**VITA**

**Mark Anthony Young**

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**Current Position**

2012-present Associate Professor Counselor Education Gonzaga University

**Academic Degrees**

2005 Ph.D. Counselor Education and Counseling Idaho State University

2002 M. Coun.Master of Counseling: Marriage and Family Idaho State University

2000 B.B.A. Business Administration Idaho State University

**Certification or Licensing**

*2007 Licensed Mental Health Counselor Washington  
2002 Licensed Professional Counselor Idaho*

**Internships, In-Service Training, or Specialized Training**

2020 Emotionally Focused Individual Therapy  
2019 EFT with Difficult Couples  
2018 Circle of Security Parenting Training  
2018 Webinar – Dr. Sue Johnson  
2015 Solving the Key Challenges of Couple Therapy with EFT   
2013 Johnson – Gottman Summit   
2011 Creating Connections: EFT   
2011 CACREP Self-Study Training   
2010 CACREP Team Member Training

2009 National Institutes of Health Regional Seminar on

Program Funding and Grants Administration

2008 Gottman Institute   
2007 Emotionally Focused Therapy Externship

2005 Blackboard Course Design

2004 Web CT Course Design

2004 – 2005 Doctoral Counseling Practicum

2003 Emotionally Focused Couple Therapy

2003 Emotionally Focused Therapy

2001 – 2002 Counseling Internship

**Professional Experience**

2012 – present Associate Professor Counselor Education Gonzaga University  
2008 – 2012 Assistant Professor Counselor Education Gonzaga University

2007 – 2008 Adjunct Faculty Counselor Education Gonzaga University

2005 – 2008 Assistant Professor Counseling Eastern Washington   
2002 – 2005 Teaching Assistant Counselor Education Idaho State University  
2002 – 2005 Licensed Professional Counselor Chubbuck, Idaho

**Faculty Teaching and Administrative Load**

Summer 2020

EDCE 603 Human Sexuality 2 credits   
EDCE 689 Advanced Theory & Pro Seminar 3 credits  
EDCE 697 Counseling Internship 1 credit (3 sections)  
EDCE 689 Professional Seminar Calgary 3 credits

Fall 2019

EDCE 639 Counseling Theories 3 credits  
EDCE 697A Counseling Internship 5 credits  
EDCE 695 Counseling PrePracticum 3 credits

Spring 2020

EDCE 696 Counseling Practicum 3 credits  
EDCE 638 Theories of Couples Counseling 2 credits  
EDCE 590 Marriage and Family Counselling (CA) 3 credits  
EDCE 697B Counseling Internship 4 credits

**Current Collegiate Assignments**

Director M.A. in Marriage and Family Counseling  
Member Faculty Awards Committee  
Member SOE Graduate Committee  
Member PEAB

**Research Interests**   
Healthy Couple Relationships  
Attachment Theory  
Live Supervision (Bug-in-the-eye)  
  
**Publications- Refereed**

**Articles**

Young, M. A. (2012). Purpose-driven conversations: An interview with James Bitter. *The Family Journal*, *20*(2), 200-204. doi:10.1177/1066480712438521

Kolodinsky, W. P., Young, M. A., & Lindsey, C. V. (2011). An analysis of supervision modalities utilized in CACREP on-campus clinical training programs: Results of a national survey. *Professional Issues in Counseling.*

Young, M. A. & Kleist, D.M. (2010). Healthy couple relationships: A grounded theory. *The Family Journal: Counseling and Therapy for Couples and Families, 18(4),* 338-343. doi:10.1177/1066480710377740

Young, M. A. (2008). Attachment theory's focus in EFT: An interview with Susan Johnson. *The Family Journal*, *16*(3), 264-270. doi:10.1177/1066480708317673

Young, M. A. (2005). Creating a Confluence: An Interview with Susan Johnson and John Gottman. *The Family Journal*, *13*(2), 219-225. doi:10.1177/1066480704272597

Young, M. A. (2004). Healthy Relationships: Where's the Research? The Family Journal, 12(2), 159-162. doi:10.1177/1066480703262090

**Publications – Non Refereed**

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| **Book Chapters**  Young, M. A., & Basham, D.A. (2017). Consultation and supervision. In B. T. Erford (Ed.), *Orientation to the counseling profession: Advocacy, ethics, and other essential professional issues (3rd ed)*. Columbus, OH: Pearson Merrill Prentice Hall.  Young, M. A., & Basham, D.A. (2013). Consultation and supervision. In B. T. Erford (Ed.), Orientation to the counseling profession: Advocacy, ethics, and other essential professional issues (2nd ed). Columbus, OH: Pearson Merrill Prentice Hall.  Young, M.A., Lindsey, C.V., & Kolodinsky, W.P. (2010). The role of live supervision in counselor education training clinics, in Mobley, A. K., & Myers, J. E. (Eds.). Developing and maintaining counselor education laboratories (2nd ed.). Alexandria, VA: Association of Counselor Education and Supervision.  Young, M. A., & Basham, D.A. (2009). Consultation and supervision. In B. T. Erford (Ed.), Orientation to the counseling profession: Advocacy, ethics, and other essential professional issues. Columbus, OH: Pearson Merrill Prentice Hall. |
| **Articles** |
| Young, M. A. (2009). Attachment. In the American Counseling Association (Ed.), *American Counseling Association encyclopedia of counseling*. Alexandria, VA: American Counseling Association.  Young, M.A. (2007). Parenting with love and logic: An interview with Foster Cline. Podcast: CounselorAudioSource.Net, CAS078. August 23. |
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**Professional Papers presented or Poster Presentations**

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| **National & International** Norton, C. & Young, M. (2019). Integrating emotion-focused therapy, self-compassion, and   compassion-focused therapy into outdoor behavioral healthcare. Association of Outdoor   Recreation and Education – Association for Experiential Education Joint Conference. Spokane,   WA.  Person, M., Young, M., Min, C.\*, Stockton, L.\*, & Swanson, S.\* (2019). Applying principles of athletic   mastery to Pre-Practicum courses. Association for Counselor Education and Supervision   National Conference. Seattle, WA.  Young, M., Clayton, N.\*, Young, E.\*, Roos, S.\*, & Swanson, S.\* (2019). Live supervision: The  experience of the supervisor and the supervisee. Association for Counselor Education and   Supervision National Conference. Seattle, WA. |
| Young, M.A. & Mak, T.W.\* (2017). Training in the expert way: Using live supervision to engage in deliberate practice. Association for Counselor Education and Supervision National Conference. Chicago, IL.  Lamar, M., Speciale, M., Ladany, N., Lau, J., Ng, K., Scherer, R., & Young, M. (2016). Hot topics panel: Using technology in counseling supervision. Western Association for Counselor Education and Supervision Annual Conference. Vancouver, BC.  Young, M.A. (2016). Being emotionally focused in our teaching and supervision. Western Association for Counselor Education and Supervision Annual Conference. Vancouver, BC.  Young, M.A. & Mak, T.W.\* (2015). Infusing live supervision into experiential pedagogy and practice. Association for Counselor Education and Supervision Annual Conference. Philadelphia, PA.  Reilly, B. & Young, M.A., (2015). BITE to the rescue! A supervisory training tool to assist counselor educators with today’s fast paced educational environment. Association for Counselor Education and Supervision Annual Conference. Philadelphia, PA.  Young, M.A. & Kaley, R.\* (2014). The wave model: Teaching the skill of conceptualization. Western Association for Counselor Education and Supervision Conference. Anaheim, CA.  Slyter M. & Young, M.A. (2013). Key assignments in marriage and family counseling courses that enhance student learning. Association for Counselor Education and Supervision National Conference. Denver, CO.  Young, M.A. & Hiers, J.C.\* (2013). Live Supervision: Teaching students to reflect-in-action. Association for Counselor Education and Supervision National Conference. Denver, CO  Young, M.A. (2011). Video conferencing: Shaping the future of live supervision. Association for Counselor Education and Supervision National Conference. Nashville, TN.  Young, M.A. (2010). Using video conferencing to enhance live supervision. Western Association for Counselor Education and Supervision Conference. Sacramento, CA.  Young, M.A. (2010). Behind the one-way mirror: Maximizing counselor conceptualization. Western Association for Counselor Education and Supervision Conference. Sacramento, CA.  Kolodinsky, W.P. & Young, M.A. (2010). Research in counselor supervision. Western Association for Counselor Education and Supervision Conference. Sacramento, CA. (Invited Presentation).  Young, M.A. & Young, J.A. (2009). The use of live supervision. Association for Counselor Education and Supervision National Conference. San Diego, CA.  Kolodinsky, W.P., Young, M.A. & Lindsey, C.V. (2009). The use of live supervision across CACREP programs: A national survey. Association for Counselor Education and Supervision National Conference. San Diego, CA.  Young, M.A. (2008). Live supervision: Format and technique. Western Association for Counselor Education and Supervision Conference. Palm Springs, CA.  Young, M.A. (2008). Attachment theory and emotionally focused therapy: Keys for connection. Western Association for Counselor Education and Supervision Conference. Palm Springs, CA.  Young, M.A. & Slyter, M. (2007). Beginning faculty in a program coordinating role. Association for Counselor Education and Supervision National Conference. Columbus, OH.  Kolodinsky, W.P., Young, M.A., & Lindsey, C.V. (2007). Live, bug-in-the-ear supervision compared with traditional, post-session supervision among counselors-in-training: An empirical investigation. Association for Counselor Education and Supervision National Conference. Columbus, OH.  Bakes, A.S., Lambert, S., & Young, M.A. (2005). A grounded theory of master students’ experience in group techniques. Association for Counselor Education and Supervision National Conference. Pittsburgh, PA.  Young, M.A. (2005). Marketing yourself, your program, and your profession. American Counseling Association World Conference. Atlanta, GA.  Young, M.A., Bakes, A.S., Lambert, S., & Hill, N.R. (2003). Professional identity debate: Counselor or educator. Rocky Mountain Association for Counselor Education and Supervision Conference. Jackson Hole, WY.  Lambert, S., Young, M.A., Bakes, A.S., & Hill, N.R. (2003). Moving forward with professional identity: Connection or disconnection? Rocky Mountain Association for Counselor Education and Supervision Conference. Jackson Hole, WY.  Young, M.A. (2003). Considering prevention as a means for moving forward. Rocky Mountain Association for Counselor Education and Supervision Conference. Jackson Hole, WY.  **Regional & Local**  Young, M.A., Evans, A.\*, & Pettersborg, J.\* (2018). Attachment based interventions. Idaho Counseling Association Super Conference. Boise. ID.  Young, M.A. (2018). Emotionally Focused Therapy with couples across the lifespan. *Division Distinguished Presenter.* Idaho Counseling Association Super Conference. Boise. ID.  Young, M.A. & Wissel. A. (2018). Live supervision across CACREP programs. Western Association for Counselor Education and Supervision Conference. Santa Rosa, CA.  Young, M.A. (2018). A roundtable on the potential benefits of roundtable presentations as a teaching tool. Western Association for Counselor Education and Supervision Conference. Santa Rosa, CA.  Young, M.A. & Ball, E.\* (2016). Attachment based interventions. Washington Counseling Association Annual Conference. Spokane, WA.  Young, M.A., Ball, E.\*, & Le, K.\* (2016). The power of empathy. Washington Counseling Association Annual Conference. Spokane, WA.  Young, M.A., Barrett, S.\*, Sewell, G.\*, Sendelbach, L.\*, & Baksis, C.\* (2015). Accessible and responsive: Two keys to creating secure relationships. Washington Counseling Association Annual Conference. Spokane, WA.  Young, M.A., Garn, P.\*, & Ngo, K.\* (2015). Emotion is the most powerful thing in the room. Washington Counseling Association Annual Conference. Spokane, WA.  Young, M.A. (2015). What do the best counselor educators do? Distinguished Presenter. Idaho Counseling Association Annual Conference. Pocatello, ID.  Young, M.A, Reilly, B., & Garn, P.\* (2015). Live supervision: Reflecting in Action. Live! Part I. Idaho Counseling Association Annual Conference. Pocatello, ID.  Young, M.A, Reilly, B., & Garn, P.\* (2015). Live supervision: Reflecting in Action. Live! Part II. Idaho Counseling Association Annual Conference. Pocatello, ID.  Young, M.A. & Kaley, R.\* (2014). Live supervision: Teaching counselors to reflect in action. Washington Counseling Association Annual Conference. Seattle, WA.  Young, M.A., Kaley, R.\*, & Ribar, J.\* (2014). Understanding and applying the science of love. Washington Counseling Association Annual Conference. Seattle, WA.  Young, M.A., Vander Weide, B.\* & Holbrook, M.\* (2013). Attachment Theory: Highlighting key concepts through clinical application. Washington Counseling Association. Spokane, WA.  Young, M.A. & Kolodinsky, P. (2012). Live supervision: Moving from the past into the future. Western Association for Counselor Education and Supervision Conference. Portland, OR.  Young, M.A. & Shah, N.\* (2012). Starting your professional journey: A panel of counseling professionals. Washington Counseling Association Annual Conference. Spokane, WA.  Young, M.A. (2012). The courage to connect. Washington Counseling Association Annual Conference. Spokane, WA.  Young, M.A. (2011). Responsive relationships: Three keys to a healthy relationship. Washington Counseling Association Fall Conference. Spokane, WA.  Young, M.A. & Young, C. (2011). Being emotionally focused. Washington State Therapeutic Recreation Association Annual Symposium. Leavenworth, WA.  Young, M.A. (2011). Safe haven and secure base. Washington State Therapeutic Recreation Association Annual Symposium. Leavenworth, WA.  Young, M.A. (2010). Attachment based strategies. Pre-conference workshop. Washington Counseling Association Annual Conference. Spokane, WA.  Young, M.A. (2009). Attachment theory and emotionally focused therapy. Washington Association for Marriage and Family Therapy, Fall workshop series. Spokane, WA.  Young, M.A. (2009). Emotionally focused therapy: Rallying resources in couples counseling. Washington Counseling Association. Spokane, WA.  Young, M.A. (2009). The power of perception: Understanding the importance of changing perceptions in relationships. Washington State Therapeutic Recreation Association 9th Annual Symposium. Spokane, WA.  Young, M.A. (2009). Creating close connections. Idaho Counseling Association Annual Conference Pre-Conference. Coeur d’Alene, ID.  Young, M.A. (2009). Idaho Association of Marriage and Family Counselors distinguished presenter. The power of perception: Understanding the importance of changing perceptions in relationships. Idaho Counseling Association Annual Conference, Coeur d’Alene, ID.  Young, M.A. (2009). The counseling relationship: A catalyst for change. Idaho Counseling Association Annual Conference. Coeur d’Alene, ID.  Brooksby, J., Fisher, A., & Young, M.A. (2009). Success in couples counseling: John Gottman’s sound relationship house and Susan Johnson’s emotionally focused therapy. Idaho Counseling Association Annual Conference. Coeur d’Alene, ID.  Young, M.A. & Young, C. (2008). A road map: Understanding the importance of theory and technique. Washington State Therapeutic Recreation Association 9th Annual Symposium. Leavenworth, WA.  Young, M.A. & Young, C. (2008). Experiential learning. Washington State Therapeutic Recreation Association 9th Annual Symposium. Leavenworth, WA.  Young, M.A. (2008). Safe haven & Secure base: Important characteristics of the counseling relationship. Idaho Counseling Association Annual Conference, Boise, ID. Idaho Association of Marriage and Family Counselors Distinguished Presenter.  Young, M.A. (2008). Healthy couple relationships. Idaho Counseling Association Annual Conference, Boise, ID.  Young, M.A. (2008). Maximizing client growth: The importance of understanding theory and technique. Idaho Counseling Association Annual Conference, Boise, ID.  Young, M.A. (2005). Marketing our profession: Catalysts for change. Idaho Counseling Association Annual Conference. Coeur D’Alene, ID.  Frye, T.M., Young, M.A., & Lambert, S. (2004) Attachment theory and attachment-based interventions. Idaho Counseling Association Annual Conference. Boise, ID.  Young, M.A., Carson, S., Carlson, J. & Quiroz, J. (2004). Emotionally focused therapy. Idaho Counseling Association Annual Conference. Boise, ID. |

**Other Conference Participation**

Western Conversations in Jesuit Higher Education Santa Clara University   
Washington Association of Marriage and Family Therapy Seattle, WA

**Community and Scholarly Service**

2020 Family Night, St. John Vianey Catholic School, Spokane Valley, Wa.  
2020 Gonzaga University Mentorship (GUM), Lewis & Clark High School, Spokane, Wa.

2020 Wellness Retreat, Liberty Lake, WA.

2020 Care for Your Marriage, Spokane, WA.

2019 Presentation, Veteran’s Forum, Spokane, WA.  
2019 Three Principles for Healthy Relationship, Otis Orchards, WA.  
2019 Lunch & Learn Training, Coeur d’Alene, ID.  
2018 Workshop for MC Alumni and Professionals, Kelowna, BC.

2018 Presentation, Spokane Veterans Forum, Spokane, WA  
2018 In-Service Training, LDSFS, Spokane Valley, WA.  
2017-2018 Crisis Counselor, Freeman School District, Freeman, WA.  
2017 Presentation, Spokane Veterans Forum, Spokane, WA.  
2017 Presentation, Spokane Veterans Forum, Spokane, WA.  
2016 Marriage Retreat, Church of Jesus Christ of Latter Day Saints, Spokane Valley, WA.  
2016 Presentation, Spokane Veterans Forum, Spokane, WA.  
2016 Liberty Lake Elementary Walk-a-thon, Liberty Lake, WA.  
2015 Presentation, Spokane Veterans Forum, Spokane, WA.  
2015 Training, 6 Hour Ethics Training, Lutheran Community Services, Spokane, WA.  
2015 Presentation, Spokane Veterans Forum, Spokane, WA.  
2015 Presentation, Healthy Relationships, BYU-Idaho, Rexburg, ID.  
2014 Presentation, Healthy Relationships, BYU Management Society, Spokane, WA.  
2014 Presentation, EFT & Attachment, WA State Psychological Association  
2013 Presentation, 5 Love Languages, Church of Jesus Christ of Latter Day Saints, Spokane,   
 WA.  
2013 Training, 6 Hour Ethics Training, Lutheran Community Services, Spokane, WA.  
2012 Fatherhood Advisory Board – CAPA, Catholic Charities, Spokane, WA.  
2012 Presentation, VA Medical Center – Primary Care, Spokane, WA.  
2012 Presentation, Spokane Veterans Forum, Spokane, WA.  
2012 Marriage Retreat, Church of Jesus Christ of Latter Day Saints, Spokane Valley, WA.  
2012 Presentation, Family Counseling Training, Children’s Home Society, Spokane, WA.  
2012 Presentation, Responsive Relationships, North Idaho College, Coeur d’Alene, ID.  
2012 Presentation, Student Health and Wellness Resource Center, Gonzaga University.  
2012 Presentation, Church of Jesus Christ of Latter Day Saints, Colbert, WA  
2011 Presentation, Healthy Relationships. Residence Life, Gonzaga University.  
2011 Presentation, Responsive Relationships, BYU-I, Rexburg, ID.  
2011 Presentation, Family Counseling Training, Children’s Home Society, Spokane, WA.  
2011 Training, 6 Hour Ethics Training, Lutheran Community Services, Spokane, WA.  
2011 Presentation, Understanding the Science of Love, Health & Wellness, Gonzaga   
 University.  
2010 Presentation, Healthy Relationship, Residence Life Fall Training, Gonzaga University.  
2010 Presentation, Family Counseling Training, Children’s Home Society, Spokane, WA.   
2010 Presentation, Parenting, Nurturing Children, Deer Park School District.   
2010 Presentation, EFT Training, St. Joseph’s Family Center, Spokane, WA.   
2010 Presentation, Love Languages, Health & Wellness, Gonzaga University.

2010 Presentation, EFT Training, Catholic Charities, Spokane, WA.   
2010 Parenting Seminar, Church of Jesus Christ of Latter Day Saints, Spokane, WA.   
2010 Presentation, Emotionally Focused Therapy, BYU-I, Rexburg, ID.  
2010 Classroom Volunteer, Liberty Lake Elementary, Liberty Lake, WA.   
2010 Presentation: Being Emotionally Focused, North Idaho College, Coeur d’Alene, ID.   
2009-2010 Basketball Coach, YMCA, Liberty Lake, WA.

2009, 2010 Presentation: Healthy Relationships, North Idaho College, Coeur d’Alene, ID.   
2009, 2011 Soccer Coach, Spokane Valley Soccer Association, Spokane, WA.

2005-2009 Classroom Volunteer, Woodridge Elementary, Spokane, WA.

2009 Presentation: Emerging Leaders Keynote, Idaho Counseling Association, Coeur d’Alene,   
 ID.   
2006 Reverse Job Fair, Spokane Public Schools, Spokane, WA.

**Recognition and Awards**

2011 Educator of the Year Washington Association for Marriage and Family   
 Therapy  
2007 Teacher in Excellence Eastern Washington University  
2006 Graduate Faculty of the Year Eastern Washington University

**Past Collegiate Assignments**

2016-2019 Member Rank, Reappointment, and Tenure Committee – School of   
 Education  
2018-2019 Member SOE Dean Search Committee  
2018-2019 Member PEAB  
2017-2018 Director Master of Couneslling (Canada)  
2013-2017 Member Council for Department Chairs

2013-2017 Member PEAB  
2015 Member Assessment Committee – School of Education  
2014 - 2016 Member Faculty Handbook Revision Committee  
2009 - 2016 Member Rank, Reappointment, and Tenure Committee – School of   
 Education  
2013 – 2015 Member Council of Department Chairs   
2012 – 2015 Member Accreditation Steering Committee  
2012 – 2015 Member Research Council

2012 – 2013 Member Curriculum Committee – School of Education   
2012 – 2013 Member Institutional Review Board  
2010 – 2012 Member Faculty Elections Committee   
2010 – 2012 Member Awards Committee – School of Education   
2010 Member Faculty Advisory Board Living and Learning Community –   
 Residence Life

**Past Professional Service, Leadership, and Consultation**

2012 Graduate Student Poster Presentations Chair, Washington Counseling   
 Association  
2011 – 2012 Past President Washington Counseling Association  
2010 – 2011 Co-President Washington Counseling Association   
2009 – 2010 Co-President-Elect Washington Counseling Association   
2009 – 2012 Membership Chair Washington Counseling Association   
2010 Peer Reviewer American Counseling Association Annual Conference   
2007 – 2012 Treasurer Washington State ACES

2007 – 2008 Contributing Editor Counselor Audio Source   
2004 – 2005 President Idaho Association of Marriage and Family Counselors

2003 – 2004 Vice-President Idaho Association of Marriage and Family Counselors