

Dr. Tiffany L. Young, PhD, LPC
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Education

Doctorate of Philosophy Texas A&M University Commerce, May 2015

Major: Counselor Education and Supervision

Major Advisor: Chester Robinson, Ph.D.

Areas Concentration: Adolescent Counseling; Juvenile Offenders, Crisis Management

Masters of Science Texas Woman's University, May 2010

Major: Counseling and Development

Major Advisor: Joel Muro, Ph.D.

Bachelors of Art: University of North Texas; May 2007

Major: Psychology

Professional License

License Professor Counselor License # 68295

Professional Experience

Director of Clinical Services, Dallas Behavioral Health, September 2015-present

Oversees clinical paradigm provided at the facility for inpatient programming. Develop specialized curriculum based on development, age, and population acuity. Manage and supervise clinical staff. Train hospital staff on mental health topics related to caring for patient. Maintain JACHO and state compliance.

Clinical Care Manager, Value Options, September 2013-August 2015

Provide clinical assessments for Value Options members, their support system, providers and the behavioral health system to facilitate members' access to care and related resources. Encourage Value Options members' participation in the therapeutic process by assessing their needs and any barriers to their treatment.

Therapist, Hickory Trail Hospital, Desoto, TX, August 2011-September 2013

As the senior clinician, I provided psychosocial assessments at an acute psychiatric facility for inpatient, partial and intensive outpatient programs for children, adolescents, and adults. Determined required level of care for inpatient, outpatient, or residential treatment levels. Provided initial review in the utilization department for benefit notification and authorization. Coordinated care between outside facilities and Hickory Trail patients.

Community Education Coordinator, Denton County Friends of the Family, October 2008-September 2009

Provided domestic violence psychoeducational classes to middle and high school students. Represented the company at health and community fairs. Created program curriculum. Supervised community education specialist.

Member Advocate II, Horizon Health, January 2008-August 2008

Initial triage of members calling for EAP services. Encouraged members to participate in the therapeutic process. Quoted MH benefits. Authorized EAP services.

Clinical Experience

Director of Clinical Services, Hickory Trail Hospital, July 2017-present

Oversees clinical paradigm provided at the facility for inpatient programming. Develop specialized curriculum based on development, age, and population acuity. Manage and supervise clinical staff. Train hospital staff on mental health topics related to caring for patient. Maintain JACHO and state compliance.

Director of Clinical Services, Dallas Behavioral Health, September 2015-June 2017

Oversees clinical paradigm provided at the facility for inpatient programming. Develop specialized curriculum based on development, age, and population acuity. Manage and supervise clinical staff. Train hospital staff on mental health topics related to caring for patient. Maintain JACHO and state compliance.

Trinity Counseling and Consulting, Grand Prairie, TX June 2013-present

Utilize cognitive behavioral techniques with a solution focused concept to help clients define, refute, and change maladaptive thoughts. Provide individual, family, and group counseling as well as complete psychosocial assessments. Work with adolescents and adults, with depression, anxiety and stress management. Facilitate trainings that included anger management, goal setting and conflict resolution.

Therapist, Hickory Trail Hospital, Desoto, TX August 2011 – September 2013

Provided psychosocial assessments at an acute psychiatric facility for inpatient, partial and intensive outpatient programs for children, adolescents and adults. Determined required level of care for inpatient, outpatient or residential treatment levels. Provided initial review in the utilization department for benefit notification and authorization.

Doctoral Supervisor, Commerce, TX, June 2013-May 2014

Supervised 5 master's level practicum students provided education and modeling of basic counseling skills. Reviewed taped counseling sessions. Provided feedback to faculty on student progress.

Doctoral Intern, Commerce, TX June 2012-May 2013

As a doctoral intern I conducted individual and group counseling at Specialized Transformations Counseling and Consulting under the supervision of Dr. Tanisha Guy, Ph.D., LPC-S.

Master's Intern, Denton County Juvenile Detention Center, Denton, TX June 2009-May 2010

Worked in a juvenile correctional treatment center with adjudicated adolescents, conducted individual and group counseling for adolescents and their families. Facilitated specific groups such as anger management, family issues, and chemical dependency. Participated in weekly interdisciplinary meetings to address and assess the needs of each adolescent and their family needs. Prepared quarterly assessment and treatment plans to track progress and needs assessment. Facilitated monthly psycho educational groups for parents and guardians for each adjudicated youth on my caseload.

Research

Young, T. (2015). *The Perceptions of Former Female Juvenile Offenders on the Effects of Community-Aftercare on their Personal Success.*

Hutchins, T. (2013) *Counselor Attitudes about the Components of Family Involvement that Lead to Effective Treatment in Juvenile Aftercare.* Qualitative Research. Spring 2013. Professor Casey Brown.

Presentations and Invited Addresses

2017

Young, T. (2017). Teen Dating Violence. MDA Gems and League.

Young, T. (2017). Empower. Unveiling Women's Movement.

Young, T. (2017). Empower. Children's Empowerment Conference

2016

Young, T. (2016). Queen on Purpose. First Loving Yourself Weekend.

Young, T. (2016). Crisis Management: Giving Power Back to the Client. Dallas Behavioral CEU.

Young, T. (2016) Finding Peace with Your Position. Unveiling Women's Movement.

2015

Hutchins, T. (2016). Queen on Purpose. First Loving Yourself Weekend.

2014

Shokouhi, A., Robinson, A., Hutchins, T. (2014) Utilizing the Discrimination Model to Promote Counselor Trainee's Experience of Personal Awareness, Multiculturalism, and Diversity. TACES Mid Winter Conference.

Limberg, D., Bell, H., Shokouhi, A., Hutchins, T. (2014) A Cross Cultural Examination of Counseling Students' Perceptions of Altruism. TACES Mid Winter Conference.

2013

Hutchins, T. (2013) Fighting the Bully Battle. Guest Speaker. Hickory Trail Hospital Monthly CEU.

2011

Guy, T., Hutchins, T., Walls, V. (2011) The Face of Violence. Co guest speaker. MDA Women Symposium, Dallas TX

References upon request