

ABOUT DR. FRANK YOUNG

Dr. Frank Young is a registered psychologist in private practice in Calgary, Alberta, Canada.

Dr. Young is a Clinical Member with the American Association for Marriage and Family Therapy. He is also an **Editorial Advisory Board Member**, *Journal of Systemic Therapies* and **Instructor, Canadian Federation of Clinical Hypnosis**. He is a Sport Psychology **Instructor** in the Department of Kinesiology, The **University of Calgary**, and consults to several National teams and athletes. He is a personal development coach and corporate consultant in organizational development to a number of western Canadian companies. He has published articles and presented numerous workshops on such topics as Ericksonian approaches in hypnosis and therapy, therapeutic humor, imagery training, lucid dreaming, mind state management, creativity, and neurotechnology. He has recently developed and produced hypnotic mp3 files and CDs for stress management and personal development.