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Practitioner Profile: Bart Colom

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Practitioner Profile

An Interview with

Bart Colom

Bart is a Licensed Mental Health Counselor, having earned a bachelor's degree in Organizational Management and a master's degree in Counseling Psychology from Palm Beach Atlantic University. Bart is a Certified Life Coach and an Accredited Financial Counselor, as well as a member of the Society of Consulting Psychology and the Financial Planning Association. Bart has extensive experience as a manager, trainer, coach, and advisor, from more than 20 years in the financial services industry. He has a passion for helping individuals and couples find healing through an individualized approach that integrates some of the most effective therapeutic modalities, and equipping his clients to use their God-given power to pursue their life's purpose. Bart has been living in Central Florida since 1991, together with his wife and three children.

Q. Define what you do professionally.

A. As the effectiveness of our relational skills with ourselves and others improve, we are able to make financial decisions that are congruent with our values and healthy money beliefs. Is it only at this moment that we are able to design and pursue our value-based life goals, not allowing ourselves to sabotage them, due to unhealthy relational/behavioral patterns, and financial decisions that are in conflict with our values and purposes.

Q. What activities encompass your professional responsibilities?

A.

- Individual Counseling
- Marriage Counseling
- Adolescent Counseling
- Child Therapy
- Substance Abuse Counseling
- Mental Health Evaluations
- Substance Abuse Evaluations
- Financial Therapy- Developing a healthy relationship with money.
- Financial Counseling
- Life Planning

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- Life Coaching- Effective value-based goal setting.
- Personal Coaching
- Professional Coaching

Q. How long have you been engaged in your professional activity?

A. April 2006 – Present (11 years 8 months) Certified Coach & Licensed Therapist at Integrity Behavioral & Coaching Solutions, LLC

Q. What led you to your professional calling?

A. After a 22 year career as a financial advisor, I decided to pursue counseling and coaching, allowing me to make an impact in my client's lives beyond finances.

Q. How are you paid?

A. Professional fees per hour.

Q. Do you work alone or do you have a team?

A. My wife, who is also a certified financial counselor, provides customer support and administrative assistance.

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Q. What theoretical framework guides your work when dealing with clients?

A. Cognitive Behavioral Therapy, Family Systems, Reality Therapy, and Solution-Focused Therapy.

Q. What needs to happen so that 10 years from now we can say that financial therapy is a respected field of study?

A. Professional certification and the development of evidenced-based interventions through research.

Q. What benefits can the financial therapy association provide to others doing work that is similar to your professional activities?

A. Development of peer support opportunities and more continuing education opportunities.

Q. If others are interested in finding out more about you personally and professionally, where can they obtain this information?

A. www.integritylifeplan.com or 407-782-5525

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