KIM E. COSTELLO, DCCPSY, LMHC

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EDUCATION

Carolina University of Theology Stanley, North Carolina

Doctorate in Christian Counseling Psychology August 2002

Practicum Thesis: Family Dynamics- Parenting Skills

Norwich University Montpelier, Vermont

Master of Arts November 1994

Practicum Thesis: ADHD & Family Dynamics

University of Maine Presque Isle, Maine

Bachelor of Arts May 1983

Elmira College Elmira, New York

Associate Degree May 1981

AREAS OF EXPERTISE

ADD & ADHD Eye Movement Desensitization & Reprocessing Collaborative Practice Roles:

Anger Management Family Conflict Resolution/Mediation Facilitator

Anxiety/Coping Strategies Family Counseling Child Specialist

Career Assessment Interpersonal Relationships Consulting Therapist

Christian Counseling Self-esteem in adolescents Parenting Coordinator

Conflict Resolution Stress Management Parenting Coach

Depression Trauma & Grief Counseling Mediator

Experiential Therapy Marriage Counseling

PROFESSIONAL & INTERNSHIP EXPERIENCE IN COLLABORATIVE LAW, MEDIATION & PARENTING COORDINATION SERVICES

Florida Supreme Court Certified Family Mediator Saint Petersburg, FL 2012

- Acts as a neutral and impartial third party to encourage and facilitate non-adversarial dispute resolution outside the traditional courtroom setting.
- Assists parties in reaching mutually acceptable agreements in which both sides are winners.
- Helps parties to reduce obstacles to communication, assists in identifying issues, exploring alternatives, and facilitating voluntary agreements to resolve disputes.

Neutral Mental Health Facilitator

Saint Petersburg, FL

2012

- Acts as a neutral and impartial third party to encourage and facilitate non-adversarial dispute resolution outside the traditional courtroom setting.
- Assists parties and their attorneys to determine a parenting plan that is optimal for developmental and emotional needs of the children, and addressing children's special needs.
- Assists parties to identify and work through emotional issues so that they do not create unnecessary dead-ends in the communication process.
- Promotes healthy communication and cooperation between the parties such that the divorce transition is civil, respectful, and more effective.

State of Florida Court Appointed Parenting Coordinator Saint Petersburg, FL

2011

- Assists co-parents with the creation and implementation of parenting plans that allow for cohesive parenting and increased cooperation regarding important parenting decisions.
- Benefits families by engaging in comprehensive coordination services, including assistance with contentious parenting situations, child sharing arrangements, and improved communication.
- Works in conjunction with attorneys and judges to obtain more positive outcomes in high conflict civil proceedings.

Collaborative Law Conference: Cosponsored by the State Bar of Texas Collaborative Law Section & the Collaborative Law Institute of Texas February 28 - March 1, 2013

 Highlights include: • Informed Consent• Neuroscience: Understanding Behavior and Effectively Dealing with It• High Conflict Cases with Bill Eddy• Expanding the Model: ADR, Arbitration, Depositions, Civil• Voice of the Child

PROFESSIONAL & INTERNSHIP EXPERIENCE IN MENTAL HEALTH COUNSELING

Mental Health Professional, The Costello Center Saint Petersburg, FL

2002

- Founder and owner of private practice
- Work at a one-on-one level with clients so that may work through problems via goal-setting and facilitation of life changes.
- Oversee and monitor a staff which is made up of interns, psychiatrists, life coaches, tutors, and licensed mental health counselors.

Gottman's Seven Principles Program Education

2014

- Knows how to plan, budget, market and organize your own Seven Principles class
- Participates in experiential role play and practice Seven Principles Program exercises
- Knows how to present the lectures and content to your students
- Knows how to support and encourage the class
- Developed skills to handle difficult situations and make referrals
- Understands how to use box set materials to enrich the workshop experience

Gottman Level I 2014

 Knows how couples really sustain their marriages—in contrast to common myths and misconceptions.

- Understands how the quality of relationships affects the immune system, physical health and well-being.
- Knows proven strategies and tools to help couples successfully manage conflict
- Developed skills that empower partners to dialogue about their worst gridlocked
- Learned approaches for multiple presenting co-morbidities including incest, the effects of poverty, PTSD and infidelity
- Learned methods to help couples process their fights and heal their hurts

Guidance Counselor, Boca Ciega High School Saint Petersburg, FL

2002-2006

- New student registration
- Schedule development
- Monitoring student academic progress
- Attend parent/teacher conferences
- Participate in IEP and Section 504 meetings
- Individual counseling and small group counseling
- Academic consultation
- Department Head for the other guidance counselors from 2000 to 2004, in which I coordinated communications between school departments and the community.

Guidance Counselor, Pinellas Park Elementary Pinellas Park, FL

1993-1994

- Facilitate students' potential for learning
- Consulted parents, teachers, & administration
- Classroom guidance presentations

Counseling Intern, Gulf Beaches Elementary St. Pete Beach, FL

1991-1992

- Worked with students individually as well as in small groups
- Consult with community agencies as appropriate
- Classroom guidance presentations

Intern, Alexander Gimon, Ph.D. Largo, FL

1990-1992

- Client intake and scheduling
- Scored assessments in the following areas:
 - Cognitive Testing- evaluation of intellectual strengths, learning styles, language skills, and evaluation of intellectual giftedness
 - Achievement Testing- assessment of academic strengths and weakness; identification of specific learning disabilities
 - o Neuropsychological Testing- assessing of memory, attention, and executive functioning.
 - Social Emotional Evaluation- assessing behavioral, emotional, and social features which may impact a child/adolescent's functioning
 - Adaptive Assessment- evaluation of non-academic, social, and community-based competencies
- Career Testing
- Counseling

COMPUTER SKILLS

- Technically proficient in Microsoft Word, Excel, Power Point, Outlook, and Publisher
- Typing Skills- Net Speed: 44 WPM Accuracy: 97% Gross Speed: 45 WPM

AWARDS & RECOGNITION

Small Business of the Year Awards Semi-Finalist

2019

Since 1981, the Greater Tampa Chamber of Commerce has recognized superior small businesses in the Bay area. This has been, and continues to be, one of the most prestigious business awards in the Tampa Bay area. Companies are evaluated on operational management, community involvement and ethical business practices.

2018 Alberto Romero, Jr. Team Member Award

2018

This award was established to annually recognize a member of our practice group who consistently strives to demonstrate fairness, courtesy, dignity, honesty, integrity and an abiding sense of responsibility to comply with the standards and rules of professionalism in the practice of collaborative law. The Alberto Romero, Jr. Team Member Award is the highest honor presented by the Tampa Bay Academy of Collaborative Professionals' Board.

Five Fabulous Females Recognition, Academy Prep Friends and Flowers Event

Recognition of women in the region whose personal and professional achievements have an impact and who demonstrate a commitment to build a stronger community by making important economic, social, cultural and humanitarian contributions.

Florida Commission on the Status of Women's Florida Achievement Award

Award is given by the governor of Florida to recognize commendable women and men who have improved the lives of Florida women and/or who have served as positive role models in their communities.

Commander's Appreciation Award, American Legion

April 2001

Award is given by the Commander for dedication and service to Boys' state.

Award is given to recognize dedication and appreciation towards the school.

Certificate of Appreciation, Boca Ciega High School Alumni Association

October 2000

American Legion Certificate of Appreciation, American Legion, Post 125 Award is given to recognize outstanding contribution to Boys' state.

April 2000

Nomination for Teacher of the Year, Pinellas Park Elementary

Award is given to identify teachers who have contributed to improvement of education.

March 1999

Outstanding Counseling Award, Pinellas County Teaching Organization

March 1998
Each year, this award is given to one counselor who has gone above and beyond their responsibilities and duties in education.

DISTINCTIONS

DCCPSY - Doctor of Christian Counseling Psychology LMHC - Licensed Mental Health Counselor

PROFESSIONAL CERTIFICATIONS

- Licensed Mental Health Counselor (LMHC)
- Collaboratively Trained Neutral Mental Health Facilitator (NMHF)
- Court Appointed Parenting Coordinator (substantial compliance with Florida Rules of Procedure Form 12.984)
- Florida Supreme Court Certified Family Mediator
- Family Mediation Certification
- Florida Certified Guidance Counselor
- Qualified Mental Health Counselor Intern Supervisor

MEMBERSHIPS

International Association of Collaborative Professionals	2012 – present
Florida Academy of Collaborative Professionals	2012 – present
Tampa Bay Collaborative Divorce Group	2014 – present
Tampa Bay Academy of Collaborative Professional's Standards Peer Group	2015 – present
Tampa Bay Academy of Collaborative Professional's Forms Committee	2015 – present
Tampa Bay Academy of Collaborative Professional's Board of Directors	2018 – present
Tampa Bay Academy of Collaborative Professional's Program Committee	2019 – present

PUBLICATIONS

Costello, K. (2010). Dash the Turtle. Mustang, OK: Tate Publishing

Costello, K. (2009). Great Monkeys All Are We. Mustang, OK: Tate Publishing

Costello, K. (2005). Heart Strings: The Parent-Child Connection. Mustang, OK: Tate Publishing