

**Date Prepared:** May 15, 2025  
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## **Educational Background**

### **Education**

2020	Psy.D.	School Psychology (Tamara Del Vecchio, Ph.D.)	St. John's University
2017	M.S.	School Psychology	St. John's University
2014	B.A., <i>magna cum laude</i>	Psychology	SUNY New Paltz

### **Predoctoral Internship**

2019-2020 Clinical Child Psychology Intern (APA Accredited)  
 Northwell Health Long Island Jewish Medical Center (Zucker Hillside Hospital & Cohen Children's Medical Center) – Child & Adolescent Outpatient Psychiatry Department, Adolescent Inpatient Unit (1 West), Eating Disorders Day Treatment Program (Partial Hospital), & Pediatric Behavioral Health Urgent Care Center

### **Professional Development and Certification**

In Progress Dialectical Behavior Therapy for Children (Child DBT), The Comprehensive Training Center  
 2024 Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), TF-CBT National Certification Program

## **Professional Experience**

### **Appointments at Hospitals/Affiliated Institutions**

2025-Present	Voluntary Faculty	Northwell Health Long Island Jewish Medical Center
	Allied Health Professional Staff	Psychiatry/Psychological Services

### **Other Professional Positions**

2017 Research Consultant Wiley Publishing, Development of the *Intervention Library Finding Interventions and Resources for Students and Teachers (IL: FIRST)*

### **Professional Societies**

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)
2015	Member	Association for Psychological Science (APS)

## Editorial Activities

Journal Reviewer

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

## Report of Local Teaching and Training

### Teaching of Students in Courses

2021 Tiered Systems of Support in Urban School Counseling CUNY Brooklyn College

### Formal Teaching of Residents, Clinical Fellows and Research Fellows (post-docs)

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**

2023	Katonah-Lewisboro School District Clinical Supervisor of Interns	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 and Other Research Supervisory and Training Responsibilities**

2014-2017	Provided trainings on clinical risk assessment for doctoral students at the PARTNERS (Preventing Adverse Reactions to Negative Events and Related Stress) Clinic and the New York City Children's Grief Connection at the Child HELP Partnership at St. John's University	
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### **Local Invited Presentations**

2019	Co-Presenter at Child Grand Rounds Clinical Case Conference	Zucker Hillside Hospital Child and Adolescent Psychiatry
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### **Report of Clinical Activities and Innovations**

#### **Current Licensure and Certification**

2023	Licensed Psychologist, Connecticut
2021	Licensed Psychologist, New York
2017	Certified School Psychologist, New York

#### **Practice Activities**

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

### **Report of Education of Patients and Service to the Community**

#### **Activities**

2020-2021	Presented on adolescent anxiety to a parent community (Annually)		
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		

## **Report of Scholarship**

### **Peer Reviewed Publications in Print or Other Media**

1. **Costa, M. L.**, Jackson, S. T., Damewood, G., Narine, S. J., & Del Vecchio, T. (in preparation). 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 or Other Media** 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.

### **Thesis**

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].

### **Abstracts, Poster Presentations and Exhibits Presented at Professional Meetings**

**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.

**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.

**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.

**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.

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.

**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.

Francis, M., Brown, E. J., **Costa, M.,** Lee, J., & Lomber, 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.

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.

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.

**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.

**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.