

Curriculum Vitae

Mitchell Young, PhD
University of Louisiana at Monroe
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1. ACADEMIC DEGREES:

Purdue University Doctor of Philosophy 1992

Counselor Education

Purdue University Master of Science 1989

Family Studies

University of Washington Bachelor of Arts 1985

Psychology

2 CURRENT POSITION:

Associate Professor, Department of Educational Leadership and Counseling

3 AREA OF CERTIFICATION

Licensed Professional Counselor--Louisiana {#1926}

4 SELECTED PUBLICATIONS AND PRESENTATIONS

Publications:

Young, M., & Rice, G. (In press) Adaptive Model of the Addictive Process. The International Forum for Logotherapy.

Rice, G., & Young, M. (In press). Meaning in education: The constructionist teacher. The International Forum for Logotherapy.

Rice, K.G., Cunningham, T.J., & Young, M. (1997). Attachment, social competence, and emotional well-being: A comparison of black and white late adolescents. Journal of Counseling Psychology, 44, 1, 89-101.

Presentations:

March 6, 1998 "Addiction: A Mental Health Model Not a Medical Model." To be presented March 6, 1998 at the National Rehabilitation Counseling Association's Professional Development symposium sponsored by the Alliance for Rehabilitation Counseling (NRAC/ARCA) in Vancouver, Washington.

October, 1997 "A Mental Health Model of Addiction."

Personnel Paper presented at Southeast Conference of Counseling Center

Hot Springs, Arkansas

October, 1997 "The Meaning of Meaning." With Dr. George Rice.

Personnel Paper presented at Southeast Conference of Counseling Center

Hot Springs, Arkansas

June, 1997 "Addictive Process: Looking for Meaning in All the Wrong Places."

Congress Paper presented at Institute of Logotherapy: Eleventh World

Dallas, Texas

Bio-Sketch

Dr. Young served four years in the United States Marine Corps. During 1966 he was a member of a demolition team in the jungles of Vietnam, where he was wounded when a mine exploded. It was here that Dr. Young first experienced immersion in the death experience and was introduced to drugs. Following an honorable discharge Dr. Young became enmeshed in the drug culture for well over a decade. It was only with therapy at a Vietnam Veterans Outreach Center followed by several years of personal therapy, that he learned to face the reality of his experiences in Vietnam. By accepting the reality of pain and suffering he was able to gain his education as a therapist specializing in post-traumatic stress disorder and addiction.

Dr. Young earned his Ph.D. at Purdue University and is now Associate Professor of Counseling at Northeast Louisiana University. He was on the clinical staff at Lakeview Regional Hospital for five years in the addictive disease unit. Dr. Young makes extensive use of Logotherapy in his work with Vietnam veterans, addicted populations, intimacy disorders, shame and emotional numbness. It was by confronting his own issues, using basic Logotherapy tenets, that he was able to develop the insight necessary to help others deal with their suffering and emotional anguish. Dr. Young has published and conducted research in the area of PTSD, addiction, shame, emotion, and intimacy. He has found that Logotherapy offers a unique perspective concerning pain, suffering, and emotional anguish. He will share this perspective showing how Logotherapy concepts can help give meaning to seemingly implausible life situations.