

LUCIDITY TRAINER PROFILE

ABOUT THE PRESENTER

Frank D. Young Ph.D. R.Psych., is a consultant in private practice in Calgary, Alberta, and has led workshops and given lectures on lucid dreaming throughout Canada and the northwestern United States. He has trained in lucid dreaming with Dr. Stephen LaBerge, and has served as a design and development consultant to The Lucidity Institute, Theta Technologies, Mind Alive, and other consciousness technology corporations. He is the author and executive producer of the CD “Lucid Dreaming Made Easy” and has worked extensively in the area of improving athletic performance, creativity, and personal effectiveness using hypnosis and lucid dreaming.