

Dr. Breanna Young

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Education

Adler University

2014-2019

- Completed a Doctorate of Psychology (Psy.D) program in Clinical Psychology
- Dissertation: A Qualitative Investigation of Appreciation of Life Among Young Adult Survivors of Childhood Chronic Illness
 - o Supervisor: Dr. Vaneeta Sandhu, RPsych

Acadia University

2010-2014

- Completed a Bachelor of Science in Psychology and Biology with honors in Psychology
 - Honors Thesis: Predicting First-Year University Success from Self-Reported Reading Difficulties, Study Strategies, and Metacognitive Reading Strategies
 - o Supervisor: Dr. Sonya Major
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Clinical Experience

Saint John Regional Hospital (SJRH)

September 2018-August 2019

- Supervisors: Dr. Robin Patterson and Dr. Eve Beals
- Completed an internship at the Saint John Regional Hospital
- Adult rotation which entailed working with inpatients on dialysis, outpatients from an obesity clinic, and outpatients from the infectious disease clinic. Provided treatment in an individual context for various psychological presentations including but not limited to anxiety, depression, weight loss, self-esteem, adjustment to medical diagnoses, and trauma
- Pediatric rotation that included working with both outpatients and inpatients admitted for medical and mental health reasons. Individual therapy with children and their parents for various psychological difficulties including but not limited to anxiety, depression, encopresis, behavioural difficulties, adjustment to medical diagnosis, and medical phobias
- Provided assessments for learning difficulties, intellectual disability, mental health issues associated with obesity, and Autism Spectrum Disorder (ASD)

Elizabeth Fry Society – Ellendale Program

September 2017-June 2018

- Supervisor: Dr. Rose Sekhon, RPsych
- Provided psychological treatment in a group and individual context to women attending the Ellendale program, a residential treatment centre for women recovering from addiction
- Treatment focused on psycho-educational and trauma-focused groups, as well as individual sessions with women attending the program to support their recovery
- Provided clinical insight to staff and residential support workers during staff meetings and interdisciplinary discussions about treatment

Sand Story Psychological Services**September 2016-August 2017**

- Supervisor: Dr. Deborah Bell, RPsych
- Provided psychological services to children, youth, young adults, and parents
- Primarily provided Play Therapy and parent consultation, working from an attachment and client-centered perspective
- Administered psycho-educational assessments, interpreted results, and conducted feedback sessions with the individual and/or their guardian(s)
- Co-facilitated an eight-week Circle of Security parenting group with Dr. Deborah Bell
- Traveled to Kitimat Village, BC (a First Nations reservation) with Dr. Deborah Bell to conduct culturally sensitive psycho-educational assessments on students in a local school
- Attended bi-weekly supervision sessions, and watched training DVDs on Gordon Neufeld's theoretical approach to working with children and their caregivers

Sand Story Psychological Services**September 2015-July 2016**

- Supervisor: Dr. Deborah Bell, RPsych
- Completed an assessment practicum position at Broadway Youth Resource Centre (BYRC)
- Administered psycho-educational assessments to under-served youth at the BYRC
- This role also included interpretation of assessment results, writing psychological reports, and conducting feedback sessions with both the individual and/or their guardian
- Assessment measures used in this training include but are not limited to: WAIS-IV, WISC-IV, WISC-V, Beery VMI, BASC-2, BRIEF, WJ-IV Achievement, WJ-IV Cognitive, and ABAS-3

Work Experience**Adler University Library Student Worker****September 2015 – June 2018**

- Employed to assist with assessment library reservations and organization
- Gained extensive knowledge of psychological assessment measures through inventory taking, ordering of materials, and student requests or questions regarding research, assessments, or any other needs.
- Monitored library systems by analyzing data, creating surveys, and maintaining library inventory

Research Assistantship**September 2013 – April 2014**

- Obtained a paid research assistant position for the school year to work on a research project exploring reading difficulties and academic success in first year university students
- Created a survey using SurveyMonkey to circulate to first year students attending Acadia University
- Used SPAA to examine and analyze a large set of quantitative data

Summer Research Grant**May 2013-August 2013**

- Obtained a summer research grant from Social Sciences and Humanities Research Council (SSHRC) to conduct research for my psychology honors project

- Responsibilities included researching honors topic, obtaining ethics approval for the study, creating and conducting an online survey, and other tasks pertaining to the project

Teacher's Assistant

September 2012 – April 2013

- Worked as a teacher's assistant for a second-year statistics course in my third year of study at Acadia University
 - Responsibilities included marking weekly assignments for 70 students
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Service Work

Adler Diversity Committee Member

November 2015-April 2016

- The Diversity Committee is an open group of students, alumni, staff, and faculty who meet on a regular basis to discuss issues related to diversity on campus
- Helped to evaluate the school's mandate to focus more on inclusion
- Gave input on bathroom signage changes on campus to be more inclusive to transgender individuals

Broadway Youth Resource Centre

October 2014-May 2015

- Participated in a social justice practicum for my training at Adler University
- The purpose of this placement is an innovative training experience with a focus on the ability to broaden competencies in professionalism, relational skills, and systems thinking
- Worked in the resource room connecting with youth, acted as a resource for their needs (i.e. meals, laundry, emotional support, search for housing, connection to services)
- Co-facilitated talking circles, particularly focusing on First Nations practices such as the Circle of Courage
- This practicum experience allowed me to gain a greater awareness of the systems that marginalized youth interact with and how to best support them with their needs (mental health, housing, medical care, etc.). It also gave me experience working with a team of clinical and non-clinical professionals, advocating for individuals, learning about First Nations culture, and maintaining professional but personal relationships with youth in a vulnerable state.

Camp Brigadoon Volunteer

June 2014

- Activity organizer and project leader at Camp Brigadoon's Autism Family camp, a three-day camp for children and youth diagnosed with Autism, their siblings, and caregivers.
- Paired up with a camper for whom I was responsible, to engage in camp activities with and ensure their safety and enjoyment of the camp. Gained a thorough understanding of the diverse needs of children and youth with Autism, which informed my future practice working with children in a clinical setting.
- Assisted other volunteers with their campers and relayed information to the camper's family. This allowed for development of relationship building skills, the ability to offer peer support in a high-pressure setting, and communication with family members experiencing high levels of stress.

Sensory Motor Instructional Leadership Experience (SMILE) Program Volunteer

September 2012 – April 2014

- Volunteered in the SMILE program at Acadia University
- This program entails university students working individually with a child who has a developmental disability, in order to foster all areas of development (mental, physical, social, etc.)
- Helped in continuing to develop skills in relationship building with children and caregivers, thinking critically about how to engage children with various struggles, and an ability to creatively think of ways to foster development in children with development disabilities.

Wolfville Nursing Home

September 2013 – March 2014

- Engaged seniors in evening programming for social engagement and physical activities
- Developed an understanding of geriatric populations and the mental and physical health struggles that accompany the aging process.

Oxfam Acadia

September 2011 – May 2014

- Helped to plan and organize events to fundraise for Oxfam Canada, an organization that works to end global poverty through a focus on women's rights
- Elected co-president for the 2012/2013 and 2013/2014 academic years

Gap Medics Placement

June 2012

- Supported an interdisciplinary team of doctors and nurses in outpatient and inpatient settings (a pediatric ward and general practice ward) based in Tanzania, Africa.
- Offered support in a local orphanage, built relationships with children and youth (played, helped with small tasks such as gathering wood or making food) and assisted them in any way needed.

Awards

- 2013 SSHRC Research Grant (\$5000)
 - o Awarded in order to complete honors project research
 - 2012 Acadia Chipman Award (\$2500)
 - o Awarded to a student in their second year of study who shows exceptional academic performance
 - 2010 Acadia Entrance Scholarship (\$2000)
 - o Received money to study at Acadia University
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