

## **SPORT PSYCHOLOGY PROFILE**

### **ABOUT THE PRESENTER:**

**Frank D. Young, Ph.D., is a registered psychologist in private practice in Calgary, Alberta. Formerly Senior Clinical Psychologist, Holy Cross Hospital, Calgary, Alberta. Instructor, Canadian Federation of Clinical Hypnosis. Founding Editorial Advisory Board Member, Journal of Systemic Therapies. Clinical Member, American Association for Marriage and Family Therapy. Has published articles, presented numerous workshops, and produced audiotape cassettes and CDs on such topics as Ericksonian approaches in hypnosis and therapy, humorous approaches in strategic family therapy, anorexia and bulimia, imagery training, lucid dreaming, creativity, Mind State Management, and performance enhancement.**

**Over the past 15 years, Dr. Young has served as a program and management consultant to a number of mental health and commercial organizations.**

**Over the past 10 years he has been increasingly involved with sport psychology at provincial, national, and international levels, both with individual athletes and as consultant to several of Canada's national teams, including luge, judo, cycling, alpine skiing, XC skiing. He has worked with professional, semi-professional, amateur, Olympian, World champions and medallists in a wide range of sports: golf, tennis, equestrian, rodeo, hockey, basketball, judo, curling, swimming, speed skating, etc.**

**Furthermore, he is the author and executive producer of the popular audiotape "In-Psych for Sports" available in bookstores and on the Internet. Many of his principles of meditation and problem resolution derive from the philosophy of judo and the psychology of optimal performance.**