

Angela R. Youngs, Psy.D.

Licensed Psychologist • PSY34635
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EDUCATION

The Chicago School of Professional Psychology 2014 – 2019
Doctor of Psychology (Psy.D.) in Clinical Psychology, APA-Accredited
Child and Adolescent Major Area of Study
Dissertation: SEADS: Social Emotional Afterschool Development for Students

Murray State University 2012 – 2014
Master of Science in Clinical Psychology, Psychology Accreditation Council Accredited
Thesis: Let's Play! A Study Examining the Acceptability of Cross-Gender Play of Children

Ball State University 2008 – 2012
Bachelor of Science in Psychology

LICENSURE & CREDENTIALS

Licensed Psychologist, California Board of Psychology PSY34635

Be Body Positive Facilitator Training December 2020

ACADEMIC APPOINTMENTS

The Chicago School of Professional Psychology, Los Angeles January 2024 – Present
Adjunct Professor, Psy.D. in Clinical Psychology Program

- Advanced Intervention: Group Therapy (2 sections per term; doctoral level)
- Advanced Child and Adolescent Treatment (doctoral level)
- Human Development Across the Lifespan (doctoral level)
- Develops and updates course curriculum and syllabi; provides weekly in-person lectures; facilitates experiential and simulation-based learning; supports student case conceptualization and clinical reasoning

California State University, Northridge August 2025 – Present
Guest Lecturer / Adjunct Faculty, Department of Psychology

- Developmental Impacts of Child Abuse and Neglect (undergraduate; 122 students)
- Developed curriculum; delivered twice-weekly lectures; integrated applied learning; provided mentorship to students pursuing graduate training

CLINICAL EXPERIENCE

Angela Youngs Psychological Services – Private Practice, Pasadena, CA July 2024 – Present
Founder & Licensed Psychologist

- Provides attachment-based, relationally oriented individual, family, and group therapy to children (ages 5+), adolescents, young adults, and parents
- Clinical focus areas: anxiety, depression, disordered eating, body image, emotional dysregulation, ADHD, autism, interpersonal challenges, identity development, and parenting concerns

- Treatment modalities: relational therapy, CBT, play therapy, art therapy, family-systems, and Health at Every Size (HAES) frameworks

Institute for Girls' Development, Pasadena, CA

August 2019 – June 2024

Licensed Psychologist (formerly Postdoctoral Fellow, CAPIC-accredited); Child and Adolescent Specialty Practice (CASP)

- Coordinator of Group Therapy Program: oversaw group placements, supported facilitators, developed training, and collaborated with senior leadership on program policy
- Carried an outpatient caseload of 18–22 clients (ages 7–20); facilitated 5 ongoing groups across developmental levels
- Groups: Girl Power, Middle School Grit, Teens Connection, Be Body Positive, and Peaceful Minds Peaceful Bodies
- Conducted neuropsychological, educational, psychological, and cognitive assessments
- Provided community education: parent workshops on body image development; school-based mental health presentations

ROWI Teen, Los Angeles, CA

August 2024 – May 2026

Group Therapy Facilitator

- Facilitated monthly parent support group for families of adolescents in IOP and PHP levels of care

The Help Group (APA-Accredited Doctoral Internship), Sherman Oaks, CA

August 2018 – August 2019

Doctoral Intern

- Provided individual, family, and group therapy to children and adolescents (ages 5–19) in outpatient and after-school day rehabilitation settings
- Completed 8+ psychodiagnostic assessments; co-facilitated residential and community-based groups; supervised a practicum student; received supervision-of-supervision training

DePaul Family and Community Services, Chicago, IL

July 2017 – June 2018

Advanced Extern

- Provided individual and family therapy to low-income children, adolescents, and families in clinic and public school settings
- Conducted psychological testing; co-facilitated SPARCS therapy groups; collaborated in weekly behavioral health consultation meetings

Advocate Illinois Masonic Medical Center – Pediatric Development Center, Chicago, IL

July 2016 – June 2017

Therapy Extern

- Provided family-centered therapy to children with developmental delays in a multidisciplinary setting (psychiatry, speech, PT, OT, social work, education)
- Co-facilitated social skills groups and parent training sessions for children with ASD and significant behavioral challenges

United Stand Family Counseling Center, Chicago, IL

May 2015 – July 2016

Diagnostic Extern

- Conducted comprehensive diagnostic assessments for children and adolescents; completed integrated diagnostic reports; facilitated staffings with multidisciplinary teams and school personnel

RESEARCH

Doctoral Dissertation

April 2015 – May 2018

SEADS: Social Emotional Afterschool Development for Students: A Program Designed to Enhance Social Emotional Learning in Children

The Chicago School of Professional Psychology | Successfully defended May 2018

- Developed a manualized, evidence-based SEL program for low-resourced schools; conducted needs assessment with community data collection and analysis

Master's Thesis

August 2013 – July 2016

Let's Play! A Study Examining the Acceptability of Cross-Gender Play of Children

Murray State University

- Examined parental attitudes toward cross-gendered play; findings indicated fathers hold stricter gender role expectations and mothers demonstrate greater flexibility in toy acceptance

CONFERENCE PRESENTATIONS

Paper Presentations

Cornell, K., Hackathorn, J., & Youngs, A. (2013). Childhood Trauma and Sociocultural Development: Psychosocial Outcomes of Childhood Abuse. International Association for Relationship Research, Louisville, KY.

Poster Presentations

Youngs, A. (2015). Parent-Child and Child-Peer Relationship Mediated by a Socio-Emotional After School Program. Child and Adolescence Conference, Chicago, IL.

Carter, B., Kitwana, D., & Youngs, A. (2015). A Qualitative Analysis of Personal Reflections on Immigration. Graduate Research Forum, Chicago, IL.

Carter, B., Kitwana, D., & Youngs, A. (2015). Bronfenbrenner's Ecological Model as a Tool for Understanding Immigrant Clients in a Professional Setting. Cultural Impact Conference, Chicago, IL.

Carter, B., Kitwana, D., & Youngs, A. (2014). From Kansas to Oz: A Critical Exploration of the Chicago Public School System's Approach to Student Immigration. Child and Adolescence Conference, Chicago, IL.

Youngs, A. & Fletcher, K. (2012). Look, the Gorilla! Changes in Mother-Toddler Reading Routines Across Sessions. Association for Psychological Science Convention, Chicago, IL.

PROFESSIONAL PRESENTATIONS

Body Liberation: Building Grit, Resilience, and Community

July 2023

Continuing education training for mental health professionals (with M. Johnson, Ph.D.), Pasadena, CA

- Applied Radical Healing Framework; presented current research with clinical implementation strategies

Autism or Trauma? Differential Diagnoses

July 8, 2019

Invited staff training (with R. Heimberg), The Help Group, Sherman Oaks, CA; multidisciplinary audience of therapists, teachers, and clinical staff

The Benefits of Self-Compassion in Doing Trauma Work
SRH University, Heidelberg, Germany

July 2015

The Intergenerational Transmission of Trauma in Post-War Germany
Faculty and student presentation, The Chicago School, Chicago, IL

October 2015

Muir Empowerment Mental Health Day, John Muir Middle School, Burbank, CA *2019, 2022, 2025*

- Navigating Social Media and Body Image (2019, 2022): Up to four 50-minute psychoeducational sessions delivered to groups of 30–35 middle school students; curriculum independently developed
- Mindful Consumers of Social Media: AI and Adolescent Wellbeing (2025): Up to four 50-minute psychoeducational sessions delivered to groups of 30–35 middle school students; curriculum collaboratively developed with P. Howard, LMFT and G. Pascual, LMFT; presentation ranked 3rd of 15–16 sessions by student vote

PROFESSIONAL MEMBERSHIPS

American Psychological Association (APA)

2025 – Present

Division 53: Society of Clinical Child and Adolescent Psychology (SCCAP)

Division 49: Society of Group Psychology and Group Psychotherapy

Los Angeles County Psychological Association (LACPA)

2019 – Present

REFERENCES

Available upon request.