

PROFESSIONAL SERVICES: 2009

Dr. Frank Young is a registered psychologist in private practice in Calgary, Alberta. His therapeutic approach combines a training background in psychodynamic and cognitive-behavioral therapy in a solution-focused systemic brief therapy model integrating over 30 years of clinical and organizational experience. He was previously Senior Clinical Psychologist Holy Cross Hospital, and Coordinator and Supervisor of the Bulimia and Anorexia Program there.

Clinical services include: individual, couple, and family therapy. He also provides executive coaching, and supervision for registration as a psychologist in Alberta and for AAMFT accreditation. Also, Dr. Young provides mentoring for professional psychotherapists.

Areas of practice include: stress management, performance enhancement, depression, anxiety, phobias, EMDR for PTSD, anorexia and bulimia, addictions, psychosomatic disorders, insomnia and nightmares, assertion and identity problems, relationship problems, including codependency, transitions and transformations, personal mission and meaning, mindfulness and spirituality .

Dr. Young is on **Adjunct Faculty**, Family Therapy Training Program, CHR, Calgary, Alberta, and Clinical Member with the **American Association for Marriage and Family Therapy**. He is also a **Founding 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 has published articles and presented numerous workshops on such topics as Ericksonian approaches in hypnosis and therapy, therapeutic humor, solution-oriented counseling, anorexia and bulimia, imagery training, lucid dreaming, mind state management, creativity, and neurotechnology. He has recently developed and produced hypnotic MP3 programs and CDs for stress management and personal development.

Fees are generally \$160/hr. (no G.S.T.). Some part of the fee is generally reimbursed by the client's group insurance plan as an extended health care benefit.

Referrals can be made by family physicians, social agencies, human resource personnel, or by self-referral. If the presenting problem has a medical component, the client's physician is typically involved in coordination with the therapy process.

Seminars, workshops, in-house training programs, clinical supervision, mentoring, Coaching Toward Happiness, and management consulting available by special arrangement.