

# SUPERVISION AND PROFESSIONAL TRAINING SERVICES: 2009

**Dr. Frank Young** is a registered psychologist in private practice in Calgary, Alberta. He is also a Clinical Member of the American association for Marriage and Family Therapy (AAMFT). His treatment approach combines psychodynamic and cognitive-behavioral therapy in a solution-focused systemic brief therapy model integrating over 30 years of clinical and organizational experience.

Similarly, his preferred supervision models are systemic brief solution-focused, with special strengths in structural-systemic and cognitive-behavioral interventions. He is also interested in narrative approaches and gender-informed and spiritual elements in therapeutic interventions.

**Supervision and training services include:** supervision for registration as a psychologist in Alberta and for AAMFT accreditation. Modalities include individual, couple, and family therapy, counselling, and organizational consulting interventions. Dr. Young also provides mentoring for practicing psychotherapists in several professions.

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

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 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 has published articles and presented numerous workshops on such topics as Ericksonian approaches in hypnosis and therapy, therapeutic humour, 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.).

**Seminars**, workshops, in-house training programs, clinical supervision, and management consulting available by special arrangement.