

Date Prepared: March 9, 2026
Name: Michael L. Costa, Psy.D.
Office Address: 1623 Third Avenue, Suite 203, New York, NY 10128
Work Phone: 516-670-5325
Work Email: Dr.MichaelCosta@BMPsych.com

Educational Background

Education

| | | | |
|------|------------------------------|---------------------------|-----------------------|
| 2020 | Psy.D. (GPA: 4.00) | School Psychology | St. John's University |
| 2017 | M.S. | School Psychology | St. John's University |
| 2014 | B.A., <i>magna cum laude</i> | Psychology/Honors Program | SUNY New Paltz |

APA-Accredited Clinical Internship

2019-2020 Clinical Child Psychology Intern
 Northwell Health Long Island Jewish Medical Center (Zucker Hillside Hospital & Cohen Children's Medical Center)
 Rotations: Child Outpatient Psychiatry Department, Adolescent Inpatient Unit (1 West), Eating Disorders Partial Hospitalization Program/Inpatient Unit (3 Central), & Pediatric Behavioral Health Urgent Care Center

Professional Development

2026 Acceptance and Commitment Therapy (ACT) Immersion: An Introduction to ACT as a Process-Based Therapy by Steven Hayes, Ph.D.
 2026 Supporting Parents of Anxious Children (SPACE) by Eli Lebowtz, Ph.D., Yale Child Study Center
 2025 Unified Protocol for Children and Adolescents (UP-C & UP-A) by Jill-Ehrenreich-May, Ph.D., Child & Anxiety Mood & Anxiety Treatment Program (CAMAT) at University of Miami
 2025 Dialectical Behavior Therapy (DBT) Basics by Francheska Perplechikova, Ph.D., The Comprehensive Training Center
 2024 Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) Certification, TF-CBT National Certification Program
 2023 Dialectical Behavior Therapy (DBT) Skills (for adults), Psychwire
 2022 Acceptance and Commitment Therapy (ACT) for Depression and Anxiety Disorders by Russ Harris, Psychwire
 2017 Parent-Child Interaction Therapy (PCIT), 40-hour coursework (Clinical Seminar in Interventions for Childhood Disorders), by Phyllis Ohr, Ph.D., Hofstra University
 2017 TF-CBT 2-Day Training by Elissa Brown, Ph.D., St. John's University
 2017 Using TF-CBT with Childhood Traumatic Grief by the Center at the Medical University of South Carolina
 2017 Cognitive Behavioral Intervention for Trauma in Schools Provider Training Course by the National Child Traumatic Stress Network

- 2016 Child and Adolescent Anxiety Disorders: A Developmental and Family-Based CBT Model Clinical Intervention Training by Anne Marie Albano, Ph.D.
- 2016 Organizational Skills Training: An Empirically Sound Treatment Addressing Critical Functional Impairments in Children with Attention-Deficit Hyperactivity Disorders by Richard Gallagher, Ph.D. and Jenelle Nissley-Tsiopinis, Ph.D.
- 2016 PCIT Selective Mutism (Brave Buddies) training workshop by Rachel Busman, Psy.D., Child Mind Institute
- 2015 Incredible Years Preschool Basic Program training workshop presented by Tamara Del Vecchio, Ph.D., St. John's University

Training Experiences

- 2018-2019 Clinical Child Psychology Extern
Adolescent Inpatient Unit (1 West) (Mini Rotation: TF-CBT program), Northwell Health Long Island Jewish Medical Center (Zucker Hillside Hospital)
- 2018-2019 School Psychology Extern
Wood Park & North Ridge Primary Schools, Commack Public Schools
- 2015-2019 TF-CBT Therapist, Clinical Evaluator, & Grief Group Leader
Child HELP Partnership (PARTNERS Program), St. John's University
- 2017-2018 Clinical Child Psychology Extern
Child Outpatient Psychiatry Department (Mini Rotation: Adolescent Inpatient Unit, 1 West), Northwell Health Long Island Jewish Medical Center (Zucker Hillside Hospital)
- 2017-2018 Pre-doctoral Fellow in University Mental Health
Center for Counseling & Consultation, St. John's University
- 2016-2018 Individual Therapist & Social Anxiety Group Leader
Center for Psychological Services at St. John's University
- 2015-2018 Parent Training Therapist (Incredible Years)
Child and Family Research Group, St. John's University
- 2017-2018 Neuropsychology Extern
Psychological Diagnostic Evaluations of New York
- 2016-2017 School Psychology Extern
Great Neck Middle School, Great Neck Public Schools
- 2016 PCIT for Selective Mutism (PCIT-SM) "Brave Buddies" Trainee
Anxiety Disorders Center at the Child Mind Institute
- 2015-2016 Psychological Assessment Practicum Trainee
Center for Psychological Services at St. John's University

Report of Clinical Activities

Current Licensure and Certification

- 2023 Licensed Psychologist, Connecticut (#4632)
- 2021 Licensed Psychologist, New York (#24409)
- 2017 Certified School Psychologist (Permanent), New York

Practice Activities

- | | | |
|--------------|-----------------------------------|--------------------------|
| 2021-Present | Balanced Mind Psychology, PLLC | Private Practice (Owner) |
| 2020-2023 | Katonah-Lewisboro School District | John Jay High School |

Professional Experience

Appointments at Hospitals/Affiliated Institutions

| | | |
|--------------|--|--|
| 2026-Present | Supervising Psychologist | Northwell Health Cohen Children's Medical Center, Eating Disorders Partial Hospitalization Program |
| 2025-Present | Clinical Assistant Professor Department of Psychiatry | Donald and Barbara Zucker School of Medicine at Hofstra/Northwell |
| 2025-2026 | Voluntary Faculty | Northwell Health Long Island Jewish Medical Center, Psychiatry/Psychological Services |

Other Professional Positions

| | | |
|------|---------------------|--|
| 2017 | Research Consultant | Wiley Publishing, Development of the <i>Intervention Library: Resources for Instruction and Intervention</i> |
|------|---------------------|--|

Professional Societies

| | | |
|--------------|--------|---|
| 2026-Present | Member | Association for Contextual Behavioral Science (ACBS) |
| 2025-Present | Member | New York City Cognitive Behavioral Therapy (NYC-CBT) |
| 2021-Present | Member | Westchester County Psychological Association (WCPA) |
| 2016-Present | Member | Association for Behavioral and Cognitive Therapies (ABCT) |
| 2016-Present | Member | American Psychological Association (APA), Society of Clinical Child & Adolescent Psychology |
| 2015-2016 | Member | Association for Psychological Science (APS) |

Editorial Activities—Journal Peers Reviews

| | | |
|--------------|-----------------|--------------------------------------|
| 2025-Present | Reviewer | Early Childhood Research Quarterly |
| 2019-Present | Reviewer | School Psychology |
| 2015-2018 | Ad hoc reviewer | Journal of Family Psychology |
| 2015-2018 | Ad hoc reviewer | Social Development |
| 2015-2018 | Ad hoc reviewer | Journal of Applied School Psychology |

Honors and Prizes

| | |
|-----------|--|
| 2017 | Graduate Student of Excellence |
| 2016 | Most Promising Practitioner Scientist, Student Affiliates in School Psychology (SASP), St. John's University |
| 2012-2014 | Ps Chi, National Honor Society in Psychology |

Report of Local Teaching and Training

Teaching of Students in Courses

| | | |
|------|---|-----------------------|
| 2021 | Tiered Systems of Support in Urban School Counseling (DBT for Adolescents in Schools) | CUNY Brooklyn College |
|------|---|-----------------------|

Formal Teaching of Child/Adolescent Psychology and Psychiatry Trainees

| | | |
|------|---|--|
| 2025 | Lecture on assessment of ADHD and specific learning disorders | Zucker Hillside Hospital Presented to Child and Adolescent Psychiatry Fellows |
|------|---|--|

| | | |
|--------------|---|--|
| 2022-Present | Lecture on special education clinical guidance & law | Zucker Hillside Hospital Annually to Child Clinical Psychology trainees |
| 2020 | Lecture on exposure and response prevention for pediatric OCD | Zucker Hillside Hospital Presented to Child and Adolescent Psychiatry Fellows |
| 2019 | Lecture on advanced clinical skills in DBT for Adolescents | Zucker Hillside Hospital Presented to Child Clinical Psychology trainees |
| 2019 | Lecture on Specific Learning Disability identification and Cross-Battery Assessment | Zucker Hillside Hospital Presented to Child Clinical Psychology trainees |
| 2019 | Lecture on DBT skills training for adolescents | St. John's University Presented to Psychology trainees |
| 2018 | Lecture on exposure and response prevention for pediatric OCD | St. John's University Presented to Psychology trainees |
| 2018 | Lecture on behavioral parent training | St. John's University Presented to Psychology trainees |
| 2016-2018 | Lecture on using clinical skills in child maltreatment assessment and reporting | St. John's University Presented to Psychology trainees |

Clinical Supervisory and Training Responsibilities

| | | |
|-----------|--|------------------------|
| 2026 | Eating Disorders Partial Hospitalization Program Clinical Supervisor | One hour per week |
| 2023 | Katonah-Lewisboro School District Clinical Supervisor | One hour per week |
| 2019-2020 | Child & Adolescent Outpatient Psychiatry Peer Supervisor/Zucker Hillside Hospital | One half hour per week |
| 2019 | Adolescent Inpatient Unit (1 West) Peer Supervisor/Zucker Hillside Hospital | One half hour per week |
| 2018-2019 | Psychological Intervention Practicum Co-Supervisor/St. John's University | Three hours per week |
| 2017 | Psychological Assessment Practicum Co-Supervisor/St. John's University | Three hours per week |

Laboratory Experience and Research Supervisory Responsibilities

| | |
|-----------|--|
| 2015-2017 | Clinical Research Fellow, Child HELP Partnership at St. John's University Provided trainings on clinical risk assessment for doctoral students on the PARTNERS (Preventing Adverse Reactions to Negative Events and Related Stress) Clinic and the New York City Children's Grief Connection clinical research projects |
| 2014-2015 | Clinical Research Fellow, Child & Family Research Group at St. John's University |

Local Presentations

2019 Co-Presenter at Child Grand Rounds Zucker Hillside Hospital
Clinical Case Conference Child and Adolescent Psychiatry

Report of Education of Patients and Service to the Community

Activities

2026 Presented to parents of disabilities on anxiety in youth for INCLUDEnyc
2020-2021 Presented on adolescent anxiety to a parent community yearly
2020 Presented on coping skills for anxiety to high school students
2018 Presented on stress management for international students at St. John's University
2017-2018 Presented on child behavior management to parents at community centers and preschools in Queens, New York

Report of Scholarship

Peer Reviewed Publications in Print

1. **Costa, M. L.**, Jackson, S. T., Damewood, G., Narine, S. J., & Del Vecchio, T. (under review). Preschool teachers' use of harsh and lax discipline: The role of cognitions and anger.
2. Koriakin, T., White, E., Breaux, K. C., DeBaise, E., O'Brien, R., Howell, M., **Costa, M.**, Liu, Xiaochen, L., Pan, X., & Courville, T. (2016). Patterns of cognitive strengths and weaknesses and relationships to math errors. *Journal of Psychoeducational Assessment*, 1-13.
3. Pagirsky, M. S., Koriakin, T. A., Avitia, M., **Costa, M.**, Marchis, L., Maykel, C., Sassu, K., Bray, M. A., & Pan, X. (2016). Do the kinds of achievement errors made by students diagnosed with ADHD vary as a function of their reading disability? *Journal of Psychoeducational Assessment*, 1-14.

Non-Peer Reviewed Scientific or Medical Publications/Materials in Print

Book Chapters

1. Flanagan, D. P., Alfonso, V. C., **Costa, M.**, Palma, K., & Leahy, M. A. (2018). Use of ability tests in the identification of specific learning disabilities within the context of an operational definition. In D. P. Flanagan & E. M. McDonough (Eds., pp. 608-642), *Contemporary Intellectual Assessment: Theories, Tests, and Issues* (4th ed.). New York, NY: Guilford Press.
2. Flanagan, D. P., **Costa, M.**, Palma, K., Leahy, M. A. Alfonso, V. C., & Ortiz, S. O. (2018). Cross-Battery Assessment, the Cross-Battery Assessment Software System, and the assessment-intervention connection. In D. P. Flanagan & E. M. McDonough (Eds.), *Contemporary Intellectual Assessment: Theories, Tests, and Issues* (4th ed., pp. 731-776). New York, NY: Guilford Press.

Dissertation/Theses

1. Costa, M. (2019). *Preschool Teachers' Cognitions and Anger as Predictors of Dysfunctional Discipline* [Doctoral Dissertation, St. John's University, Queens, NY].
2. Costa, M. (2014). *Whine Sampling: Understanding Whining in Young Children* [Honors Thesis, SUNY New Paltz, New Paltz, NY].

Posters Presented at Professional Conferences

Costa, M. & Del Vecchio, T. (2019). *Preschool teachers' cognitions and anger as predictors of dysfunctional discipline*. Poster presented at the 53rd annual convention of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.

Costa, M., Stahl, T., Brown, E. J., & Del Vecchio, T. (2017). *Influence of perpetrator blame attributions on conduct problems in maltreated youth: The role of relationship to the perpetrator*. Poster presented at the 51st annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

Costa, M., Winarick, J., Del Vecchio, T., & Buczek, M. (2017). *Parental dysfunctional discipline: The roles of affect and emotion regulation*. Poster presented at the 51st annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

Costa, M., Winarick, J., Del Vecchio, T. & Kelly, L. (2017). *Psychometric properties of a parent anxiety measure*. Poster presented at the 51st annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

Abbott-Sinclair, R., **Costa, M.**, Canter, M., & Del Vecchio, T. (2016). *Maternal executive functions as predictors of dysfunctional discipline*. Poster presented at the 50th annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.

Costa, M., Stahl, T., Brown, E. J., & Del Vecchio, T. (2016). *Influence of perpetrator blame attributions on conduct problems in maltreated youth*. Poster presented at the 50th annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.

Francis, M., Brown, E. J., **Costa, M.**, Lee, J., & Lombera, A. (2016). *Parenting practices as a protective factor for the impact of caregiver symptomatology on child internalizing in bereaved youth*. Poster presented at the 50th annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.

Happer, K., **Costa, M.**, Grice, C., Brown, E. J. & Sharma-Patel, K. (2016). *Educating graduate students in assessing and reporting child maltreatment: Results from a single workshop*. Poster presented at the 50th annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.

Sattar, U., **Costa, M.**, Goodman, R. F., Brown, E. J., Cho, C., & Sharma-Patel, K. (2015). *Influence of parenting practices and grief symptoms on attachment anxiety among treatment-seeking bereaved children*. Poster presented at the 27th annual convention of the Association for Psychological Science, New York, NY.

Costa, M., Nash, A., Lane, A., & Rodriguez, S. (2015). *Whine sampling: Understanding whining in young children*. Poster presented at the 27th annual convention of the annual convention of the Association for Psychological Science, New York, NY.

Costa, M., Nash, A., Lane, A., & Rodriguez, S. (2014). *Whine sampling: Understanding whining in young children*. Poster presented at the Student Research Symposium at the State University of New York at New Paltz, New Paltz, NY.