

VITAE

MERRA YOUNG, MSW, LICSW, LMFT

Rivers' Way Meditation Center

2637 27th Ave. S. #201

Minneapolis, MN 55406

612-253-5133 rivwaymed@aol.com

www.riverswaymeditation.net

Current Employment

Psychotherapist in Private Practice

Provide individual, group, couples and family therapy. Expertise in: women's issues, spirituality mindfulness-based integrative psychotherapy approaches, psychotherapy, meditation, relationship issues, depression, grief and loss, life transitions, anxiety, healthcare issues/illness, eating disorders and body image; adult children", incest/sexual abuse, people in recovery from addictions and other issues. Psychotherapy, supervision/consultation & spirituality support groups. 1987 - current. (website: riverswaymeditation.net)

1987 – current.

Psychotherapist (part time / contractor)

The Center for Grief, Loss and Life Transitions

St. Paul, MN. A Program of Family Means.

Provide individual, couples and family therapy to people with grief and loss, life transition, PTSD, anxiety, depression and other issues.

Feb. 2015-current

Adjunct Faculty

1. University of St. Thomas/College of St. Catherine Graduate School of Social Work. Adjunct lecturer, teaching an original course in *Integrative Psychotherapy*. 1995 - current.

Spirituality Institute: committee member/workshop presenter 2000-2013
committee Member: Graduate Research Final Projects. 1993 - current.

2. University of Minnesota: Academic Health Center, Center for Spirituality and Healing1.

A. . Happiness & Emotional Healing: Eastern and Western Approaches for Transforming the Mind. (taught a version of this original course since 2002.-current)

B. . Mindfulness-Based Stress Reduction Program, faculty 2006-current.

3. University of St. Catherine, Holistic Health Studies

2014 - current .

4. University of Minnesota: School of Social Work.

Community faculty 2000-2001.

Rivers' Way Meditation Center, founder/ teacher.
Mindfulness Meditation ,Integrative Psychotherapy and spirituality support. Offers: classes, retreats, support groups in mindfulness meditation and conscious living. Professional supervision & consultation,individual and groups. Womens' & couples support. Integrative psychotherapy for individuals, couples and groups*Qigong and other mindful movement . 1998-current

Professional Supervision & Consultation

Individual and Group supervision for LICSW licensure.

Individuals and Group consultation

For mental health professionals. Monthly groups.

1998-current

Professional Development, Training & Workshops

Develop and present lectures and facilitate workshops and retreats in the areas of: meditation, spirituality, integrative psychotherapy, mindful movement, stress reduction, mind/body therapies, mental health and personal growth. Co-founder of the Birthing Ourselves Programs for women. Development of professional training programs. Individual supervision. Consultation groups for counseling professionals. Retreat and Conference presenter: NASW regional conferences, Minnesota Chemical Dependency, Clinical Social Work Society, MWP, Minnesota Psychology Association and other retreats and conferences. 1988 - current.

Previous Employment

Psychotherapist

Methodist Hospital/Health Systems Minnesota, Eating Disorders Institute. On-call therapist. Individual, couples and family therapy with adolescents and adults. Primarily outpatient clinic. In-patient therapy. psychological assessments, multi-disciplinary team, care conferences, case consultation. 1995 - 2001.

2.) Center for Grief and Loss. (2002 pt. (independent contractor: individual/ group.)

Instructor

Teach meditation and movement classes and workshops, women's classes, stress management and relaxation exercises. Staff member at the St. Paul Yoga Center.

1998-2001. MindBodySolutions Yoga Center 2005-current and other venues.

Staff Psychotherapist

Chrysalis Mental Health Clinic, Minneapolis, MN. Rule 29 clinic.

Caseload included

individual clients, couples, groups and families. Co-led incest and sexual abuse group

and women's co-dependency and food issues group. Areas of expertise and special

interest: reovering women, multiple addictions, general women's issues, adult children of alcoholics, shame-based family systems, and family of origin work. Graduate student supervisor. 1983-1987.

Contract Psychotherapist

Conducted women's mixed issues therapy group, general contract therapy work for Metropolitan Clinic of Counseling and Chrysalis Mental Health Clinic. 1984-1987.

Psychotherapist

The Counseling Clinic, Brooklyn Center, MN.: Mental health and Chemical dependency treatment; depression therapy, anxiety and abuse issues; C.D. counseling, adolescent and adult ; family, couples and women's groups. 1981-1983.

Primary Counselor

Multi-Resource Centers, Inc., Minneapolis, MN.

Provided individual, group and family counseling to people experiencing chronic psychiatric difficulties. Taught independent living skills, supported clients to maintain themselves in the community. Responsible for individual caseload , case management liason with community resources. Supervised volunteers. 1979-1981.

Social Services Worker

Assisted residents with adjustments to nursing home. Responsible for admissions, placement, discharge planing. Individual and family counseling, room vivits, case management, treatment plans, advocacy for residents and their families, community liason, assiste with group outings and recreational activitivities. Particularly active with individuals with behavior problems: psychiatric patients and chronic alcoholics. Counseled the terminally ill and their families, 1979.

Activities Coordinator

Hillhaven Convalescent Center, San Francisco, CA.

Developed and led therapeutic/recreational groups for residents, performed evaluations, wrote newsletter. 1978- 1979

Educational Assistant

CEATA, St. Paul, MN. Interviewed and counseled high school students and adults for federal job programs. 1978.

Youth and Community Outreach Worker

CEATA, St. Paul, MN. Individual, family and group counseling; home visits, crises intervention; information and referral; drop-in. Organized and supervised adolescent activities. Community organization, inter-agency liason person. 1977.

Education

Master of Social Work, University of Iowa, 1976.

B.A. Social Work, University of Iowa, 1974.

One-Year Certificate: Gestalt Therapy, Gestalt Center, Minneapolis, MN, 1978.

Certification: American Association for Marriage and Family Therapy, 1988.

Mindfulness-Based Stress Reduction Professional Training, 2006

Community Dharma Leader Certificate 2008

(Spirit Rock Meditation Center)

Professional Licensure:

LICSW/LMFT

Minnesota Board of Social Work:

Minnesota Board of Marriage and Family Therapy:

Licensed Independent Clinical Social Worker

Minnesota Licensed Marriage and Family Therapist

Professional Organizations:

1. NASW/ACSW member
2. Minnesota Women Psychologists (MWP)
3. Minnesota Grief and Loss Coalition

3. Co-Founder, Midwest Meditation and Psychotherapy Institute,

2010 to current. Professional Training,, workshops. TBA

www.mwmeditationandpsychotherapy.org

Workshops/Training, 1988-Present

Current listing of training and workshops available upon request. includes: Mindfulness-Stress Reduction professional training and meditation teacher training.

Volunteer Work

Pathways: A Health Crisis Resource Center. 1990 - current

Common Ground Meditation Center: Volunteer, practice leader & qigong 1998-current

Beverly White Community Outreach Project: Shakopee Womens
Prison

co-facilitate and lead meditation retreats/groups 2001-current

St. Mary's Hospice, Minneapolis, MN. 1980.

Twin Cities Vipassana Cooperative : Committee member 1999-2005

Vipassana Metta Foundation midwest fundraising committee member
2003

Walk-In Counseling Center, 1979.

Iowa City Crises Center, volunteer and trainer, Iowa City, Iowa.
1973-1976.

References available upon request.