

Kimberly Young

Director, Masters in Strategic Leadership and Professor of Management at St. Bonaventure University
Jamestown, New York Area, , US

Founder and Director at Center for Internet Addiction Recovery

Biography

Since her groundbreaking book *Caught in the Net* in 1998, psychologist Kimberly Young was the first to identify Internet addiction and its impact on children, families, and our culture. In 1995, Dr. Young launched the first study on Internet addiction and her pioneering work has led to the emergence of new research and treatment programs to address this new and rapidly evolving field.

Dr. Young is a professor at St. Bonaventure University and founder and director of the Center for Internet Addiction Recovery in Bradford, Pa. She founded the first inpatient clinic for Internet addiction recovery in the United States at the Bradford Regional Medical Center and her work has been featured in *The New York Times*, *Newsweek*, *Time*, *USAToday*, *CNN*, *Fox News*, *Good Morning America*, *MSNBC News*, and *The Today Show*.

She travels across the country speaking on the impact of smartphones and devices on our personal and family lives. She helps us identify warning signs of Internet addiction and has developed strategies for how we can build “Screen Smart” schools for children and introduces her new 3-6-9-12 Parenting Guidelines for managing tech use at home.

Dr. Young has received the Psychology in the Media Award from the Pennsylvania Psychological Association and the Alumni Ambassador Award for Outstanding Achievement from Indiana University at Pennsylvania. She also serves on the advisory board for The Internet Group in Toronto and the Safeguard Children against Internet Addiction Ministry in Japan.

Availability

Keynote, Panelist, Author Appearance, Corporate Training

Industry Expertise

Internet, Training and Development, Mental Health Care, Health Care - Services, Health and Wellness, Computer Gaming

Areas of Expertise

Teaching, Higher Education, Clinical, Internet Addiction, Internet Gaming Addiction, Cybersex Addiction, Social Media

Affiliations

American Psychological Association, Pennsylvania Psychological Association, Beacon Light Behavioral Healthcare Systems, Bradford Regional Medical Center

Education

Indiana University of Pennsylvania

M.A. and Psy.D. Clinical Psychology

State University of New York at Buffalo - School of Management

BS Business and Finance

Accomplishments

Psychology in the Media Award

Presented by the Pennsylvania Psychological Association

Alumni Ambassador of the Year

Indiana University of Pennsylvania, College of Natural Sciences

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