

DR. SABRINA YOUNG

PERSONAL DATA

Business Address

Sinha Clinic
2560 Foxfield Road, Suite 240
St. Charles, Illinois 60174

Phone Numbers

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Email Address

Dr.Young@sinhaclinic.com

LICENSURE

Licensed Clinical Psychologist

State of Illinois
Department of Professional Regulation,
Springfield, Illinois
Licensure # 071-006800
Received: September, 2003

HOSPITAL PRIVILEGES

On staff at Linden Oaks Hospital and Provena Mercy Center
On Board of Allied Health Professionals at Linden Oaks Hospital

CERTIFICATIONS

Brain Dissection Certification

Marquette University
2006, 2007, 2008, 2009

Certified EEG - Neurofeedback Specialist

Received: January, 2004

QEEG Certification Dual

Dr. Robert Thatcher
July, 2007

Diagnosis Certification

Received: March, 2000

EDUCATION

Doctor of Psychology

Illinois School of Professional Psychology
(APA Accredited)
Chicago, Illinois 60603
Received: August, 2002
Major Area: Clinical Psychology

Alcohol and Drug Counselor Program

Oakton College
Des Plaines, Illinois 60016
Coursework Completed: June, 2003
Major Area: Substance Abuse

Master of Arts Bachelor

Illinois School of Professional Psychology
Chicago, Illinois 60603
Received: August, 1998

of Arts

University of Nevada Las Vegas
Las Vegas, Nevada 89154
Received: May, 1996

Major Area: Clinical Psychology

Major Area: Psychology
Honors: Deans List: 1995, 1996

HONORS

Member of Psi Chi National Honor Society
Member of Golden Key Honor Society
Selected to co-lead a year-long, weekly group for graduate students and created and co-led a weekend long program for graduate students

CLINICAL EXPERIENCE

September, 2002

Clinical Director

To Present

Sinha Clinic

St. Charles, Illinois 60174

Conduct clinical interviews, administer, score and interpret neuropsychological test batteries
Provide EEG neurofeedback therapy for persons of all ages with ADD/ADHD, head injuries, dementias, substance abuse disorders, stroke victims, Pervasive developmental disorders, chronic pain disorders, mood disorders, Schizophrenia and other types of neurological dysfunction
Provide individual, marital and family therapy to adults and children
Supervise post doctoral student, interns and clinical technicians, providing training in neuropsychological testing, therapy and neurofeedback
Manage all business relations, and director of clinical and office staff in all areas including advertising, billing, marketing, accounting and purchasing
Provide in-patient bed side evaluations mainly on the geriatric and adolescent units
Lead an ongoing research group investigating various hypotheses related to areas such as brain dysfunction (ie., head trauma, dementia and differential diagnosis, Mu Rhythms and its relationship to Autism)
Dissertation Committee Reader for many students over the years

August, 2002

Clinical Psychologist

To May, 2004

Center for Psychological Services

Northfield, Illinois 60093

Conduct clinical interviews, administer and score psychological test batteries
Participate in weekly service team meeting and determine effective treatment for children with special educational needs
Observe children in school setting and provide recommendations to teachers and parents
In class presentations given on topics that relate to educational needs of children

**June, 2002
January, 2004**

Clinical Psychologist

Northwestern Neuropsychological Association
Schaumburg, Illinois 60194

Provide outpatient individual and family psychotherapy for adults, adolescents and children with various psychological disorders and neuropsychological impairment

Provide cognitive-behavioral therapy, play therapy and relaxation training techniques to patients

Provide neurofeedback therapy for persons of all ages with ADD/ADHD, substance abuse disorders, stroke victims, chronic pain disorders and anxiety and depression

**June, 2000 to
September, 2002**

CONSULTANT

Holy Family Medical Center
Des Plaines, Illinois.

Conduct clinical interviews, administer and score neuropsychological test batteries to inpatients on hospital unit

**August, 2001 to
August, 2002**

PSYCHOLOGY INTERN

Veterans Affairs Chicago Health Care System, West Side Division
Chicago, Illinois 60612

**May, 2002 to
August, 2002**

MAJOR ROTATION, NEUROPSYCHOLOGY

Assessed patients with a variety of known or suspected neurological, general medical, psychiatric and substance abuse disorders using a flexible battery approach

Administered, scored, and interpreted neuropsychological tests and wrote reports

Provided feedback to patients and referral sources

Attended grand rounds and brain cuttings

Responded to consultation requests and conducted bedside assessments on medical units

Provided diagnostic clarification for referral sources, distinguishing between neuropsychological impairment, medical issues and psychological impairment

Provided brief therapy and training of compensatory strategies to patients as needed

**May, 2002 to
August, 2002**

MINOR ROTATION, SEXUAL DYSFUNCTION CLINIC

Conduct diagnostic assessments of patients with sexual dysfunction, distinguishing between medical and psychological impairment

Educate patients about the use of medications, devices for sexual dysfunction, and support patients through adjustment to penile prosthesis surgery
Provide individual and couples psychotherapy for small caseload of patients

**January, 2002 to
April, 2002**

**MAJOR ROTATION, HEALTH PSYCHOLOGY,
CONSULTATION/LIAISON**

Responded to consultation requests from physicians on medical and surgical wards conducting bedside evaluations
Assisted in clarifying issues related to delirium vs. dementia, suicidal/homicidal ideation, alcohol, drug and psychological problems and informed consent
Participated in creating Hepatitis C support group, and co-facilitated the group
Provided brief supportive psychotherapy to medical patients
Attended daily grand rounds with psychiatry staff
Provided biofeedback therapy to patients, taught relaxation training and provided cognitive behavioral therapy
Served as a co-facilitator of psychotherapy and psycho-educational groups including treatment of eating disorders, substance abuse and stress management
Provided diagnostic interviews for patients referred for biofeedback therapy and conducted thorough psychophysiological assessments
Conducted thorough pain assessments and provided recommendations regarding appropriateness of patients for long-term opioid therapy
Conducted assessments for patients with vision disorders and provided recommendations to the optometrist
Participated in weekly journal club with medical residents

**January, 2002 to
April, 2002**

**MINOR ROTATION, OUTPATIENT PSYCHIATRIC
CLINIC**

Served as a co-facilitator of 2 weekly groups: high functioning schizophrenic patients and women's psychosis group
Provided short-term individual therapy to a small caseload of veterans with psychosis and personality disorders
Assisted psychiatrist and pharmacist in Clozapine Clinic
Conducted diagnostic interviews of patients with psychosis

**August, 2001 to
December, 2001**

MAJOR ROTATION, DAY HOSPITAL PROGRAM

Provided individual time-limited psychotherapy, diagnostic evaluation, and case management of veterans of all ages and across the diagnostic spectrum, including homicidal and suicidal ideation in a partial hospitalization program

Served as co-therapist for eight weekly psychotherapy and psycho-educational groups, including groups for patients with chronic mental illness and post traumatic stress disorder

Provided psychological assessments of adults with use of structured interviews and projective and objective tests

Worked within a multidisciplinary team and met daily to present cases and discuss progress of patients including crisis management and medication management

Participated in biweekly case conference and presented patients to psychiatry consultant from UIC, department of psychiatry, discussing issues related to neurological impairment, psychological symptoms and medical issues

Participated in ongoing clinical case conferences and presented patients to PTSD team

**August, 2001 to
December, 2001**

MINOR ROTATION, PSYCHOLOGICAL ASSESSMENT

Conducted psychological assessments initiated from referrals from Day Hospital Program

Conducted structured interviews and administered, scored and interpreted objective and projective tests and wrote reports

Provided feedback to patients and referral sources

**August, 2001 to
August, 2002**

**YEAR-LONG TRAINING EXPERIENCE GERIATRICS/
OUTPATIENT PSYCHIATRY**

Provided long-term individual psychotherapy to a small caseload of veterans with chronic mental illness, personality disorders and issues that affect the geriatric population

Co-led year-long, weekly group for geriatric patients focusing on end-of-life issues, PTSD, stress management and medical issues

**September, 1999
to August, 2002**

PSYCHOTHERAPIST/CONSULTATION/LIAISON

Holy Family Medical Center/Substance Abuse Unit
Des Plaines, Illinois.

Conducted bedside evaluations for patients in the emergency room to determine diagnosis and appropriate referral

Provided neurofeedback therapy to patients during alcohol detoxification

Provided time-limited individual therapy and case management to dually diagnosed patients in inpatient, partial hospitalization and intensive outpatient levels of care

Conducted couples and family therapy sessions providing education and psychotherapy to patient's significant other

Supervised interns during their 16-week rotations

Conducted intakes; responsible for diagnosis and determination of

appropriate level of care
 Responsible to pre-certify patients upon admission and continuously throughout their stay in all levels of care with managed care companies
 Facilitate six groups per week including family education, psychotherapy and psycho-educational groups
 Served as a co-facilitator of three, four-hour intensive outpatient groups per week for six months
 Participated in weekly case conferences and ongoing training seminars
 Implemented and actively participated in a weekly supervision meeting with the counselors
 Worked within a multidisciplinary team, and met daily to discuss diagnostic evaluation, patient progress, community issues within the milieu, and medication management
 Responsible to create and implement projects to adhere to ASAM and JHACO criteria

August, 2000 to June, 2001

PSYCHOLOGICAL TRAINEE

Northwestern Neuropsychological Associates
 Schaumburg, Illinois.

Provided outpatient individual and family psychotherapy for adults, adolescents and children with various psychological disorders and neuropsychological impairment
 Provided cognitive-behavioral therapy, relaxation training and focusing techniques to patients
 Provided neurofeedback therapy for persons of all ages with ADD/ADHD spinal cord injury, closed head trauma, anxiety and depression

August, 1999 to June, 2000

PSYCHOMETRIST

Holy Family Medical Center
 Des Plaines, Illinois.

Conducted intakes; responsible for diagnosis of a wide range of psychiatric disorders and neuropsychological impairment
 Conducted structured interviews and administered, scored and interpreted psychological tests, predominately neuropsychological measures; wrote reports
 Administered quantitative electroencephalography (QEEG) and provided feedback to patient's and referral sources

September, 1997 to June, 1998

PSYCHOLOGY TRAINEE

OMNI Youth Services
 Prairie View, Illinois.

Provided long term individual therapy to pre-adolescent and adolescent

populations

Conducted weekly family therapy to children and adolescents, and their families

Facilitated weekly smoking cessation group to adolescents as an alternative to school suspension

Served as a co-facilitator of a year-long group for high-risk adolescents referred by the juvenile system because reasons of gang involvement, violence and substance abuse

Served as a co-facilitator of a 12-week rotating group for high-risk adolescents, taught coping skills and used cognitive-behavioral techniques

Served as consultation-liaison to schools and the juvenile system

Participated in crisis intervention at schools and conducted experiential training exercises within the school systems, to include teaching children coping skills, teamwork, role definition; used self-esteem enhancement techniques

Participated in family education and experiential training seminars in which families learned coping skills, role definition and other family dynamics

Administered and scored psychological tests

Participated in training seminars and educational activities

**September, 1997
to June, 1998**

GROUP THERAPIST

Illinois School of Professional Psychology/Argosy University
Chicago, Illinois.

Co-facilitated year-long, weekly personal and professional developmental group for first year graduate students

**July, 1994
to May, 1996**

PSYCHOLOGY TRAINEE

Family and Child Treatment
Las Vegas, Nevada.

Served as a co-therapist providing individual play therapy to young children and participated in their family therapy sessions.

Served as a co-facilitator for a weekly group of mothers whose children had been sexually abused

Participated in weekly clinical case conference meetings and continuing education activities

**September, 1994
to December, 1994**

PSYCHOLOGY TRAINEE

University of Nevada, Las Vegas, Department of Psychology
Child School Refusal and Anxiety Disorders Clinic
Las Vegas, Nevada.

Provided cognitive-behavioral therapy to young children with anxiety

disorders and refusal to attend school
 Participated in family therapy sessions and negotiated behavioral contracts
 between children and parents
 Served as consultant/liaison to elementary and junior high schools
 Conducted assessments to assist in diagnosis and treatment planning

**May, 1994
 to September, 1994**

VOLUNTEER COUNSELOR

West Care
 Alcohol and Drug Abuse Day Treatment Program
 Las Vegas, Nevada.

Served as co-facilitator of an eight hour a day/five day a week treatment
 program with one other therapist
 Provided individual co-therapy with adult patients diagnosed with
 substance abuse and dual diagnosis disorders
 Served as co-therapist for four psychotherapy and psycho-educational
 groups daily
 Participated in program development.
 Created and initiated an art therapy group

TEACHING EXPERIENCE

**September, 1997
 To June, 1998
 RETREAT**

**COORDINATOR AND GROUP CO-FACILITATOR,
 MULTICULTURAL AND DIVERSITY EXPERIENTIAL**

Illinois School of Professional Psychology/Argosy University
 Chicago, Illinois.

Served as a coordinator for a weekend workshop retreat for graduate
 students.
 Participated in a weekly, year-long program development meeting
 preparing retreat focused on heightening students
 awareness of the prejudices persons of diverse background and
 race must face in society
 Served as a co-facilitator of process groups during weekend retreat, and
 assisted students in participating in various multicultural and
 diversity awareness exercises
 Presented to graduate students and faculty on prejudices substance
 abusers and those of lower socioeconomic status face in
 society. Presentation included various experiential exercises, visual
 and audio devices and other mediums

SEMINARS PRESENTED

July, 2003

The Use of Neurofeedback with Various Clinical Populations
 Presentation given to nurses, social workers, physicians and other medical

staff at Linden Oaks Hospital

- June, 2003** Substance Abuse and Women
Invited seminar presented to psychologists and interns at the VA, Chicago
- June, 2002** Use of Neurofeedback with Substance Abusers
Invited seminar presented at ISPP to psychologists and graduate students and presented at VA, Chicago to psychologists and interns
- May, 2002** Maintaining Boundaries with Psychiatric Patients
Workshop presented to clerical staff and nurses at the VA, Chicago
- March, 2002** Medical and Psychological Issues Pertaining to Women
Seminar presented to psychology externs and staff psychologists at the VA, Chicago and on pic tel to the VA, Lakeside
- January, 2002** Informed Consent Across Two Cultures
Seminar presented to UIC medical residents, medical students, VA patient representative, psychiatry and psychology staff

PRESENTATIONS

- August, 2002** Willer, J., **Baril, S.**, Espe-Pfeifer, P., Lindsey, D., Richmond, M. (2002).
Avoiding The Ten Worst Errors In Internship Applications and Interviews: An Internship Training Director's Perspective. Symposia presented at the annual meeting of the American Psychological Association, Chicago, Illinois.

RESEARCH EXPERIENCE

- Completed** **DOCTORAL DISSERTATION**
June, 2002 Title: The Efficacy of Neurofeedback During Alcohol Detoxification
Conducted research analysis, recruited and tested 42 subjects, wrote SPSS database and performed statistical analysis and reported results
Target Population: Adult in-patients in an alcohol detoxification level of care
(Committee Chair: Robert Craig, Ph. D.)
- October, 2000 to** **RESEARCH ASSISTANT**
February, 2001 Title: Common Personality Variables Amongst Substance Abusers with the Use of the MCMI
Recruited and tested subjects
Target Population: Adults of all ages with substance abuse diagnosis
(Supervisor: Dr. R. Craig)

- Completed
June, 1998** **MASTERS THESIS**
Title: Knowledge of the Alcoholics Anonymous Program Amongst Mental Health Professionals: A Controlled Research Analysis
Conducted research analysis, recruited and tested 100 subjects, wrote SPSS database and performed statistical analysis and reported results
Target Population: Adult mental health workers and members of the Alcoholics Anonymous 12 step program
(Committee Chair: Clyde Hazell, Ph. D.)
- December, 1996
August, 1997** **RESEARCH ASSISTANT**
Title: Comparative of Salaries Amongst Full Faculty Members in Psychology
Conducted research analysis to determine salaries of faculty members by contacting schools throughout the United States
Compiled data, prepared graphs depicting salary range for faculty members presentation in board meeting
Target Population: Psychology faculty in graduate programs
(Supervisors: M. Witty, Ph. D. and Warner, Ph. D.)
- August, 1997
May, 1998** **RESEARCH ASSISTANT**
Title: Perception of Personal and Professional Development Course Amongst Students and Faculty
Assisted in recruitment and testing of over 200 subjects, data entry and participated in interpreting results of study
Target Population: ISPP graduate students and faculty
(Supervisors: M. Witty, Ph. D. and Warner, Ph. D.)
- January, 1995
To May, 1996** **RESEARCH ASSISTANT**
Title: Femininity and Family Cohesion
Conducted research analysis, recruited and tested 75 subjects and data entry
Target Population: Adult males raised by a single-parent female
(Supervisor: R. Stevens, Ph. D.)
- October, 1994
To May, 1996** **RESEARCH ASSISTANT**
Title: Perceived Hazard Perception of Consumer Products
Conducted research analysis, recruited and tested 50 subjects and data entry
Target Population: Geriatrics and young adults
(Supervisor: N. C. Silver, Ph. D.)
- September, 1994
To July, 1995** **RESEARCH ASSISTANT**
Conducted telephone surveys for the Jewish Society to determine level of participation in activities of their denomination
Target Population: Jewish adults of all ages
(Supervisor: R. Stevens, Ph. D.)

PROFESSIONAL MEMBERSHIPS

American Psychological Association, Associate Member
Neuronal Regulation Society, Associate Member

REFERENCES

Shobha Sinha, M.D.
Sinha Clinic
361 Sullivan Road
Aurora, Illinois 60507-1441
(630) 844-3131

John Mundt, Ph. D.
Veterans Affairs Chicago Health Care
System, West Side Division
820 South Damen Avenue
Chicago, Illinois 60612
(312) 569-7130

Janet Willer, Ph. D.
(Training Director)
Veterans Affairs Chicago Health Care
System, West Side Division
820 South Damen Avenue
Chicago, Illinois 60612
(312) 569-7209

Joseph O'Donnell, Ph. D.
Holy Family Medical Center,
Keys To Recovery
100 North River Road
Des Plaines, Illinois 60016.
(847) 289-9355

Philip Kolski, LCSW, CADC (Clinical Director/Supervisor)
Holy Family Medical Center, Keys To Recovery
100 North River Road
Des Plaines, Illinois 60016.
(847) 289-9355