

# JAMILA YOUNG, PhD

Licensed Psychologist

## PROFESSIONAL SUMMARY

Licensed clinical psychologist with over 10 years of experience providing psychotherapy, psychological/diagnostic assessment, and consultation across private practice, university counseling centers, and academic settings. Expertise in adult and couples therapy, intergenerational and relational dynamics, trauma-informed care, and culturally responsive practice. Experienced facilitator, educator, and supervisor with a strong background in community engagement and applied research.

## LICENSURE

Licensed Psychologist – State of California  
License No. CA PSY30366

Licensed Psychologist – District of Columbia  
License No. PSY1000984

## PROFESSIONAL EXPERIENCE

### Licensed Clinical Psychologist

*Jamila Young PhD LLC – Los Angeles, CA*

April 2015 – Present

- Provide individual and couples psychotherapy to adults in California (in person and telehealth) and Washington, DC (telehealth)
- Conduct psychological evaluations and assessments
- Treat a wide range of concerns including anxiety, depression, trauma, relationship difficulties, and life transitions
- Work with a diverse client population across racial, cultural, and sexual identity backgrounds

- Special expertise with college and graduate students, law students, and legal professionals
- Provide consultation and care coordination as needed

### **Staff Psychologist**

*Georgetown University Counseling & Psychiatric Service – Washington, DC*  
August 2013 – January 2016

- Conducted psychological assessments and provided individual and couples psychotherapy for law students and university staff
- Delivered crisis intervention and referral services
- Led campus-wide outreach and prevention programming
- Consulted with university administrators and faculty regarding student mental health
- Supervised junior staff psychologists
- Guest lectured in undergraduate courses integrating psychological concepts with student mental health

### **Adjunct Faculty**

*Montgomery College – Takoma Park, MD*  
January 2013 – December 2014

- Taught General Psychology (undergraduate)
- Designed and delivered curriculum covering major psychological theories and research methods
- Utilized technology and interactive instructional strategies to enhance learning

## **TEACHING & ACADEMIC APPOINTMENTS**

### **Part-Time Faculty Instructor**

*Loyola University Chicago – Chicago, IL*  
August 2010 – May 2011

- Taught upper-level undergraduate course, *Counseling I*
- Developed curriculum on psychotherapy theories, assessment, and treatment

**Guest Lecturer**

*Loyola University Chicago – Chicago, IL*  
April 2009

- Guest lecturer for *Psychology of Addiction*

**Teaching Assistant**

*Loyola University Chicago – Chicago, IL*  
2006 – 2008

- Courses: Advanced Statistics II; Psychology 101
- Responsibilities included grading, office hours, exam proctoring, and instructional support

**CLINICAL TRAINING****Psychology Extern**

*John H. Stroger Jr. Hospital – Chicago, IL*  
July 2009 – June 2010

- Delivered didactic lectures on Strategic Family Therapy, Dynamic Couples Therapy, and treatment of complex patients

**Pediatric Neuropsychology Extern**

*University of Chicago – Chicago, IL*  
July 2008 – June 2009

- Presented didactic lectures on Hydrocephalus and behavioral disorders

**RESEARCH EXPERIENCE****Graduate Research Assistant / Project Coordinator**

*Parents and Children Coping Together (PACCT) Lab – Loyola University Chicago*  
2006 – 2012

- Coordinated coping measure development projects for African American youth in Chicago Public Schools
- Managed stress, coping, and neuropsychological survey research in schools and community mental health centers
- Conducted data collection with youth and families at Family Focus Community Centers

- Facilitated social skills training for elementary school students
- Co-led asthma coping interventions and education programs
- Developed innovative educational tools to promote engagement

## **DISSERTATION**

### **“Towards a Multidimensional Model of Adaptation for African American Adolescents Exposed to Racial Discrimination”**

Chair: Noni Gaylord-Harden, PhD  
Loyola University Chicago

## **EDUCATION**

### **PhD, Clinical Psychology (Child–Family Subspecialty)**

Loyola University Chicago – December 2012

### **MA, Psychology**

Loyola University Chicago – May 2009

### **BA, Psychology**

Emory University – 2006

## **CLINICAL & PROFESSIONAL SKILLS**

- Individual and Couples Psychotherapy
- Psychological & Neuropsychological Assessment
- Telehealth Service Delivery
- Trauma-Informed & Culturally Responsive Care
- Psychodynamic Therapy
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Solution-Focused Brief Therapy (SFBT)
- Eye Movement Desensitization and Reprocessing Therapy (EMDR)

- Couples Therapy (Emotion Focused Therapy; Gottman Informed; Hope Therapy)
- Mindfulness-Based Interventions
- Crisis Intervention
- Psychological Consultation
- Treatment Planning & Case Conceptualization
- University Counseling Center Practice
- Teaching & Curriculum Development
- Community Outreach & Psychoeducation
- Clinician-Administered PTSD Scale (CAPS-5)
- Mini-Mental State Examination (MMSE)
- Diagnosis of Mood, Anxiety, Trauma, and Neurodevelopmental Disorders

NOT YET RETAINED