

About Us

Written by Dr. Kimberly Young

Thursday, 15 March 2012 00:00 - Last Updated Friday, 09 March 2012 14:35

About Dr. Kimberly Young



Dr. Kimberly Young has developed the first empirically-based treatment plan for Internet addiction. Her research has shown [CBT-IA ©](#) is effective for curing various forms of Internet-related problems. Dr. Young is a licensed psychologist and an internationally known expert on Internet addiction. She founded the Center for Internet Addiction in 1995 and is nationally-known speaker, author, and researcher. She has written numerous articles, book chapters, and books on Internet addiction including

[Caught in the Net](#)

, the first to identify Internet addiction,

[Tangled in the Web](#)

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[Breaking Free of the Web: Catholics and Internet addiction](#)

, and

[Internet addiction: A Handbook and Guide for Evaluation and Treatment](#)

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. She is a professor at St. Bonaventure University and her work has been widely featured in the media such as The New York Times, The Wall Street Journal, The London Times, USA Today, Newsweek, Time, CNN, CBS News, Fox News, Good Morning America, and ABC's World News Tonight. She 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 is also an expert on

[Addicted.com](#)

and

[GoodTherapy.org](#)

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She has served as an [expert witness](#) regarding her pioneer research including the [Child Online Protection Act Congressional Commission](#)

She has been an invited lecturer at dozens of universities and conferences including the European Union of Health and Medicine in Norway and the First International Congress on Internet Addiction in Zurich. Dr. Young serves on the editorial board of CyberPsychology & Behavior and the International Journal of Cyber Crime and Criminal Justice and is a member of the American Psychological Association, the Pennsylvania Psychological Association, and was a founding member of the International Society of Mental Health Online.