

Curriculum Vitae: Frank D. Young, Ph.D., R.Psych.

A. ACADEMIC RECORD:

1964-1967	St. Francis Xavier Univ. Antigonish, Nova Scotia	B.A. cum laude Psychology Major
1967-1970	University of Windsor	M.A. in Psychology
1970-1973	University of Windsor Windsor, Ontario	Ph.D. in Clinical Psychology

B. PROFESSIONAL EXPERIENCE:

summers 1964-67. Research field supervisor for Research Branch, Ont. Ministry of Transportation and Communications, Downsview, Ont. and Elliot Research Corporation, Toronto, Ont. Market research questionnaire design, staff training and supervision, interview sampling procedures, research project administration, statistical analysis, reporting.

1968-72. 3000 hour clinical internship in 5 applied settings with adults and children. Combined with 28 psychology courses and thesis resulting in Ph.D. in clinical psychology.

1973-75. St. Joseph's Hospital, London, Ont. Outpatient psychologist specializing in cognitive behavior therapy, Gestalt therapy with individuals and groups, developing skills in hypnotic and strategic interventions.



Psychological Association of Alberta registered psychologist  
Oct. 1983, certificate # 1535

Canadian Register of Health Service Providers in Psychology registrant, Sept. 1985  
certificate # 2202

American Association for Marriage and Family Therapy clinical member Mar. 1984  
approved supervisor, Dec. 1986

Canadian Federation of Clinical Hypnosis associate member Mar. 1984  
clinical instructor Mar. 1985

Coaching Association of Canada member May 1977

National Coaching Certification Program master instructor, Level III  
sport psychology, Mar. 1985

#### D. PAPERS AND PUBLICATIONS:

Consulting and Contributing Editor: Journal of Systemic Therapies. 1980-current.

Young, F. D. (1968, February). Seclusiveness in Ontario cottagers: A demographic study. B.A. thesis and paper presented at the Annual Meeting, Canadian Association of Geographers, Toronto.

\_\_\_\_\_. (1970). Weakening of the PRE by interposing a CR block before extinction. Unpublished master's thesis, University of Windsor. Windsor Ontario.

\_\_\_\_\_. (1970). The elimination of head-banging behavior: A case report. In R. M. Daly, & C. J. Holland (Eds.) The clinical application of behavior modification techniques. Windsor: University of Windsor Press.

\_\_\_\_\_. (1975). The modification of cigarette smoking behavior by oversatiation and covert behavior rehearsal. Unpublished doctoral thesis, University of Windsor. Windsor, Ontario.

\_\_\_\_\_. (1978, October). The changing role of the clinical psychologist in mental health settings. Paper presented at the Annual Meeting of the Ontario Psychiatric Association. London, Ontario.

Slive, A. B., & Young, F. D. (1980, October). Strategic therapy: An emerging approach to the treatment of individuals, couples, and families. Workshop presented at the Annual Conference of the Psychologists Association of Alberta. Jasper, Alberta.

Young, F. D. (1981). Front-door, side-door, and back-door approaches to your client's problem-solution: A simple model for pragmatic and ethical intervention. Journal of Strategic and Systemic Therapies. 1(1), 16-27.

Efron, D. E., & Young, F. D. (1982). The Ninevah reaction. Journal of Strategic and Systemic Therapies. 1(3), 52-58.

Young, F. D. (1982). Lessons my clients have taught me: Teach me your symptom. Journal of Strategic and Systemic Therapies. 1(2), 62-63.

\_\_\_\_\_. (1982, May). Stretchout: The rural mental health worker stress syndrome, its prevention and treatment. Workshop at the Second Annual National Conference of Rural Mental Health. Sudbury, Ont.

Slive, A. B., & Young, F. D. (1986). Bulimia as a form of substance abuse: Implications for a strategic treatment approach. Journal of Strategic and Systemic Therapies. 5(3), 71-84.

Leahey, M., & Young, F. D. (1987). Family change and marital and family therapy II: Two integrated courses on interventions in strategic family therapy. In Jurich, T., Heath, A., & Storm, C. Teaching excellent courses in family therapy. 45th Annual Conference, American Association for Marriage and Family Therapy. Chicago, Illinois.

Young, F. D. & Sullivan, T. M. (1987). Brief psychoeducational groups in the treatment of bulimia: Experience with a series of minor modifications of format and leadership. Workshop at the Annual Conference of the Canadian Group Psychotherapy Association. Banff, Alberta.

Young, F. D. (1987). Family therapy using hypnotic techniques: Utilizing natural and induced trances in family sessions. Workshop at the 11th Western Canadian Conference Conference on Family Practice. Banff, Alberta.

\_\_\_\_\_. (1987). Hypnosis in family therapy: Dual inductions with parents and children. Workshop at the Annual Convention of the Canadian Society of Clinical Hypnosis, Alberta Division. Banff, Alberta.

\_\_\_\_\_. (1987). The sports psychologist in individual sports. Alberta Psychology. 16(5), 5-10.

\_\_\_\_\_.(1988). Three kinds of strategic humor: How to use and cultivate them. Journal of Strategic and Systemic Therapies. 7(2), 21-34.

\_\_\_\_\_.(1988). Racoons, pandas, and other amusing creatures make their appearance in family therapy. Workshop at the annual convention of the Alberta Association for Marriage and Family Therapy. Edmonton, Alberta.

\_\_\_\_\_.(1988). Recent innovations in group therapy for bulimia nervosa. Symposium at the annual convention of the Canadian Group Psychotherapy Association. Toronto, Ontario.

\_\_\_\_\_.(1988) Strategic adaptations of cognitive behavioral therapy for anorexic and bulimic adolescents. XX Banff International Conference on Behavioural Science. Banff, Alberta.

\_\_\_\_\_.(1989a). Confusion inductions: Some pragmatic guidelines. Workshop at the Annual Convention of the Canadian Society of Clinical Hypnosis, Alberta Division. Banff, Alberta.

\_\_\_\_\_.(1989b). Strategic/systemic treatment of eating disorders. Invited presentation. Sixth Annual Regional Conference, Adult Children of Alcoholics. Seattle, Washington.

\_\_\_\_\_.(1989c). Family members as cotherapists in dual hypnotic inductions. Presentation. 47th Annual Conference, American Association for Marriage and Family Therapy. San Francisco, California.

\_\_\_\_\_.(1990). Metaphorical transformations for headache relief. Workshop at the Annual Convention of the Canadian Society of Clinical Hypnosis, Alberta Division. Banff, Canada.

---

\_\_\_\_\_.(1991a). Strategic adaptations of cognitive-behavioral therapy for anorexic and bulimic adolescents and their families. in R. J. McMahon & R. D. Peters (Eds.). Behavior disorders of adolescence: Research, intervention, and policy in clinical and school settings. New York: Plenum.

---

\_\_\_\_\_.(1991b). Hypnotic inductions into lucid dreaming. Workshop at the Annual Convention of the Canadian Society of Clinical Hypnosis, Alberta Division. Banff, Canada.

---

\_\_\_\_\_.(1991c). Walking out the front door: Reflections on 17 years exploring strategic therapy models. Journal of Strategic and Systemic Therapies. 10(4), 129-139.

---

\_\_\_\_\_.(1992, August). Hypnotic inductions for lucid dreaming. Workshop at the Third National Assembly of the Canadian Societies of Clinical Hypnosis. Vancouver, B.C.

---

\_\_\_\_\_.(1993). Mind state management: The software of the mind. in F. Young & R. Daub (Eds.). Voyager XL user's guide and reference. Fall City WA: Theta Technologies Publishing.

---

\_\_\_\_\_.(1994a). Mind state management: Recent advances in the field of neurotechnology. Workshop at the Annual Convention of the Canadian Society of Clinical Hypnosis, Alberta Division. Banff, Canada.

---

\_\_\_\_\_.(1994b). Hypnotherapy support with family members as cotherapists. Presentation. 52nd Annual Conference, American Association for Marriage and Family Therapy. Chicago, Illinois.

\_\_\_\_\_.(1995, May). Hypnotic inductions for lucid dreaming. Workshop at the Fourth National Assembly of the Canadian Societies of Clinical Hypnosis. Banff, Alberta.

\_\_\_\_\_.(1993-95). a. Hypnotic inductions for lucid dreaming. b. Creativity and mind states. c. Developing creativity. d.In-psych for sports. e. wave-pattern breathing. f. Building self-esteem. g. Tension release. h. Clearing your mind. g. Overcoming your fears. Executive Producer and author-narrator of a series of audiotapes for stress management and other applications. Mind State Management MP3 Programs and CD Series. Calgary, Alberta: Boxer Production Studios.

\_\_\_\_\_.(2002, September). The Mind of the Therapist. Workshop at the Annual Fall Conference of the Alberta Association for Marriage and Family Therapy. Red Deer, Alberta.

Harvie, G., Strong, T., Taylor, L., Young, F., & Todd, N. (September 2005). Turning Points in Therapeutic Conversations: A comparison of three post-modern approaches. Conference of Applied Mental Health Services. Cochrane Alberta.

\_\_\_\_\_.(2006, September). A Metaphor You: Customizing metaphors for client needs. Workshop at the Annual Fall Conference of the Alberta Association for Marriage and Family Therapy. Red Deer, Alberta.

\_\_\_\_\_.(2008). What's a Meta For? Designing and delivering therapeutic metaphors. Workshop at the Annual Convention of the Canadian Federation of Clinical Hypnosis, Alberta Division. Banff, Canada.

\_\_\_\_\_.(2008). The Rest is Easy: Strategies for sleep. Workshop at the Annual Convention of the Canadian Federation of Clinical Hypnosis, Alberta Division. Banff, Canada.

Harvie, G., Strong, T., Taylor, L., Young, F., & Todd, N.

(2008).Turning points in therapeutic dialogue: Discursive analyses and therapists' reflections. /*Journal of Systemic Therapies*, 27/(2),

33-49.



E. REFERENCES:

J. A. Lischeron, Ph.D.

Associate Professor

Faculty of Management Studies

University of Calgary

CALGARY, Alberta T2N 1N4

Arnold B. Slive, Ph.D., Clinical Director,

Woods Christian Homes,

9400 48th Ave. N.W.,

CALGARY, Alberta. T3B 2B2

William G. McElheran, Ph.D., Director,

Department of Psychology,

Calgary Regional Health Authority,

Rockyview Hospital

2210 2nd St. S.W.,

CALGARY, Alberta, T2S 1S6.

Maureen Leahey, M.Sc., Ph.D., Director,

Family Therapy Training Program,  
Institute of Psychotherapy,  
Calgary Regional Health Authority,  
CALGARY, Alberta, T2S 1S6

Donald Efron, M.S.W., Editor and Publisher,  
Journal of Systemic Therapies,  
P.O. Box 2484, Station "A",  
London, Ontario, N6A 4G7. Faculty of Management Studies  
University of Calgary  
CALGARY, Alberta T2N 1N4