Psychodynamic therapy, Person Centered, Cognitive Behavioral therapy (CBT), and mindfulness-based therapies. She utilizes her experiences and skills from working in multiple settings with different levels of care ranging from community in-patient co-occurring treatment programs to providing support for teens in middle schools.



REBECCA SOLIDAY, MS
Licensed Marriage & Family Therapist #105852

Rebecca is a Licensed Marriage and Family Therapist. She is bilingual in English and Spanish and has years of experience providing therapy in both languages. She enjoys working with children, teens, and adults from diverse backgrounds, particularly Latinx and/or LGBTQ+ people. She specializes in providing services to people who have experienced trauma, and is passionate about helping clients learn to set boundaries and assert their needs with others.



Rebecca obtained her Master's degree in Counselor Education from Sacramento State University, Sacramento in 2013. She became a Licensed Marriage and Family Therapist in 2018. She has diverse professional experience as a bilingual therapist, including: a private practice with people of all ages; in the San Juan school district with youth and families dealing with behavioral issues; and at WEAVE, with people of all ages and genders who had experienced family or partner violence, sexual violence, or sex trafficking. Rebecca has had a lifelong interest in understanding others' experiences, which is what drove her to study and become bilingual in Spanish as well as pursuing a career as a therapist. She is a member of CAMFT (California Association of Marriage & Family Therapists) and regularly engages in opportunities to learn more about others' experiences, from Latinx cultures and individuals, to LGBTQ+ identified people and people with disabilities.

Rebecca believes that therapy should be a positive experience, and for that reason she uses a Person-Centered approach. This means that the most important thing for her is to create and maintain a safe space in therapy sessions, where the client is the expert in their own life. Rebecca supports each client in identifying their challenges and goals for therapy, recognizing the strengths that they already have, and developing new skills to help move forward. She understands that each of us is different, and for that reason she uses a mix of different approaches besides standard talk therapy. For instance, with children and teens she prefers to incorporate play therapy because research and past experience have shown that this therapy works better for youth than simply talking. With people of all ages, she offers to incorporate art therapy and also various forms of meditation and reflection, including self-compassion.