

# CHRISTINA CASTELLANA

## EDUCATION

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**Nova Southeastern University (NSU)** Fort Lauderdale, FL  
American Psychological Association (APA) Accredited Clinical Psychology Program  
Doctor of Clinical Psychology (PsyD) 08/2020 – 09/2025  
Master of Science (MS), Clinical Psychology 08/2020 – 08/2022

### **Directed Study: Suicidality in Sexual and Gender Minority (LGBTQ) Youth**

Literature review exploring risk and protective factors of LGBTQ youth suicide, as well as evidence-informed efforts that can reduce LGBTQ youth suicide.

Chair: Scott Poland, EdD

Committee Member: Barry Nierenberg, PhD, ABPP

**Florida State University (FSU)** Tallahassee, FL  
Bachelor of Science (BS), Psychology 05/2015 – 08/2019  
Minor: Biological Sciences  
*Magna Cum Laude*

## CERTIFICATIONS AND LICENSURE

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Certified in Parent-Child Interaction Therapy 2025 – Present

## PROFESSIONAL EXPERIENCE

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**Institute for Life Renovation** Fort Lauderdale, FL  
*Postdoctoral Psychology Resident* 08/2025 – Present  
Supervisor: Lori Eickleberry, PhD, ABPP

- Providing therapy at a JACHO accredited Intensive Outpatient Program that provides personalized intervention for patients with complex clinical presentations.
- Treatment planning is based on an in-depth clinical interview and prescribed psychological testing, along with a team consultation to provide a multidisciplinary intervention.
- Services include individual, group, and family psychotherapy, medication management, career assessment/counseling, dietitian services, art therapy, and yoga.
- ILR houses a fully adherent comprehensive Dialectical Behavior Therapy program, complete with 24-hour coaching and ongoing DBT team consultation.
- Receiving extensive specialized DBT training and supervision to strengthen clinical expertise in evidence-based treatment.

**Motivational Institute for Behavioral Health** Fort Lauderdale, FL

*Postdoctoral Psychology Resident*

08/2025 – Present

Supervisor: Lori Eickleberry, PhD, ABPP

- Delivering individual, couples, family, and group therapy for clients across the lifespan presenting with a wide range of concerns, including mood, anxiety, trauma-related, psychotic spectrum, substance use, and eating disorders.
- Implementing integrative evidence-based approaches including CBT, ACT, DBT informed interventions, and Motivational Interviewing.
- Collaborating with a diverse clinical team to provide culturally responsive, client centered care in an outpatient setting.

**CLINICAL PRACTICA AND INTERNSHIP EXPERIENCE**

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**Youth Services Department, Palm Beach County**

West Palm Beach, FL

*Doctoral Intern*

Supervisors: Shayna Ginsburg, PsyD; Rachelle Sosu, PsyD; Amanda Terrell, PsyD; and Lynn Hargrove, PsyD

**Education & Training Center**

08/2024 – 02/2025

- Provided services at a community mental health center through education, training, and professional development to parents, children, families, school personnel, and mental health professionals in Palm Beach County.
- Provided short-term (3-4 months) family therapy for youth up to age 22 and individual therapy to young adults and college students ages 18-22. Primary presenting problems included behavioral disorders, school/academic problems, parent-child relational/communication problems, adjustment to parental separation or divorce, co-parenting, grief/loss issues, abuse or neglect, and fulfilling requirements for diversionary programs. In addition, provided parent education discussing topics such as behavior management, discipline, and effective communication.
- Completed intake assessments, treatment planning and implementation, consultation, case management, crisis intervention, and provide provisional diagnoses.
- Provided Parent-Child Interaction Therapy (PCIT) with youth aged 2-7 and worked toward certification as a PCIT Therapist.
- Conducted psychological evaluations, compiled integrated reports, and effectively communicated the results to clients and their families.
- Conducted parent education, support, and training in group and individual formats.
- Participated in outreach activities and presented to staff, schools, community agencies, and professional audiences.
- Provided mentorship to practicum trainees and peer supervision to other doctoral interns.

**Highridge Family Center**

02/2025 – 07/2025

- Provided services at Highridge Family Center, a 60-bed residential treatment facility serving Palm Beach County youth between the ages of 11 and 16, and their families.

- Conducted individual, family, and group therapy for youth with primary presenting problems including conflicted family relationships, poor academics, disruptive school behavior, drug experimentation, poor peer group choices, minor law infractions, and emotional difficulties.
- Utilized the Sanctuary Model of trauma-informed care while providing family therapy, group therapy, individual therapy, and milieu therapy.
- Participated in weekly multidisciplinary treatment team meetings, case conferences, and staff consultations.
- Led multifamily psychoeducational groups.
- Participated in a monthly journal club, supervision series meetings, training director meetings, and test training series.

**The Renfrew Center**

Coconut Creek, FL

*Psychology Trainee*

08/2023 – 05/2024

Supervisors: Dana Friend, PsyD, and Alissa Baum, PsyD

- Provided individual and group psychotherapy at a residential center for adolescent, adult, and older adult women (including transgender/nonbinary women) diagnosed with eating disorders and co-occurring disorders, including mood disorders, anxiety disorders, posttraumatic stress disorder (PTSD) and trauma, substance use disorders, personality disorders, non-suicidal self-injury, and suicidal ideation.
- Utilized the Renfrew Center Unified Treatment Model for Eating Disorders, which integrates an empathetic relational connection with evidence-based Cognitive Behavioral Therapy (CBT) and emotion-focused interventions.
- Facilitated multiple skill-based groups including Mood Induction, Body Image, Gratitude, Function of Emotions, 3-Component Model, Resilience, Interoceptives, Mindfulness, a Sexual And Gender Equality (SAGE) process group, and a college-student process group.
- Provided crisis intervention, milieu support, and meal support.
- Collaborated with a multidisciplinary team of psychiatrists, medical providers, and dietitians.

**Nicklaus Children's Hospital**

Miami, FL

*Psychology Trainee*

08/2022 – 08/2023

Supervisors: Janet Rosen, PsyD; Ana Ojeda, PsyD, ABPP; and Laura Bruscantini, PsyD

Intensive NSU Supervisor: Lourdes Suarez-Morales, PhD

**Inpatient Psychiatry**

- Provided individual and family therapy to patients ages 7-17 presenting to the inpatient psychiatry unit due to severe depression, anxiety, suicidal thoughts, self-harm, PTSD, disruptive or dangerous behaviors, and other mental health concerns.

- Engaged patients in specialized treatment modalities including CBT, Dialectical Behavioral Therapy (DBT), and crisis intervention.
- Co-facilitated process groups, DBT skills groups, and art therapy groups within the inpatient unit.
- Administered assessment measures to patients and families to inform treatment and provide feedback for clients and families.
- Collaborated with a multidisciplinary team of psychiatrists, psychologists, and medical providers on each patient's treatment.
- Telehealth services were utilized part-time, including individual and family therapy.

#### **Intensive Outpatient Program (IOP)**

- Co-facilitated multifamily processing groups, adolescent process groups for transgender youth, and DBT skills groups in IOP for adolescents and their families.
- Conducted long-term individual therapy for adolescents in IOP utilizing Trauma-Focused Cognitive Behavioral Therapy (TF-CBT).
- Administered assessment measures to patients and families to inform treatment and provide feedback.
- Collaborated with a multidisciplinary team of psychiatrists, psychologists, and medical providers on each patient's treatment.

**Nova Southeastern University, Psychology Services Center**  
Child and Adolescent Traumatic Stress Program (CATSP)

Fort Lauderdale, FL  
08/2021 – 12/2022

*Psychology Trainee*

Supervisors: Christopher M. Layne, PhD, and Andrea Loeb, PsyD

- Conducted biopsychosocial intake interviews consisting of a comprehensive clinical interview, mental status exam, and population-specific measures.
- Provided individual and family therapy for the treatment of children, adolescents, and their families who demonstrated symptoms of a traumatic reaction in response to traumatic events, including school-based bullying, community violence, divorce, the death of a loved one, and medical trauma.
- Primarily utilized client-centered play therapy, parent management training (PMT), cognitive behavioral therapy (CBT), structural family therapy (SFT), and trauma and grief component therapy for adolescents (TGCTA).

#### **OTHER CLINICAL EXPERIENCE**

**Nova Southeastern University**  
The Office of Suicide and Violence Prevention (SVP)

Fort Lauderdale, FL  
01/2022 – 02/2024

*Graduate Assistant*

Supervisors: Scott Poland, EdD, and Juliette Hubbard, PsyD

- Assisted in promoting awareness and providing resources for suicide and violence prevention at NSU and in the Davie and Fort Lauderdale communities.
- Identified relevant research for SVP-related presentations, posters, and written projects.
- Wrote and edited articles for SVP's semester newsletters, which were distributed to students, faculty, and community members.
- Presented on suicide and violence prevention to undergraduate classes as part of NSU's First Year Experience (FYE).
- Conducted research on the effectiveness of the FYE suicide prevention course and the impact of the School Toolkit for Educators to Prevent Suicide (STEPS) manual on Florida's professionals.
- Assisted in the development of outreach materials, created social media content, and participated in SVP fundraising and events.

**Psychological Assessment and Treatment Services, LLC (PATS)**

Tampa, FL

*Undergraduate Intern*

08/2019 – 06/2020

Supervisor: Francine Odio, PsyD, LMHC

- Observed psychological evaluations, including academic, learning disability, psychodiagnostic, neuropsychological, and immigration evaluation
- Assisted in scoring and interpreting assessments.

**TEACHING AND TRAINING EXPERIENCE**

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**Florida School Toolkit for K-12 Educators to Prevent Suicide (STEPS) Training** Miami, FL

*Training Assistant*

08/2023

Supervisors: Scott Poland, EdD, and Juliette Hubbard, PsyD

- Assisted in facilitating the STEPS training for Borinquen Medical Centers.
- Provided STEPS manuals to all attendees, ensured all participants answered the pre- and post-training surveys, and answered all STEPS-related questions.

**Florida School Toolkit for K-12 Educators to Prevent Suicide (STEPS) Training** Miami, FL

*Training Assistant*

02/2023

Supervisors: Scott Poland, EdD and Juliette Hubbard, PsyD

- Assisted in facilitating the STEPS training for over 500 Miami-Dade school professionals.
- Provided STEPS manuals to all attendees, ensured all participants answered the pre- and post-training surveys, and answered all STEPS-related questions.

**Nova Southeastern University**

Fort Lauderdale, FL

*Graduate Teacher's Assistant*

Fall 2021

Course: 1501 Assessment: Intelligence Testing

Instructors: Juliette Hubbard, PsyD and Rachel Shafrir, PsyD

- Assisted in teaching first-year students the administration, interpretation, and communication of results of intelligence tests, the WISC-V and WAIS-IV.
- Organized, graded, and provided feedback on video recordings of the WISC-V and WAIS-IV administrations completed by students.

## CLINICAL PRESENTATIONS/LECTURE

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- **Castellana, C.** (Expected: 2025, February 5). *Let's Talk Bullying: the Bully, the Bullied, and the Bystander*. [Didactic Presentation] Education & Training Center, Youth Services Department. West Palm Beach, FL, Virtual.
- **Castellana, C.** (2024, November 21). *Chill Out: Stress Management and Relaxation*. Education & Training Center, Youth Services Department. West Palm Beach, FL, Virtual.
- **Castellana, C.** (2024, October 22). *Let's Talk Bullying: the Bully, the Bullied, and the Bystander*. Education & Training Center, Youth Services Department. West Palm Beach, FL, Virtual.
- Hubbard, J, **Castellana, C.**, Fitzpatrick, K., Tejera, T. (2023, May 9-10). *Suicide Prevention, Intervention, and Postvention: Best Practices for Behavioral Health and Social Services* [Conference Presentation]. United Way of Broward County's Commission on Behavioral Health and Drug Prevention, 8<sup>th</sup> Annual Behavioral Health Conference – The Power of Prevention. Davie, FL.
- Hubbard, J., **Castellana, C.**, & Bagarella, K. (2023, February 17). *NSU's Living Safety Net: Suicide Prevention*. Interprofessional Education Day (IPE). Nova Southeastern University, Virtual.
- **Castellana, C.** (2022, November 16). *NSU's Living Safety Net: Suicide Prevention*. First Year Experience (FYE) for NSU's Undergraduate Students. NSU Office of Suicide and Violence Prevention. Nova Southeastern University. Fort Lauderdale, FL.
- **Castellana, C.** (2022, October 18). *NSU's Living Safety Net: Suicide Prevention*. First Year Experience (FYE) for NSU's Undergraduate Students. NSU Office of Suicide and Violence Prevention. Nova Southeastern University. Fort Lauderdale, FL.
- **Castellana, C.** (2022, September 8). *NSU's Living Safety Net: Suicide Prevention*. First Year Experience (FYE) for NSU's Undergraduate Students. NSU Office of Suicide and Violence Prevention. Nova Southeastern University. Fort Lauderdale, FL.
- Hubbard, J, Hilsman, E, Poland, S, Bagarella, K, & **Castellana, C.** (2022, May 19-20). *The First Year Experience: Outcomes from Required Suicide Prevention and Awareness for all Freshman at Nova Southeastern University* [Conference Presentation]. 2022 Higher Education Suicide Prevention Coalition (HESPC) and Prevent Suicide PA (PSPA) Conference - "Bringing It All Together", Virtual

## POSTER PRESENTATIONS

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- **Castellana, C.** (2024, February 14-17). *Suicidality in LGBTQ Youth* [Poster Presentation]. National Association of School Psychologists (NASP) 2024 Annual Convention. New Orleans, LA.
- Poland, S, **Castellana, C.**, & Bagarella, K. (2023, September 19-23). *Florida School Toolkit for K-12 Educators to Prevent Suicide (STEPS)* [Poster Presentation]. International Association for Suicide Prevention (IASP). 32<sup>nd</sup> IASP Congress, Piran, Slovenia.
- **Castellana, C.**, & Bagarella, K. (2023, February 20-21). *Florida School Toolkit for K-12 Educators to Prevent Suicide (STEPS)* [Poster Presentation]. Florida Suicide Prevention Coalition (FSPC) Florida Taking Action for Suicide Prevention Conference, Lutz, FL.
- Bagarella, K, Hubbard, J, Poland, S, & **Castellana, C.** (2023, February 7-10). *A Living Safety Net: Suicide Prevention Within the University Community* [Poster Presentation]. National Association of School Psychologists (NASP) 2023 Annual Convention. Denver, CO.

## NEWSLETTER ARTICLES

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- **Castellana, C.** (2023, Summer). Substance Abuse in College Students. *Office of Suicide and Violence Prevention*, Summer 2023, 12-14. Retrieved from [https://www.nova.edu/suicideprevention/forms/svp\\_summer\\_2023\\_newsletter.pdf](https://www.nova.edu/suicideprevention/forms/svp_summer_2023_newsletter.pdf).
- **Castellana, C.** (2023, Winter). Suicide in Children. *Office of Suicide and Violence Prevention*, Winter 2023, 2-3. Retrieved from <https://www.nova.edu/suicideprevention/forms/spring-2023-newsletter-1.pdf>.
- Bagarella, K. & **Castellana, C.** (2022, Fall) Social Media Policies and Procedures for Suicidal Behavior. *Office of Suicide and Violence Prevention*, Fall 2022, 10-12. Retrieved from <https://www.nova.edu/suicideprevention/forms/svp-fall-2022-newsletter.pdf>.
- **Castellana, C.** & Kostzer, G. (2022, Summer) Best Practices in School Shooting Prevention. *Office of Suicide & Violence Prevention*, Summer 2022, 12-15. Retrieved from <https://www.nova.edu/suicideprevention/forms/SVP-Summer-2022-Newsletter.pdf>
- **Castellana, C.** (2022, Summer). Community Violence. *Office of Suicide & Violence Prevention*, Summer 2022, 4-6. Retrieved from <https://www.nova.edu/suicideprevention/forms/SVP-Summer-2022-Newsletter.pdf>
- **Castellana, C.** (2022, Winter). Burnout in First Responders. *Office of Suicide & Violence Prevention*, Winter 2022, 9-10. Retrieved from <https://www.nova.edu/suicideprevention/forms/SVP-WinterNewsletter-2022.pdf>
- Rambarran, S. & **Castellana, C.** (2021, Summer). Remote Learning in the Time of COVID-19: Increased Risk for Students? *Office of Suicide & Violence Prevention*, Summer 2021, 11-13. Retrieved from <https://www.nova.edu/suicideprevention/SVP-Newsletter-Summer-2021.pdf>.

## **VOLUNTEER ACTIVITIES/COMMUNITY SERVICE**

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**Crisis Text Line** 11/2021 – 05/2024

- Volunteered remotely to answer texts from individuals in crisis.
- Created a dialogue with texters who were looking for help, de-escalated the crisis at hand, and provided compassionate, non-judgmental support using active listening, collaborative problem-solving, and safety planning.
- Provided peer-to-peer support to other volunteers in the Spring of 2022.

**Guardian ad Litem, Broward County, FL** 02/2021 – 03/2023

- Represented the best interest of Florida's abused, neglected, and abandoned children in legal proceedings.
- Visited children regularly to understand their circumstances, wishes, and needs, and explained the legal proceedings so they could understand.
- Attended court hearings, communicated with attorneys, wrote child-focused reports for court hearings, testified to support recommendations, and empowered children's voices.

## **LEADERSHIP & CAMPUS INVOLVEMENT**

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**Nova Southeastern University** Fort Lauderdale, FL

Nova Students for the Prevention and Intervention of Suicide and Response to Emergencies (NSPIRE) 09/2020 – 05/2023

*Public Relations (2020-2021), Vice President (2021-2023)*

Advisors: Ralph E. Cash, PhD, ABPP and Scott Poland, EdD

- Provided education to students and community members to end the stigma of suicide and to empower and support families affected by suicide.
- Provided opportunities for students to become involved in community and campus-wide activities that promote research, intervention, and prevention of suicide.
- Public Relations: advertised for NSPIRE events around the NSU campus, organized events for suicide prevention week, and photographed NSPIRE events.
- Vice President: coordinated monthly events, assisted, and advised board members on projects, managed duties of board members, allocated specific deadlines to tasks and duties, and assisted in running board and general meetings.

## **HONORS & AWARDS**

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PSI CHI National Psychology Honor Society, Nova Southeastern University 2020 – 2024

Undergraduate Dean's List, Florida State University 2016 – 2018

## **PROFESSIONAL AFFILIATIONS**

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International Society for Traumatic Stress Studies (ISTSS), student member 2022 – Present



CV: Christina Castellana

American Psychological Association (APA) Clinical Child and Adolescent Psychology (Division 53), student member 2022 – Present

American Psychological Association of Graduate Students (APAGS) 2020 – Present

American Psychological Association (APA) Society of Clinical Psychology (Division 12), student member 2020 – Present

## REFERENCES

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Available upon request.