

LYNN ESKO

706 Turnbull Avenue, Ste 204
Altamonte Springs, FL 32701
(407) 788-8813 - (407) 788-9338

EDUCATION

Master's Degree - Counseling

(with emphasis in Rehabilitation Counseling and Psychological Counseling)
1983 - Rollins College, Winter Park, Florida

Bachelor of Science Degree - Psychology

1981 - Rollins College, Winter Park, Florida

LICENSURE/CERTIFICATION

Licensed Florida Mental Health Counselor LMHC #MH0002515*

Licensed Florida Rehabilitation Provider, Division of Worker's Compensation #0000555

Certified Rehabilitation Counselor, CRC #22249

Certified Medical Case Manager CCM #00954

Certified Life Care Planner CLCP#0433

National Certified Counselor NCC #30180

Certified Clinical Hypnotherapist NBCCH #C333

Certified Family Therapist CFT #180

Diplomate, American Academy of Forensic Counseling AAFC #145

Senior Disability Analyst and Diplomate, American Board of Disability Analysts #2351

*Mental health counseling treatment includes, but is not limited to:

1. Counseling
2. Psychotherapy
3. Behavior modification
4. Consultation
5. Client advocacy
6. Crisis intervention
7. Providing needed information and education to clients

PROFESSIONAL EMPLOYMENT

1988 to Present

ESKO Counseling & Consulting Services, Inc.

Counselor: Perform evaluations to determine vocational residuals for workers' compensation clients, personal injury clients, divorce clients, professional career counseling clients, and Social Security Disability. Initiate career exploration, development and counseling. Administer, score and evaluate vocational tests. Coordinate medical and vocational management. Develop life care plans. Rehabilitation counseling; catastrophic case management; professional training; and research development. Provide expert testimony in litigated cases.

Florida Licensed Mental Health Counselor. Diagnose and treat individuals with mental and nervous disorders. Provide individual, group, relationship and family counseling. Experienced in the following areas: Anxiety; depression; grief; marital; self esteem; communication; parenting; childhood trauma; and work related issues.

1987 to 1988

Nancy Sapp & Associates, Inc.

Rehabilitation Counselor Supervisor: Supervise rehabilitation counselors in their casework, emphasizing timely reporting, advising regarding appropriate vocational and medical coordination and application of workers' compensation law. Train counselors in decision making skills, goal setting techniques, career development theory, and how to administer and interpret various tests.

1984 to 1987

Nancy Sapp & Associates, Inc.

Rehabilitation Counselor: Perform initial evaluations to determine vocational capacities of disabled individuals. Design and initiate appropriate individual rehabilitation plans; guide groups and individuals in vocational and career exploration; coordinate services with appropriate professionals. Administer, score and interpret tests. Serve as an expert witness in litigated cases.

1983 to 1984

Paul M. Deutsch & Associates, Inc.

Rehabilitation Counselor: Perform evaluations to determine vocational capacities of individuals. Provide supportive counseling; train clients in job seeking skills; provide occupational analysis, job development and selective job placement.

1981 to 1983

Peter Gulden, M.D., Internal Medicine Practice

Case Manager: Responsible for intake interviews, screening patient's needs, acting as liaison between patient's family and physician, and coordinating hospital arrangements, financial arrangements, doctor referrals and visiting nurse and nursing home arrangements.

1982 to 1983

**Orlando Regional Medical Center
Neo-natal Intensive Care Unit**

Parent Counselor: Four month internship as parent counselor. Emphasis in Situational Crisis Intervention.

1982 to 1983

Hospice of Central Florida

Counselor: Internship as team member of counselors providing family and individual counseling done in the home of the terminally ill.

TRAINING

Life Care Planner – University of Florida

A 128 hour post graduate training in life care planning and catastrophic case management. In depth focus on tenets & methodology; spinal cord injuries; multiple disabilities; traumatic brain injury & pediatric brain injury; orthopaedic and back injuries; chronic pain; amputation; burns; RSD; blindness; myofascial pain syndrome; carpal tunnel syndrome; and chronic pain.

Brain Injury: New Science, Best Practices and Future Innovations

North American Brain Injury Society. Twenty-four approved hour training in the long-term implications of brain injury.

Advanced Pediatrics – University of Florida

An advanced 16 approved hour pediatric spinal cord, traumatic brain injury, strokes. Ventilator Dependant. Augmentative Communication.

Medicare Set Aside Program – University of Florida

An advanced professional training program of 32 approved hours

Management of Burn Injuries - University of Florida

This course addressed the changes in the treatment of burn individuals and the types of detailed life care plans, rehabilitation plans and vocational interventions needed.

Head Injury Awareness - Valencia Community College

Indepth study of closed head injury and open head injury and the vocational implications of both.

Pain Management - Valencia Community College

Chronic pain was contrasted with acute pain. Techniques such as biofeedback, relaxation training and cognitive - behavioral therapy were addressed.

Spinal Cord Injuries - Horace Sawyer, Ph.D.

This course addressed medical terminology, functional abilities by level of lesion, future medical and non-medical expenses, rehabilitation planning, vocational counseling, and range of job alternatives.

Vocational Rehabilitation Evaluations - University of Central Florida

This training involved methods involved in interviewing the individual, vocationally assessing the individual and reviewing the medical facts. Skills were learned in developing a realistic plan to return the individual to his or her maximum vocational potential.

Testing in Rehabilitation - University of Central Florida

Vocational testing using tests of intelligence, achievement, aptitude, personality, interests and attitudes.

Assessing Vocational Handicaps - University of Central Florida

This training taught how to identify the individual's physical limitations which directly or indirectly restrict successful completion of a specific task or job.

Identifying Transferable Skills - University of Florida

How to use the Dictionary of Occupational Titles; Guide for Occupational Exploration; Selected Characteristics of Occupations Defined in the Dictionary of Occupational Titles; Occupational Outlook Handbook; and the Classification of Jobs According to Worker Trait Factors in identifying an individual's transferable skills.

Evaluation of Economic Loss - Valencia Community College

This training taught how to assess an individual's earning capacity and lost wages.

Catastrophic Life Care Planning - Paul Deutsch, Ph.D.

Intense instruction on life care planning addressing the needs and costs of equipment; medical care; therapies; home furnishings; architectural renovations; transportation; drugs/supplies; home care; facility care and vocational interventions.

Employability Skills Training - University of Florida

This training taught how to assist the individual in preparing a resume; identifying job openings; dressing for an interview; presenting appropriately to a prospective employer and job interview techniques.

Treatment of Low Back Pain - Darrell Shea, M.D. back strains and the vocational management and interventions.

This course included acute and chronic back sprains and

Institute for Imago Relationship – Winter Park, Florida

An 88 clock hour instruction and certification program in Imago Relationship Therapy. Strategies and techniques designed to help couples unlock their painful power struggles and move towards a safe and passionate relationship.

Pesso System Psychomotor Therapy – Franklin, New Hampshire

Involved in an extensive three year, 324 clock hour training and certification program in Psychomotor Therapy, and the application of this therapy to groups and individual counseling. This consists of four weekends and one week a year focused on theory, supervisions and practice under direct supervision of Al Peso.

Southeast Institute for Group & Family Therapy - Chapel Hill, North Carolina

Completed an extensive four year, 240 clock hour training program in Redecision Therapy and related techniques, and their application to individual, group, marital, and family therapy. This consisted of six weekends a year focused on theory, supervision, personal work, and practice under direct supervision.

Southern Institute of Neuro-Linguistic Programming – Indian Rocks Beach, Florida

A 50 clock hour instruction and certification on hour to recognize naturally occurring trance states, how to induce trance states and how to utilize trance states to ensure the most efficient recovery of clients. This is utilized for purpose of stress management, guided imagery, relaxation or self hypnosis.

Dreikurs Relationship Center – Austin, Texas

A 40 clock hour instruction and certification as a parenting instructor. Theory is based on the Adlerian Approach to parenting skills.

Rehabilitation Training Institute – Orlando, Florida

A 16 clock hour instruction led by Paul M. Deutsch on life care planning for those injured catastrophically.

PROFESSIONAL AFFILIATIONS

American Mental Health Counselors Association
American Counseling Association
American Rehabilitation Counseling Association
Florida Rehabilitation Counselor's Association
International Association of Marriage and Family Counselors
Florida Society of Psychotherapists
National Rehabilitation Counselor's Association
National Rehabilitation Association
National Association of Rehabilitation Professionals in the Private Sector (NARPPS)
Florida Association of Rehabilitation Professionals in the Private Sector (FARPPS)
Past President of Florida Association of Rehabilitation Professionals in the Private Sector
International Academy of Life Care Planners