

**Date Prepared:** June 24, 2026  
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## **Educational Background**

### **Education**

2020	Psy.D., APA Accredited (GPA: 4.00)	St. John's University
2017	M.S.	St. John's University
2014	B.A. (Honor Program), <i>magna cum laude</i> Minors in Disaster Psychology & Sociology	SUNY New Paltz

### **APA-Accredited APPIC Clinical Psychology 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 (COPD; Minor Electives: Outpatient Adolescent DBT Program, TF-CBT, PCIT), Adolescent Inpatient Unit (1 West), Eating Disorders Center (EDC) Partial Hospitalization Program/Medical Inpatient Unit (3 Central), & Pediatric Behavioral Health Urgent Care Center

### **Professional Development**

2026 Enhancing Exposure Outcomes for Anxiety Disorders Using Inhibitory Learning Principles by Lauryn Garner, Ph.D., UPenn Center for the Treatment and Study of Anxiety

2026 Mastering Imaginal Exposure: Writing Effective Scripts in ExRP by Sandra Capaldi, Psy.D., UPenn Center for the Treatment and Study of Anxiety

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 Lebowitz, 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

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
- 2017-2018 Neuropsychology Extern  
Psychological Diagnostic Evaluations of New York
- 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
- 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**

- 2026 Certified Diplomat, Academy of Cognitive and Behavioral Therapies
- 2024 Therapist Certification, Trauma Focused-Cognitive Behavioral Therapy (TF-CBT)

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**

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

#### **Other Professional Positions**

2017	Consultant	Wiley Publishing, Development of the <i>Intervention Library: Resources for Instruction and Intervention</i>
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#### **Professional Societies**

2026-Present	Member	Academy of Cognitive and Behavioral Therapies (A-CBT)
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 (SCCAP)
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, St. John's University
2016	Most Promising Practitioner Scientist, Student Affiliates in School Psychology (SASP), St. John's University
2014	Psychology Student of Excellence, SUNY New Paltz
2012-2014	Ps Chi, National Honor Society in Psychology, SUNY New Paltz
2011-2014	Dean's List, SUNY New Paltz

## **Report of Local Teaching and Training**

### **Teaching of Students in Courses**

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

### **Formal Teaching of Child/Adolescent Psychology and Psychiatry Trainees**

2026	Lecture on treatment of mental compulsions in OCD	Growing Minds Psychology Presented to psychologists and trainees
2025	Lecture on assessment of ADHD and specific learning disorders	Zucker Hillside Hospital Presented to Child and Adolescent Psychiatry Fellows
2022-Present	Annual 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 at Cohen Children's Medical Center	One hour per week
2023	Katonah-Lewisboro School District Clinical Supervisor	One hour per week
2019-2020	Child & Adolescent Outpatient Psychiatry Peer Supervisor at Zucker Hillside Hospital	One half hour per week
2019	Adolescent Inpatient Unit (1 West) Peer Supervisor at Zucker Hillside Hospital	One half hour per week
2018-2019	Psychological Intervention Practicum Peer Supervisor at St. John's University	Three hours per week
2017	Psychological Assessment Practicum Peer Supervisor at 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.**, Jackson, S., Damewood, G., Narine, S., & Del Vecchio, T. (2026). Preschool teachers' use of harsh and lax discipline: The role of cognitions and anger. *Journal of Early Childhood Teacher Education*, 1-19.  
<https://doi.org/10.1080/10901027.2026.2677937>
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. <https://doi.org/10.1177/0734282916669909>
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. <https://doi.org/10.1177/0734282916669020>

#### **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.), *Contemporary Intellectual Assessment: Theories, Tests, and Issues* (4th ed., pp. 608-642). 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

1. **Costa, M.** & Del Vecchio, T. (2019). *Preschool teachers' cognitions and anger as predictors of dysfunctional discipline*. Poster presented at the 53<sup>rd</sup> annual convention of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
2. **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 51<sup>st</sup> annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
3. **Costa, M.**, Winarick, J., Del Vecchio, T., & Buczek, M. (2017). *Parental dysfunctional discipline: The roles of affect and emotion regulation*. Poster presented at the 51<sup>st</sup> annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
4. **Costa, M.**, Winarick, J., Del Vecchio, T. & Kelly, L. (2017). *Psychometric properties of a parent anxiety measure*. Poster presented at the 51<sup>st</sup> annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
5. Abbott-Sinclair, R., **Costa, M.**, Canter, M., & Del Vecchio, T. (2016). *Maternal executive functions as predictors of dysfunctional discipline*. Poster presented at the 50<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
6. **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 50<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
7. 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 50<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
8. 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 50<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.

9. 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 27<sup>th</sup> annual convention of the Association for Psychological Science, New York, NY.
10. **Costa, M.**, Nash, A., Lane, A., & Rodriguez, S. (2015). *Whine sampling: Understanding whining in young children*. Poster presented at the 27<sup>th</sup> annual convention of the annual convention of the Association for Psychological Science, New York, NY.
11. **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.