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## SKILLS

- trauma recovery
- therapeutic integration
- emotional release
- client safety
- professional development
- workshop facilitation

## EDUCATION

**MASTER OF SOCIAL WORK, NEW YORK UNIVERSITY, 2016**

## LANGUAGE

- English
- Spanish
- German

## ACHIEVEMENTS

- Successfully facilitated over 200 individual sessions focused on trauma recovery.
- Recognized as 'Outstanding Practitioner' by National Trauma Association in 2023.
- Developed a training program for therapists on breathwork applications in trauma recovery.

# Michael Anderson

## TRAUMA-INFORMED BREATHWORK FACILITATOR

Innovative Breathwork Facilitator specializing in therapeutic applications of breathwork for trauma recovery. With over seven years of experience, excels in creating safe, nurturing environments that encourage participants to confront and heal past traumas through breathwork. Demonstrated expertise in integrating various therapeutic modalities with breath techniques to facilitate deep emotional release and healing.

## EXPERIENCE

### TRAUMA-INFORMED BREATHWORK FACILITATOR

Healing Horizons Therapy Center

2016 - Present

- Provided trauma-informed breathwork sessions tailored to individual client histories.
- Collaborated with therapists to integrate breathwork into trauma recovery programs.
- Developed safety protocols to ensure a supportive environment for participants.
- Facilitated group sessions focused on collective healing and shared experiences.
- Utilized client feedback to refine breathwork techniques and approaches.
- Engaged in continuous professional development to stay current with trauma-informed practices.

### BREATHWORK THERAPIST

Therapeutic Wellness Institute

2014 - 2016

- Conducted individualized breathwork sessions focused on emotional release.
- Integrated somatic therapies with breathwork to enhance client experiences.
- Trained in various trauma recovery methodologies to provide holistic support.
- Facilitated workshops on the intersection of trauma and breathwork.
- Monitored client progress and adjusted techniques as necessary.
- Published articles on breathwork and trauma recovery in professional journals.